

Prefrontal Cortex's Unique Functions:

- Considering a wide range of solutions to a problem
- The ability to see the "grey" areas versus a black & white thinking
- The ability to deviate from routine & being flexible
- The ability to handle transitions
- Doing things in a logical sequence
- Having a sense of time
- Planning out a goal, identifying it & organizing it
- Having the ability to concentrate
- Predicting the consequences of one's actions
- Organizing one's thoughts, concerns & needs into words
- Understanding what is being said
- Managing my emotions
- Having impulse control
- Having social skills
- Being capable of seeing another person's perspective

These unique functions emerge beginning 3-4 years of age and fully develops by the age of 25-30 years old.