

I really had a hard time understanding the book about the peripheral nervous system. The video helped me to break this down into the sensory and motor divisions. Sensory is the entry point and motor are where you get the effect of what your body shouldn't be doing. This is where if you touch something hot it would send impulses through the sensory neuron to the relay neuron into the brain. In the brain the information is processed. The brain then sends impulse through the motor neuron into the muscle and our response is to jerk our hand away from the hot it was touching. I found this video very helpful.

I also struggled with my paper and the apa format. I am hoping I will get some guidance about what I need to do better and what I have wrong. I did a lot of research online and every paper I looked at that was APA style was different in the way it was laid out.