

Prefrontal Cortex (PFC) – Cheat Sheet

Think of the PFC as the CEO of your brain. Situated at the front third of your brain, it acts like a supervisor for the rest of your brain and body. It is the brain's brake that helps you think about what you say and do before you say or do it. It is involved with attention, judgment, planning, impulse control, follow through, and empathy.

- The PFC helps teachers plan lessons effectively and finish projects on time.
- The PFC makes you think twice before you say something hurtful to a student, parent, or coworker.
- The PFC helps students pay attention to teachers and helps teachers listen to students.
- The PFC helps students complete arrive to class on time and complete homework assignments on time.

When the PFC is low in activity, often due to low levels of the neurotransmitter dopamine or brain trauma, people often struggle with:

Impulse control problems	Procrastination
Short attention span	Disorganization
Distractibility	Dis-inhibited Financial problems
Decreased forethought	Impulsive overeating
Lack of clear focus or goals	
Decreased judgment	

Having low PFC activity may have some positive traits, such as:

Spontaneous	Not rule bound
Creative	Uninhibited free spirit

Can be a great salesperson (as long as you have an assistant who keeps you organized)

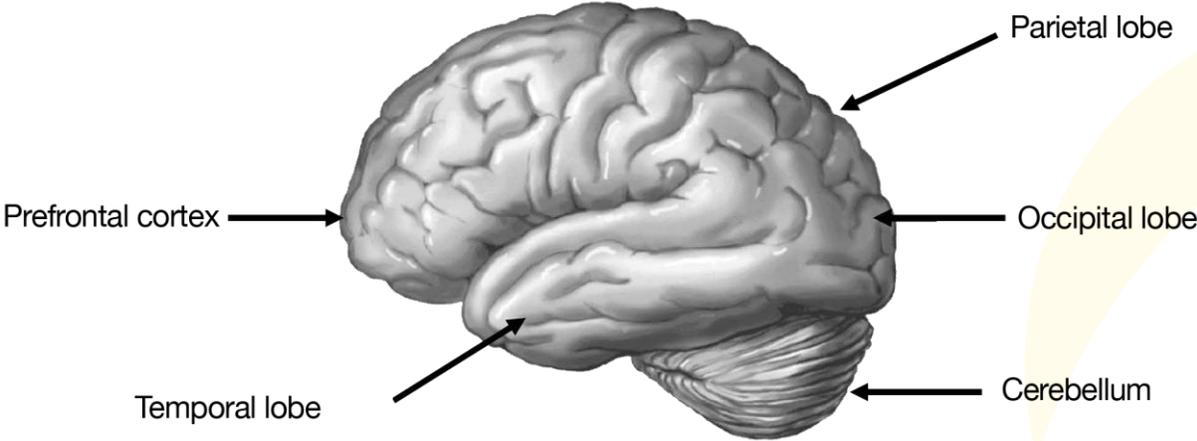
Some conditions associated with low PFC activity include:

ADHD	Brain Trauma
Some forms of depression	

Common treatments used when the PFC is low:

Organizational help	Intense aerobic exercise
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Outside View of the Brain



Inside View of the Brain

