EXAM-DAY · 90-MIN REVISION CARD

The Bases of Human Behaviour

Print this · Fold it · Carry to the exam-hall gate · Revise once · Then walk in.

FORMULAS & KEY RESULTS

NEURON parts: Dendrite (receives) -> Cell body (integrates) -> Axon (sends) -> Synapse (neurotransmitters cross to next neuron).

NERVOUS SYSTEM: CNS = Brain + Spinal cord | PNS = Somatic (voluntary) + Autonomic (involuntary).

AUTONOMIC: Sympathetic = arousal, 'fight or flight', Stress/ Speed-up | Parasympathetic = calm, 'rest & digest', Peace.

BRAIN: Hindbrain (medulla, pons, cerebellum) | Midbrain (relay) | Forebrain (cerebrum, thalamus, hypothalamus).

LOBES: Frontal (thinking/ movement) | Parietal (touch) | Temporal (hearing/memory) | Occipital (vision).

ENDOCRINE: Pituitary = MASTER gland | Thyroid -> thyroxin (metabolism) | Adrenal -> adrenaline (emergency) | Gonads -> sex hormones.

HEREDITY: Genes on chromosomes set a RANGE; environment decides where in the range a trait lands (nature x nurture).

CULTURE triad: Enculturation (learn OWN culture) | Socialisation (become a member of society) | Acculturation (contact with ANOTHER culture).

MNEMONIC: 'cerebeLLum = baLLance' (hindbrain) vs cerebrum = thinking (forebrain).

TOP 5 PYQ PATTERNS

1 Label a neuron + explain the nerve impulse (dendrite -> cell body -> axon -> synapse)
4 marks · 85% of years
Name the three parts, state the impulse direction, add the synapse + neurotransmitters, link to behaviour.

2 Divisions of the nervous system / sympathetic vs parasympathetic
4 marks · 75% of years
CNS = brain + cord; PNS = somatic + autonomic; sympathetic = arouse, parasympathetic = calm. Never swap them.

3 Structure of the brain + functions of the four lobes
6 marks · 80% of years
Hindbrain/midbrain/forebrain with one function each; then frontal/parietal/temporal/occipital. Keep cerebrum vs cerebellum apart.

4 Endocrine system: glands, hormones, why pituitary is the master gland
5 marks · 70% of years
Name 4 glands + their hormone + one effect; explain pituitary controls OTHER glands = master gland.

5 Enculturation vs socialisation vs acculturation / nature-nurture case study
5 marks · 65% of years
Define the three culture terms precisely; present nature-nurture as interaction, justify from the stem.

90-MIN REVISION FLOW

0-15 min
Draw and label a neuron from memory, then write the impulse flow (dendrite -> cell body -> axon -> synapse -> next neuron via neurotransmitters).

15-30 min
Draw the nervous-system tree: CNS (brain, spinal cord) and PNS (somatic, autonomic -> sympathetic/ parasympathetic). Write one effect of each autonomic division.

30-45 min
Sketch the brain: hindbrain/ midbrain/forebrain with one function each; then write the four lobes and their functions. Self-check cerebrum vs cerebellum.

45-60 min
List the endocrine glands (pituitary, thyroid, adrenal, pancreas, gonads) with one hormone and one effect each; write why the pituitary is the master gland. Then define enculturation, socialisation, acculturation in one line each.

60-75 min
Take the 15-MCQ Quick Drill under a 20-minute timer. Target >= 12/15.

75-90 min
Review every wrong answer, re-read the matching notes slide, and rewrite the one diagram or definition you fumbled. Done.

Confidence, not anxiety. You've practised this all year. Trust your steps. Don't change strategy on exam morning.
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