



# The Teenage Brain

**Designed For: Professionals**

Adults who teach, counsel, or live with teens are often caught up in the challenging behavior and attitude of adolescents and may forget the remarkable physical, emotional and cognitive changes that are occurring during these years. We have long been able to describe characteristics of teens – sullen, angry, risk-taking, secretive, awkward - but for the first time brain science can explain why teens are the way they are.

A 20-minute edit of a Frontline program: The Teenage Brain will be shown and participants will discuss the implications for schools, teachers and parents in terms of expectations, education, support and compassion for the adolescent. Using this information, we will explore learning strategies for teens including role play, forced choice, brainstorm, fishbowl and small group discussion.

**Our goals are to help professionals:**

- Review basic brain physiology as it pertains to learning
- Understand current brain science to better understand adolescents
- Appreciate the value of multiple teaching strategies to engage teens

**Average Length of In-Service: 120 minutes**

**Recommended Number of Participants: 20 - 100**

**Cost of In-Service: Contact Us**