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Questions/Answers

Q 2) Provide a short summary of the concepts or topics you learned about today" (minimum 300 characters)

A 2) This class explored how the brain regulates emotion, personality, and social behavior. I learned about the limbic system and its role in emotional processing, as well as how cognitive functions influence decision-making and social interactions. The course also highlighted how personality traits shape emotional responses and behavior in different contexts. Overall, the class provided an integrated understanding of how biological and psychological processes work together to guide human behavior.

Q 3) What is the most important concept(s) that you gained for today's Live Class? (minimum 300 characters)

A 3) The most important concept I gained here is the connection between emotional regulation and cognitive processing. Understanding that emotions are not random but are shaped by specific brain structures, such as the amygdala and prefrontal cortex, helps explain why people react differently to similar situations. I also found the idea of social cognition essential, especially how individuals interpret others' intentions and form judgments. This concept is crucial for understanding interpersonal behavior and improving communication.

Q 4) How would you apply what you learn today to improve your life of work? (minimum 300 characters)

A 4) I will apply today's learning by improving my emotional awareness and communication skills. Knowing how emotions are processed in the brain helps me better manage stress and respond more thoughtfully in challenging situations. In my professional work, this knowledge supports more accurate behavioral assessment and enhances my ability to guide individuals in understanding their emotional patterns. It also helps me design more effective interventions and create healthier social interactions.

Q 5) Independent Research: AIU Live Classes are a starting point for further learning beyond the class. Search similar content either online or in the AIU online library and review it then share the name or link here. If its from AIU Library copy the Source or ISSN, [show me how?](#) (can be a video, academic publication, web site. lecture or book) (minimum 10 characters)

A 5) Oscar-Berman, Marlene;Shagrin, Barbara;Evert, Denise L., (1997) Impairments of brain and behavior: the neurological effects of alcohol. in Alcohol Health & Research World, , volume 21, édition 1, pages 65-75 (11p)OmniFile Full Text Select (H.W. Wilson)
