



# GEN 0104

## Self - Development

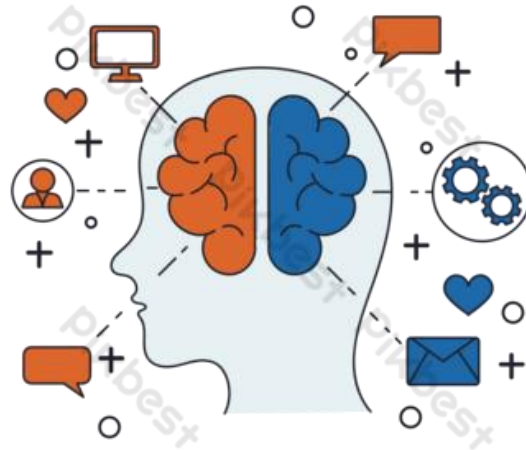


**Assoc.Prof.Chaweewan Kaewsaiha**

**Dr.Boonthong Boontawee**

# Basic Principles of Human Behavior

## Mental Growth



<https://youtu.be/DLW3UsxkM50>

# Learning Objectives

- 1. Define mental health based on the World Health Organization (WHO).**
- 2. Explain the responsible for specific tasks of the brain regions, the left brain and the right brain for human behaviors.**
- 3. Practice the brain gym for personal mental growth.**

# Physical Growth VS Mental Growth



**Physical Growth:**  
**Grow mass and size**



**Mental Growth:**  
**Grow IQ and EQ**

# Idea of Mental Growth



**As the children grow older,  
their mental abilities and  
functions increase.**

# Mental Health



**Developing  
Learning Abilities**

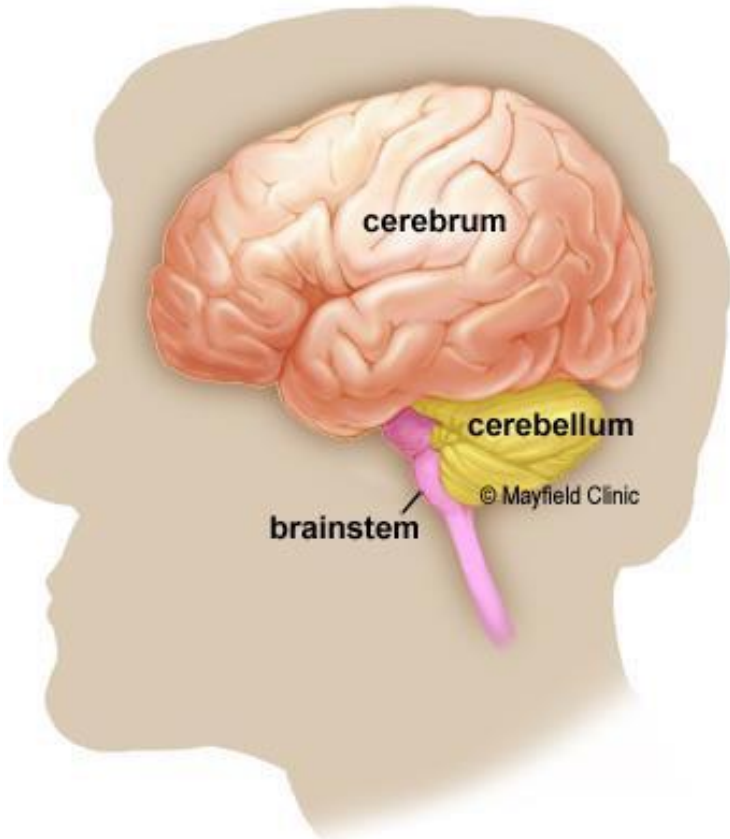


**Increasing  
Productivity at Work**



**Contribution  
to Community**

# Brain Regions and Functions



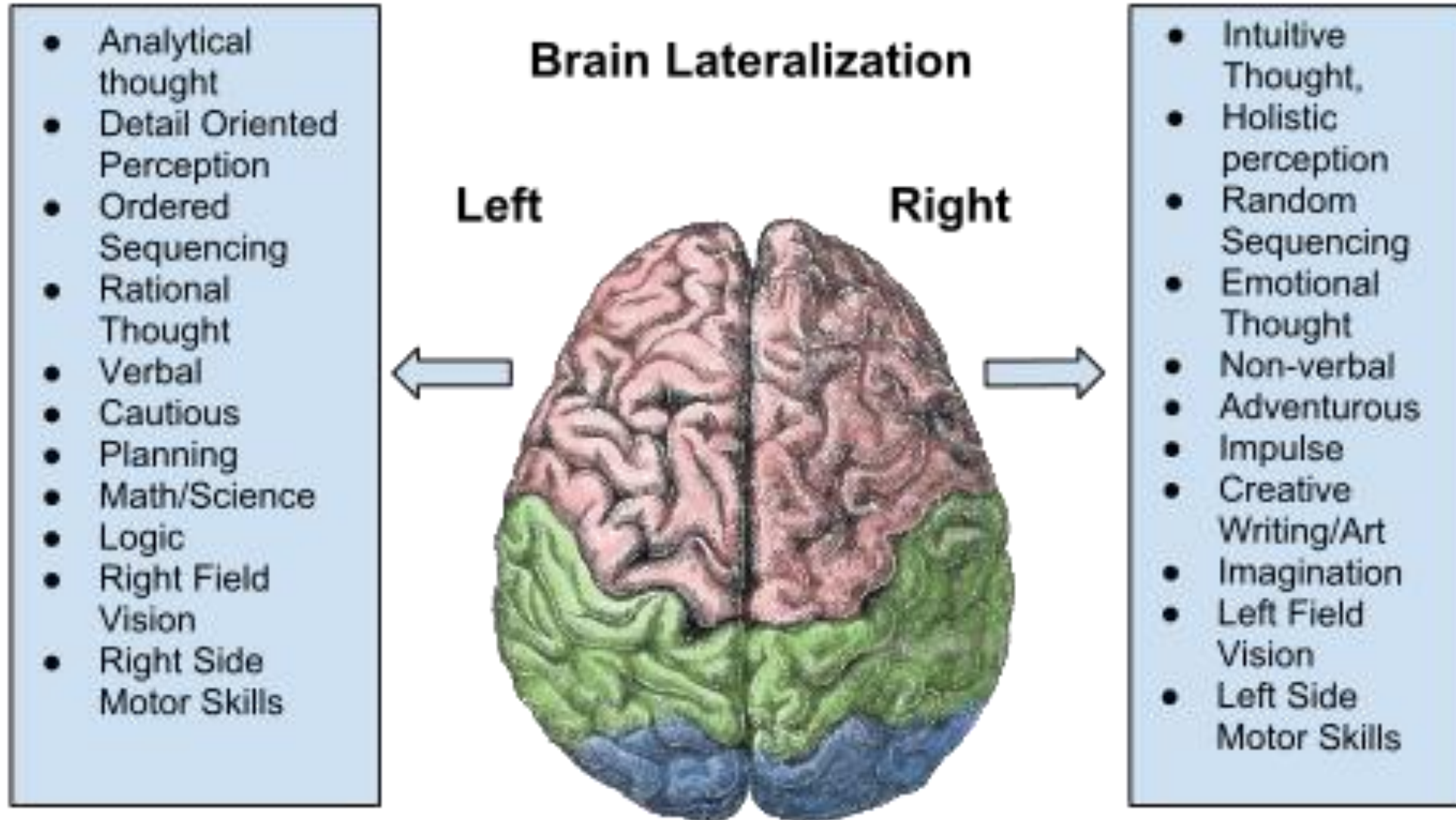
**Cerebrum: interpret touch, vision, and hearing, performs speech, learning, and control movement.**

**Cerebellum: coordinate muscle movement, maintain posture, and balance.**

**Brainstem: control breathing, heart rate, body temperature, wake and sleep cycles, digestion, sneezing, coughing, vomiting, and swallowing.**

Source: <https://mayfieldclinic.com/>: control breathing, heart rate, body

# The Left Brain and Right Brain Functions



Source: [wikimedia.org/wiki/File:Brain\\_Lateralization.svg](https://commons.wikimedia.org/wiki/File:Brain_Lateralization.svg)



# Brain's Lobes and Functions

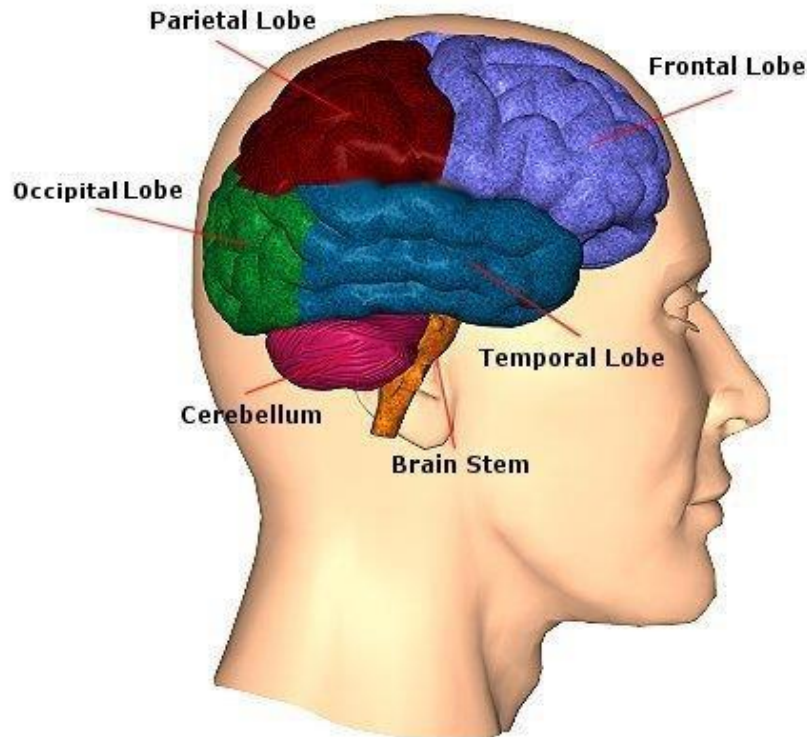
**Frontal Lobe:** intellectual activities, personality, behaviors, and emotional control.

**Parietal Lobe:** ability to read, write, and understand spatial relationships

**Occipital Lobe:** controls sights

**Temporal Lobe:** controls memory, speech and comprehension

**Brain Stem:** controls heart rate, blood pressure



**Source:** [://www.neuroskills.com/brain-injury/brain-function.php](http://www.neuroskills.com/brain-injury/brain-function.php)

# Good Factors for Brain & Mental Development

1. Enrich your mind
2. Do brain exercises
3. Consume good nutrients
4. Continue to learn
5. Think Critically
6. Get better sleep

Source: Adapted from <https://www.lifehack.org/articles/productivity/15-ways-grow-mentally-and-physically.html>

# Good Factors for Brain & Mental Development (cont.)

**7. Spend time with people**

**8. Stay away from drugs & alcohol**

**9. Find a good listener**

**10. Laugh more**

**11. Get rid of bad habits**

**12. Positive thinking**

Source: Adapted from <https://www.lifehack.org/articles/productivity/15-ways-grow-mentally-and-physically.html>

# 1. Enrich your mind



**Learn new things to  
get more knowledge**



**Utilize knowledge in  
a better way**

# 2. Do brain exercises

## Left Brain



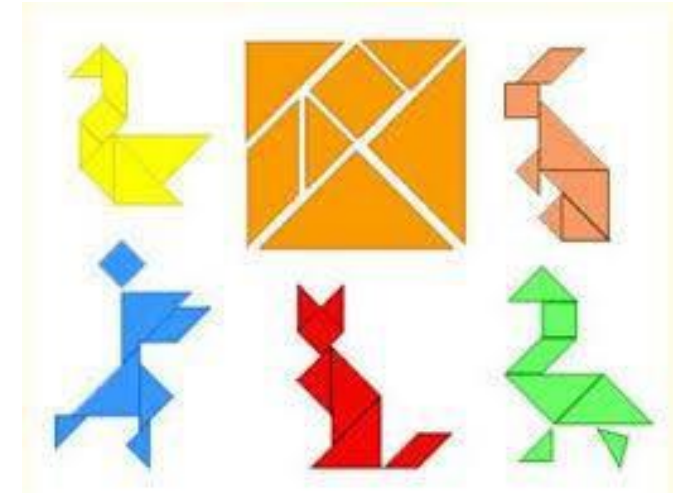
Word Round Up

## Right Brain



Optical Illusion : Lady or Witch

## Left-Right Brain



Tangrams

# 3. Consume good nutrients



## 4. Continue to learn



**Learn somethings you want to learn.**

# 5. Think Critically

## The Four Cs of 21st Century Skills





## 6. Get better sleep



Sleep helps tissue repair, muscle and mental growth



**Sleep helps tissue repair, muscle and mental growth.**

## 7. Spend time with people



**People are willing to support you in any circumstance.**

## 8. Stay away from drugs & alcohol



**Using cigarettes, alcohol, and illegal drugs damages your mental and physical health**

## 9. Find a good listener



**Have an open mind**



**Pose significant questions**

## 10. Laugh more



**Strengthens immune system, and boosts mood**

# 11. Get rid of bad habits



**Get rid of bad habits that hurt self-confidence.**

## 12. Positive thinking



**Begin each day with a grateful heart.**

## Summary

**There are many ways to develop human behaviors for mental health. Many studies have shown that doing physical activities can improve mental health. In addition, the development of the brain relates to the mental health that changes in learning development from new born to adolescent through at least 12 good factors as described before.**



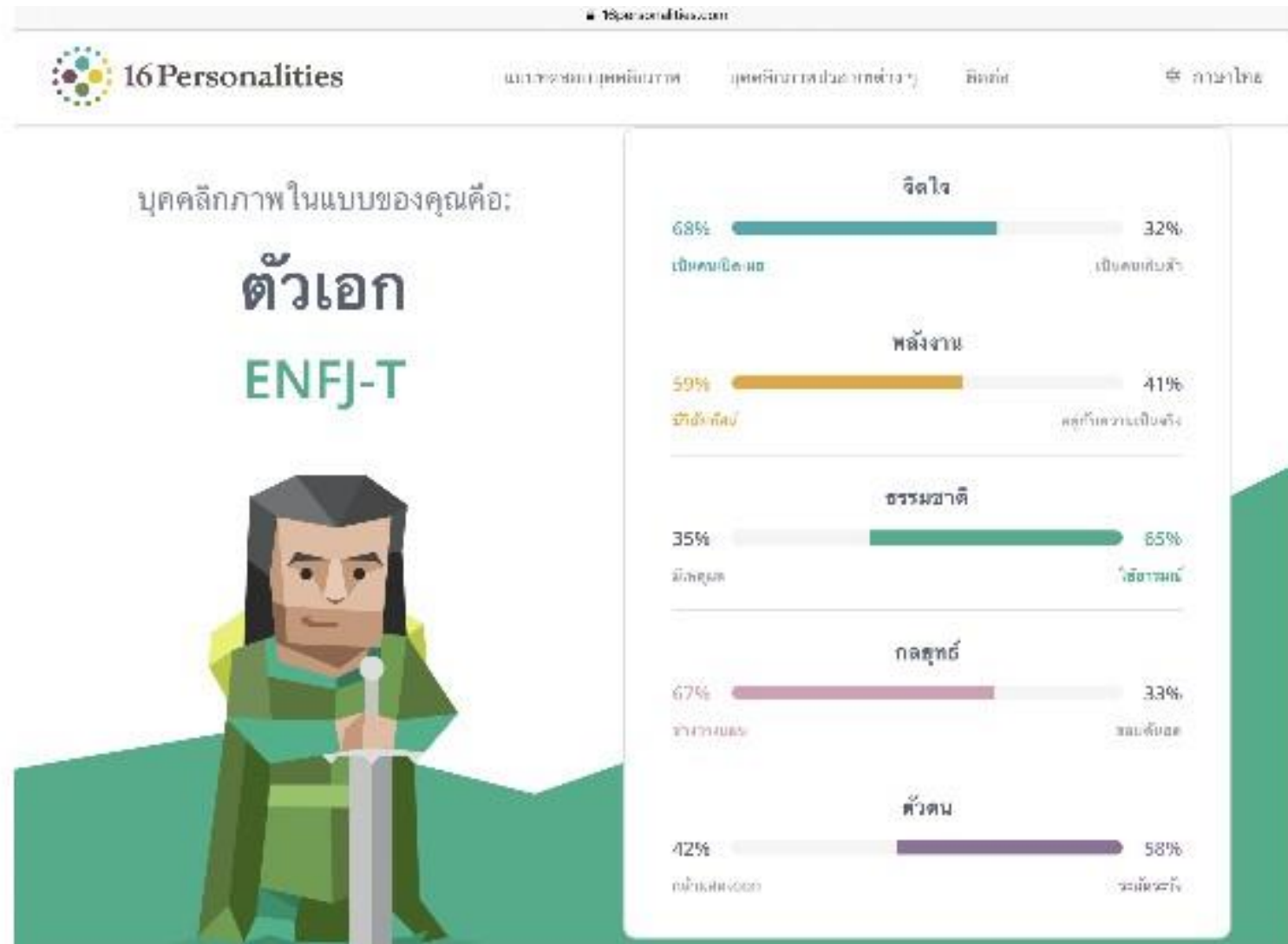
# Secrets Of The Brain – Insight TV: Channel 3 Thailand

- <https://www.youtube.com/watch?v=eHizKTN3IP0>

# Activities

1. Read more information from <https://www.lifehack.org/articles/productivity/15-ways-grow-mentally-and-physically.html>
2. Check your personality from <https://www.16personalities.com/th>
3. Create a screen capture of the result page.

# Example



Good Luck

