

PREFRONTAL CORTEX SYSTEM

The most evolved brain system

Functions

- **attention span**
- **perseverance**
- **planning**
- **judgment**
- **impulse control**
- **organization**
- **self-monitoring and supervision**
- **problem solving**
- **critical thinking**
- **forward thinking**
- **learning from experience and mistakes**
- **ability to feel and express emotions**
- **influences the limbic system**
- **empathy**
- **internal supervision**

Problems

- **short attention span**
- **distractibility**
- **lack of perseverance**
- **impulse control problems**
- **hyperactivity**
- **chronic lateness, poor time management**
- **poor organization and planning**
- **procrastination**
- **unavailability of emotions**

- **misperceptions**
- **poor judgement**
- **trouble learning from experience**
- **short term memory problems**
- **social and test anxiety**
- **lying**
- **misperceptions**