

Congratulations! You passed!

TO PASS 80% or higher

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GRADE
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Neuroscience of Change Quiz

LATEST SUBMISSION GRADE

100%

1. What are the three elements that comprise our survival system?

1 / 1 point

☐ Mirror neurons

☒ Negativity bias

✓ **Correct**

Correct! Negativity bias is responsible for us assuming the worst, which helped us survive a thousand years ago.

☒ The process of assigning meaning

✓ **Correct**

Correct! The process of assigning meaning is a part of our survival system.

☐ Seeking system

☒ Amygdala

✓ **Correct**

The Amygdala activates a "FIGHT -OR-FLIGHT" response.

2. What is the main function of the amygdala?

1 / 1 point

- ☐ The amygdala interprets incoming stimuli, releases dopamine, and is responsible for how happy we feel.
- ☐ The amygdala is responsible for habit formation and is how we respond to change.
- ☒ The amygdala activates the “Fight-or-flight” response and processes anxiety.

**Correct**

Correct!

3. Why does our brain “fill in the blanks” when the information is missing?

1 / 1 point

- ☐ Because we get bored if we don't have all of the information.
- ☐ Because we like to be objective.
- ☒ Because we need to understand if a particular event has the potential to cause us harm.

**Correct**

Correct! Since this process is a part of our survival system, the meaning of events largely determines our response to them.

4. True or False

1 / 1 point

Negativity bias is our predisposition to focus on and lean towards negative thoughts.

- ☒ True
- ☐ False

**Correct**

Correct!

5. What is the function of the seeking system?

1 / 1 point

- ☐ The seeking system helps us satisfy physiological needs.
- ☐ The seeking system helps us find better solutions.
- ☒ The seeking system helps us achieve self-actualization, which is the highest form of human needs.

**Correct**

Correct!

6. Why do we need to be selective about the people we surround ourselves with and the type of visual information we consume?

1 / 1 point

- ☐ Because our negativity bias will eventually make us think badly about these people and information.
- ☐ Because we don't know everything about these people, and our amygdala will get triggered when interacting with others.
- ☒ Because we will inevitably begin empathizing with other people and take on emotions that others are experiencing through the mechanism of mirror neurons. If people around us are negative, fearful, sad, or excited, we will begin feeling the same way. Mirror neurons make other people's emotional states "contagious."

**Correct**

Correct!

7. What does the change paradox of the human condition mean?

1 / 1 point

- ☐ The change paradox of the human condition means that we will change everything around us whenever we have an opportunity.
- ☐ The change paradox of the human condition means that we actively create change and also are fearful of it.
- ☒ The change paradox of the human condition means that we are wired to see change as a threat and also wired to seek it out.

Correct



Correct!

8. True or False

1 / 1 point

You have the power to change your environmental conditioning and you are the only one who can do it.

☒ True☐ False**Correct**

Correct! Absolutely, you HAVE the power to change your conditioning regardless of how challenging your environmental conditioning is. But you are the only one who can make that decision and act upon it.

9. What are the three components that determine our reaction to change?

1 / 1 point

☐ Negativity bias☐ Attitude☒ Conditioning**Correct**

Correct!

☒ Choice**Correct**

Correct!

☒ Participation**Correct**



Correct!

10. Does the seeking system shut off completely as we get conditioned throughout our lives?

1 / 1 point

☐ Yes

☒ No



Correct

Correct! Although we get conditioned, the seeking system can never be shut off completely. This slight undercurrent might feel like something is missing in your life. And the great news is that we always have the power to change environmental conditioning if we decide to do so.