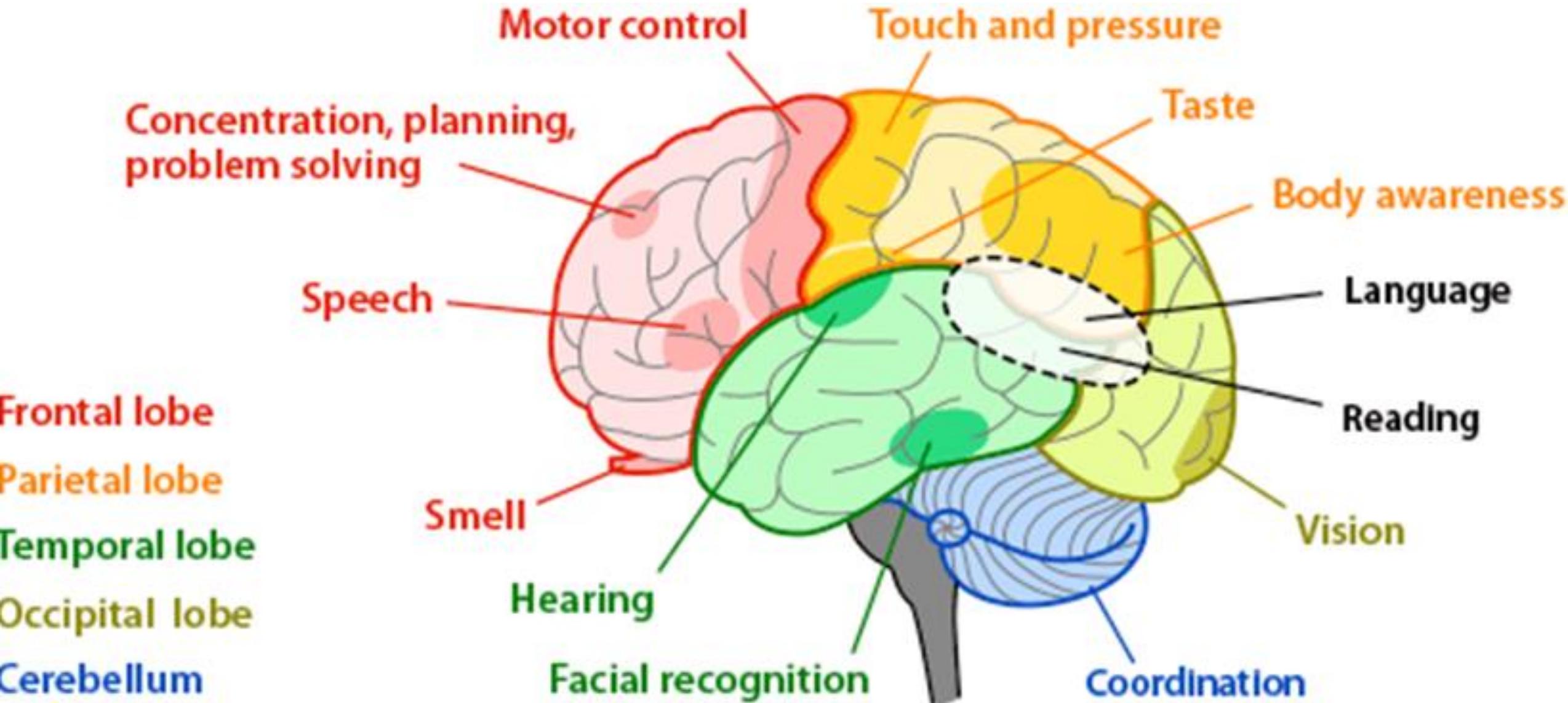


HUMAN BRAIN



TEENAGERS' BRAIN

- Most of important and fascinating changes in the brain happen during teenage years (technically, 11-21/22)
 - 1) **Slow development** over long periods of time of parts of the brain that are involved in controlling attention, resisting distraction and impulses, as well as decision making;
 - 2) **Faster development** and increased functional activity in areas of the brain that are involved in emotion, appetite and mood
 - 3) **The connections** (“cross-talk”) between these parts of the brain becomes increasingly efficient, but it takes time. Brain only fully develops by the age of 21-22.

TEENAGERS' BRAIN

- Because area of the brain associated with self-regulation, conscious decision-making, memory, judgment and insight is still developing, teenagers do not have the self-control to not take risks, even if they know something is very risky.



TEENAGERS' BRAIN

- Teenagers experience a vary rapid change of emotions
- Teenagers think by using emotions, but can find it hard to read emotions of others
- Research carried out by [Dr Deborah Yurgelun-Todd](#) and [others](#) suggests that because the pre-frontal cortex is still developing, teenagers rely more on their limbic system (which acts more like an instinctive reaction) when reading emotions.



TEENAGERS' BRAIN

The [National Sleep Foundation](#) suggests that teenagers need more sleep (8-10 hours) than adults (7-9 hours). Most adults start to get sleepy at about 10pm. This is because there is an increase in the sleep hormone, melatonin, at around this time. But this increase happens later in teenagers, meaning they don't feel tired until later.



HELPING YOUR TEENAGER TO LEARN

IMPULSIVE RISK-TAKING

- This can be turned into motivation to learn, if they see learning as an exciting challenge.
- One of the biggest barriers to taking risks is a fear of failure. This can be overcome by facilitating an environment where children know mistakes won't be mocked or criticised.

HELPING YOUR TEENAGER TO LEARN

Our brain filters out about 99% of the information coming from the senses. Two factors strongly influence whether the teenager's will pay attention to a piece of information:

- 1. If the information has meaning.**
- 2. If the information causes an emotional response.**



HELPING YOUR TEENAGER TO LEARN

5 Ways to Improve Self Control

by @Inner_Drive
www.innerdrive.co.uk



- 1 Remove the Temptation**
People who focus on the temptation are more likely to engage in it. So make sure your environment helps you perform to your best.
- 2 Maintain Good Energy Levels**
Self-control requires energy. Don't underestimate the power of a good night's sleep and a healthy diet.
- 3 Set Specific Goals**
Focusing on what you want to achieve helps you persist with your goal and helps you prioritise your actions.
- 4 Use Negative Associations**
Associate something bad with what's distracting you and you'll be less likely to do it.
- 5 Develop a Plan**
Generate a plan for how to behave in a specific situation. This will boost your self-control.