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# Student Success \ Brain, Emotion, and Health

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## Functions of the Limbic System

**SETS THE EMOTIONAL TONE OF THE MIND**

**FILTERS EVENTS THROUGH YOUR INTERNAL STATE**

- Sets the emotional tone for how you (emotionally) perceive events.

**BUILDER FOR EMOTIONALLY CHARGED MEMORIES**

- Memories with a strong or significant emotional experience.
- Storage in neo-cortex areas (neuronal connections).

**TAGGING EVENTS WITH RESPECT TO HOW (EMOTIONALLY) SIGNIFICANT THEY ARE TO US**

**MODULATION OF YOUR SENSE OF MOTIVATION**

**BALANCING OF YOUR SENSE OF LIBIDO**

**YOUR CYCLES OF (RESTFUL) SLEEP AND (BALANCED) APPETITE**

**PLAYS A KEY ROLE IN HOW YOU “CONNECT” WITH OTHER PEOPLE (FELLOW STUDENTS, INSTRUCTORS, ETC.) AND ALSO IN YOUR BONDING IN RELATIONSHIPS**

**AN OLD EVOLUTIONARY THROWBACK: THE SENSE OF SMELL**