



## **BT's Brain and Biological bases of Behaviour - Mnemonics**

### Medulla

Mnemonic: The medulla regulates the autonomic activity of your heart and lungs. Picture medals over your heart and lungs, or stick those medals into a heart

Type: Keyword

### Amygdala

Mnemonic: The amygdala controls your sense of fear. Think of either a MIG coming right at you and, of course, making you afraid, or picture a scary *wig* with *dollars* in it.

Type: Keyword

### Brain Stem Parts

Mnemonic: PMS Pons, Medulla, Spinal Cord

Type: Acronym

### Cerebral Cortex

Mnemonic: Imagine a Texas cowboy hat on top of a brain. The cortex is the outer layer of the brain just under the hat where complex thinking occurs.

Type: Imagery

### Cerebellum

Mnemonic: The cerebellum helps in coordination and balance. Picture your favourite athlete with *bells* all over his or her body (hanging from the clothes, hands, feet, etc.).

Type: Keyword

### Corpus Callosum

Mnemonic: The corpus callosum contains the fibers that connect the two halves of the brain. Thus, it adds the two parts together. Think of the corPLUS CalloSUM. Because the corpus callosum coordinates communication between the two hemispheres, think of corpus Call Someone.

Type: Verbal

## Hippocampus

Mnemonic: The hippocampus is the seat of memory. Think of a *hippo* with a *compass*. The hippo uses the compass to find his way back to the swamp because he can't remember where it is.

Type: Keyword JBT

The hippocampus is responsible for forming long term memories (consolidation). Imagine a *hippo* walking through *campus* because he's a student learning and remembering.

Type: Keyword

To remember that the hippocampus is the seat of memory, imagine a *hippo* with a mortarboard on his head, because he's on *campus*.

Type: Keyword

To remember that the hippocampus is the seat of memory, remember the phrase, "An elephant never forgets," but replace "elephant" with "hippo": "The hippo(campus) never forgets."

Type: Verbal

## Hypothalamus

The hypothalamus regulates a number of functions in the body such as body temperature, thirst, hunger, and sex drive. Think of "hypo the llamas". Your llamas are hot, sweaty and thirsty, so you use a hypo to spray water on them to cool them down and you give them some water.

Type: Keyword

The Four "Fs" Fighting, Fleeing, Feeding, "Mating" (insert F word here)

Type: First-letter Mnemonic

## Lobes of the Brain JBT

Mnemonic: Flower **POT**

Frontal, Parietal, Occipital, Temporal

Type: Acronym

## Left Hemisphere

Mnemonic: The **L**eft hemisphere is dominant for **L**anguage, **L**ogic and **L**inear processing.

Type: First Letter

## Neuron, Flow of Charge

DNA: Dendrites, Nucleus, Axon

Type: Acronym



## Neurotransmitters

Mnemonic: A Drug So Neurons Get Going”

**A**cetylcholine, **D**opamine, **S**erotonin, **N**orepinephrine, **G**ABA, **G**lutamate

Type: Acrostic

GONADS:

**G**ABA, **O**xytocin, **N**orepinephrine, **A**cetylcholine, **D**opamine, **S**erotonin

Type: Acronym

## Occipital Lobe

The occipital lobe has two “**C**”s in its name, and it’s for **SEEing**.

Type: Verbal

## Parasympathetic Nervous System

The parasympathetic nervous system calms the body. Imagine the *peace* and *calming* effect of watching a parachute drift slowly downward.

Type: Keyword

The *parasympathetic* division of the autonomic nervous system has an “**R**” in it, and it handles **R**elaxation and **R**estoring our **R**esources.

Type: First letter mnemonic

## Sympathetic Nervous System JBT

**S**am **S**creams – Sympathetic nervous system is what arouses **S**am to **S**cream and **S**tirs him up in a response to **S**tress.

Type: First letter mnemonic

## Pons

Think of a relaxing pond. The pons helps you relax and sleep.

Type: Keyword

### Reticular Formation

The reticular formation helps you to become alert and aroused when you need to be. Think of what would happen if you were napping and someone *ticked* you: your reticular formation would kick into gear to wake you up.

Type: Keyword

The reticular formation is involved in attention. Imagine tickling someone to get her attention. Then, she loses interest again so you have to *retickle* her!

Type: Keyword

### Sensory and Motor Nerves

SAME, Sensory, Afferent,  
Motor, Efferent

Type: Acronym

### Thalamus JBT

The thalamus takes sensations that come from the body and directs them to the appropriate part of the brain for processing. So think of *Thalma* who is the switchboard operator and connects and directs these sensations to the right receptors.

Type: Keyword

Resources: JBryant-Taneda

<http://teachpsych.org/resources/Documents/otrp/resources/mccabe11.pdf>