



Continuing Education Questionnaire

From Chaos to Calm: Balancing the
Frontal Lobes for Societal Participation

Write Your Name:

Once this form is completed, please submit to institute@neurorestorative.com

1. What is the age range when it is believed that the brain has fully established pathways?
 - a. 13-15 years of age
 - b. 19-20 years of age
 - c. 24-25 years of age
 - d. 28-30 years of age

2. What is the total mass of the frontal lobes in relation to the whole brain?
 - a. A quarter of the mass of the brain
 - b. One-third of the mass of the brain
 - c. Half of the mass of the brain
 - d. Three-fourths of the mass of the brain

3. Research has shown that the frontal lobes are complex and are involved in many functions that allow us to manage daily activity and demands. The following are some of the functions that the frontal lobe manages:
 - a. Social dysregulation and social awareness
 - b. The ability to estimate strengths and weaknesses
 - c. Initiation and inhibition
 - d. A only
 - e. C only
 - f. A, B, and C

4. The frontal lobes are designed to complete complex tasks and specific tasks. The orbitofrontal cortex is involved with:
 - a. Personality
 - b. Abulia
 - c. Loss of inertia
 - d. A and B only
 - e. A, B, and C



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5. The dorsolateral frontal lobe is designed to manage behaviors. Which of the following **would not** be considered a function of the dorsolateral frontal lobe?
- a. Behavioral regulation
 - b. Problem solving incorporating planning
 - c. Memory
 - d. Changes in motivational learning
6. The term “executive functions” refers to integrative cognitive processes that determine goal-directed and purposeful behavior. This may include:
- a. Formulating goals
 - b. Completing school
 - c. Anticipating consequences
 - d. Monitoring and adapting behaviors to fit a particular task
7. The concept of “go-no-go” was developed to demonstrate the starting and stopping of actions. Which of the following is true of the frontal lobes?
- a. Initiation is the starting of an act, behavior, thought, or communication at the appropriate time
 - b. Inhibition is the stopping of an act, behavior, thought, or communication at the appropriate time
 - c. When the frontal system is dysregulated, then thoughts, mood, and behaviors become somewhat random
 - d. A & B
 - e. All the above
8. Rehabilitation strategies have been developed to rehabilitate the frontal lobes when injury has occurred. Which is not a strategy for the frontal lobe?
- a. Identify
 - b. Make a list
 - c. Plan
 - d. Comparison to evaluate the effectiveness of actions taken



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9. Metacognition is a term that is used to define levels of thinking. In fact, metacognition means “thinking about thinking” which of course requires insight and awareness by the individual. Metacognition includes the following:
- a. Knowledge
 - b. Control
 - c. Social skills
 - d. Good parenting
 - e. A & B
 - f. C & D
 - g. None of the above
10. Various strategies have been developed to improve metacognitive skills both with and without injury. The following are examples of strategies:
- a. Awareness intervention
 - b. Time pressure management
 - c. Social problem solving
 - d. Goal Management
 - e. All of the above
 - f. None of the above
11. There are times when a person “may not want to” participate in treatment. Most would call this resistance and would see this as a barrier to recovery. The difference between psychological resistance and cognitive resistance is:
- a. Psychological resistance is related to not wanting to do it
 - b. Cognitive resistance is related to being “cognitively overwhelmed” by the task and not being able to formulate a response to make a change
 - c. Cognitive resistance can be used as a gauge for treatment progression
 - d. All the above
 - e. A & B only
 - f. None of the above
12. Which is not a treatment for frontal lobe disorders?
- a. Stimulant medication
 - b. Establishing routines for consistency
 - c. Learning initiation skills
 - d. Use of memory strategies