



# Continuing Education Questionnaire

**Write Your Name:**

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## “Neuroplasticity and Brain Injury Recovery”

1. Neural plasticity refers to:

- A. The ability of the brain to change in response to experience.
- B. Electrical activity of neurons.
- C. The loss of action potentials following a TBI.
- D. Muscle memory.

2. Research shows that enriched environments increase the size and number of neurons in:

- A. Animals only.
- B. Humans only.
- C. Both animals and humans.
- D. Neither animals nor humans.

3. Angio-genesis refers to:

- A. The growth of new neurons.
- B. The growth of new dendrites.
- C. The growth of new blood vessels.
- D. The growth of new glial cells.

4. Research suggests the brain stores information about new experiences by:

- A. Creating new neurons.
- B. Creating new synapses.
- C. Thickening the myelin sheath around axons.
- D. Creating new glial cells.

5. Neural plasticity with resultant meaningful change:

- A. Is a slow process.
- B. Occurs rapidly and then fades.
- C. Occurs rapidly and is permanent.
- D. Is rare in the elderly.



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6. Knowledge about neural plasticity was advanced by improvements in:

- A. Laser technology.
- B. Neuro-imaging.
- C. Both A and B.
- D. Neither A or B.

7. Prescriptive rehabilitation enhances the effects of neural plasticity by:

- A. Directing the nature of neural change.
- B. Accelerating the process.
- C. Both A and B.
- D. None of the above.

8. The Mankato Nun Study:

- A. Was the largest longitudinal study on brain health.
- B. Demonstrated that engaging in challenging tasks such as reading and writing across a life span reduces cognitive decline as we age.
- C. Showed that positive emotions are linked to longevity.
- D. All of the above.

9. It takes \_\_\_\_\_ seconds of focused attention to store new information into long term memory.

- A. 2
- B. 12
- C. 8
- D. 30

10. BDNF:

- A. Stands for brain-derived-neurotrophic-factor.
- B. Is neuro-protective.
- C. Increases with exercise.
- D. All of the above.