

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