
Student Success \ Brain, Emotion, and Health

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Functions of the Frontal Lobes

These are the “higher” brain functions that make us truly “human”.

CRITICAL THINKING

- Example: focusing on the “what”, “why”, and “how” of concepts.

PROBLEM-SOLVING

- Example: this can entail solving mathematical problems as well as other tasks such solving everyday real-life issues (e.g. financial management, etc.).

BALANCING YOUR RATIONAL SIDE WITH YOUR EMOTIONS

- This entails constructive managing of your impulses.
- Your more “raw-emotional centers” are in the Limbic System and Basal Ganglia (see handouts).

- Balanced sense of personal judgment with respect to encountered situations, etc.
- Balanced sense of feeling and expressing one’s emotions.

YOUR SENSE OF PATIENCE WITH TASKS

- Keeping your attention span on the task (your focus).
- Persevering on challenging tasks.

YOUR SENSE OF ORGANIZATION

- Time management.
- Forward thinking: planning ahead for possible scenarios.
- Supervising and monitoring of oneself.

LEARNING FROM EXPERIENCE

- Example: looking at your past tests/ quizzes to learn how to do better in future tests/quizzes.