

Learned Reflections:

1. Several effective study methods have been discussed (e.g., self-testing, distributed practice, interleaved study, handwritten notes, elaborative processing). **Discuss how** you typically have studied in the past. **Describe how** you plan to use at least 3 different research-supported techniques to prepare for your weekly Learning Modules and prepare for the first exam in this class.
 - a. In the past, I have studied by rereading the textbook and making flashcards on Quizlet.
 - b. I plan to incorporate more retrieval practice from the study guide that was handed out online. I also plan to space out my notes and study. This will help me remember earlier chapters. Lastly, I plan to make more notes with the study guide.
2. A thorough study guide is provided to you. How do you plan to use this and other resources to prepare for quizzes and exams?
 - a. I have already been using that and as I read the chapter for the week I fill out the study guide.
3. Discuss (briefly) some potential strengths or challenges to your study plan.
 - a. My strengths include repetition from rereading, and good retrieval practice with the quizlet flashcards. My challenges are having difficulty doing spaced practice since each week is dedicated to a chapter. Nonetheless, I have to figure out a way around that.

Chapter 2:

1. We discuss many different levels and aspects of the nervous system. In this sci-fi thought experiment, you get to take a magic pill that will ensure that one of the key aspects/regions of the brain will always be healthy. What would you choose and why? Now let's reverse it -- what if one region/aspect had to sustain injury (but you got to choose)--what and why?
 - a. For me, the hippocampus is the area of the brain that would get the magic pill. After reading about Clive Wearing, losing that image is pretty scary and I imagine having a tough time living. It is almost like getting dementia, but in its most extreme form. Being constantly confused is something I hopefully won't experience, but with this magic pill I can be me no matter what age.
 - b. I would have to get rid of the amygdala. All my fears like public speaking, confrontation, are erased thanks to getting rid of this part of my brain. My hope is that by eliminating the amygdala, I become more adventurous and outgoing. Or maybe I will become a ruthless businessman who is able to take over and grow abundant wealth.
2. What is something specific that you learned in Chapter 2 that you think you will remember in the future (say 1-5 years or more)? Why? How might this information (or something else you learned in Chapter 2) relate to your daily life and/or professional goals more broadly?
 - a. I think I will remember Hebbian learning. More specifically, I will remember that diagram in the book. The reason for this is it shows a parallelogram shape with corner circles that represent neurons and the lines represent the connections between them. For some reason, that really stood out to me as to how neurons that fire together wire together. It also showed that a similar stimulus can trigger other neurons. I think I experience this in daily life where some part of a stimulus activates other neurons in the form of a memory.

Review:

1. If you were to pick one aspect of Week 2 material that you think is the most challenging to understand -- what would it be and why?
 - a. I don't think the material was challenging. When it comes to neurons and their action potential, I know enough about it that I feel comfortable. I think remembering the pros and cons of neuroimaging techniques will be the most challenging.
 - b. Do we have to memorize various neurotransmitters and their functions?