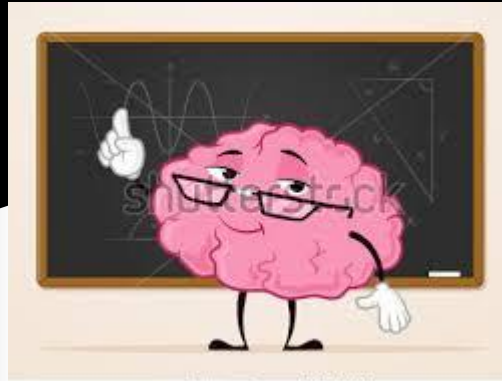


The Teen Brain

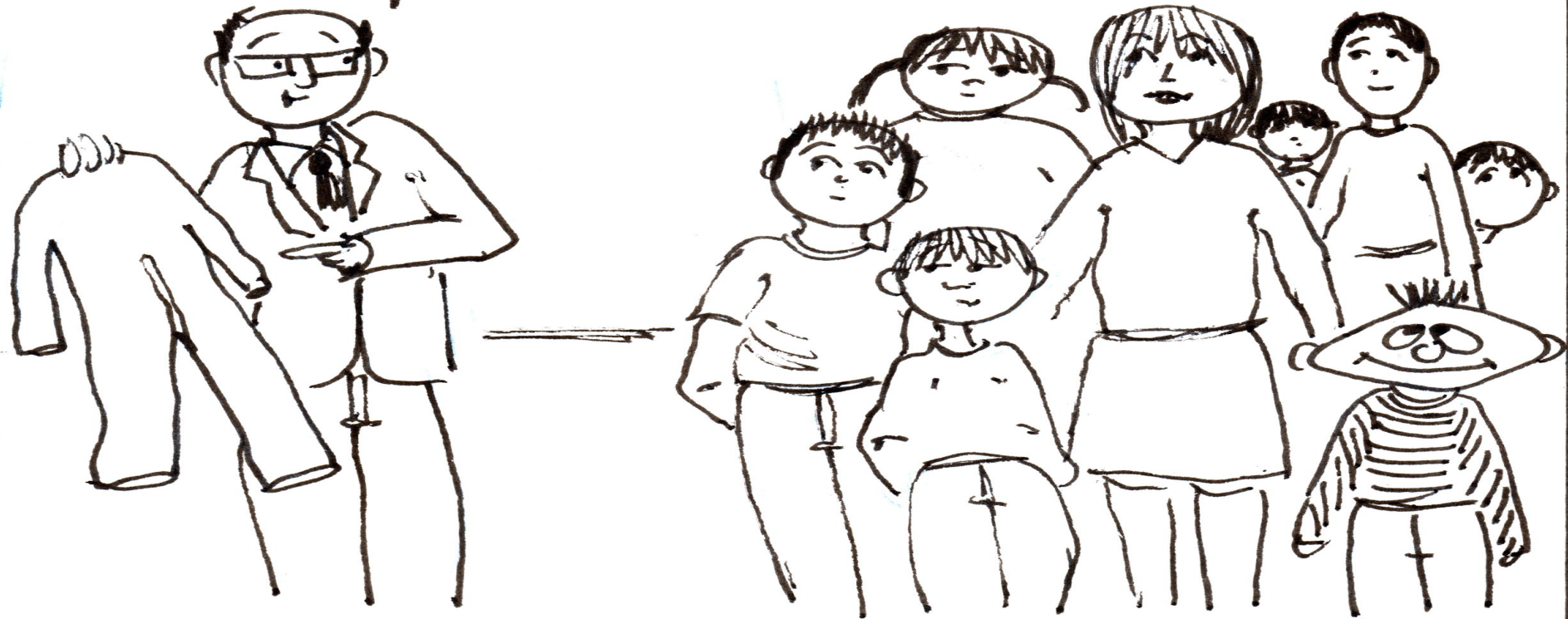
.....
Cognitive Development of the Adolescent Brain



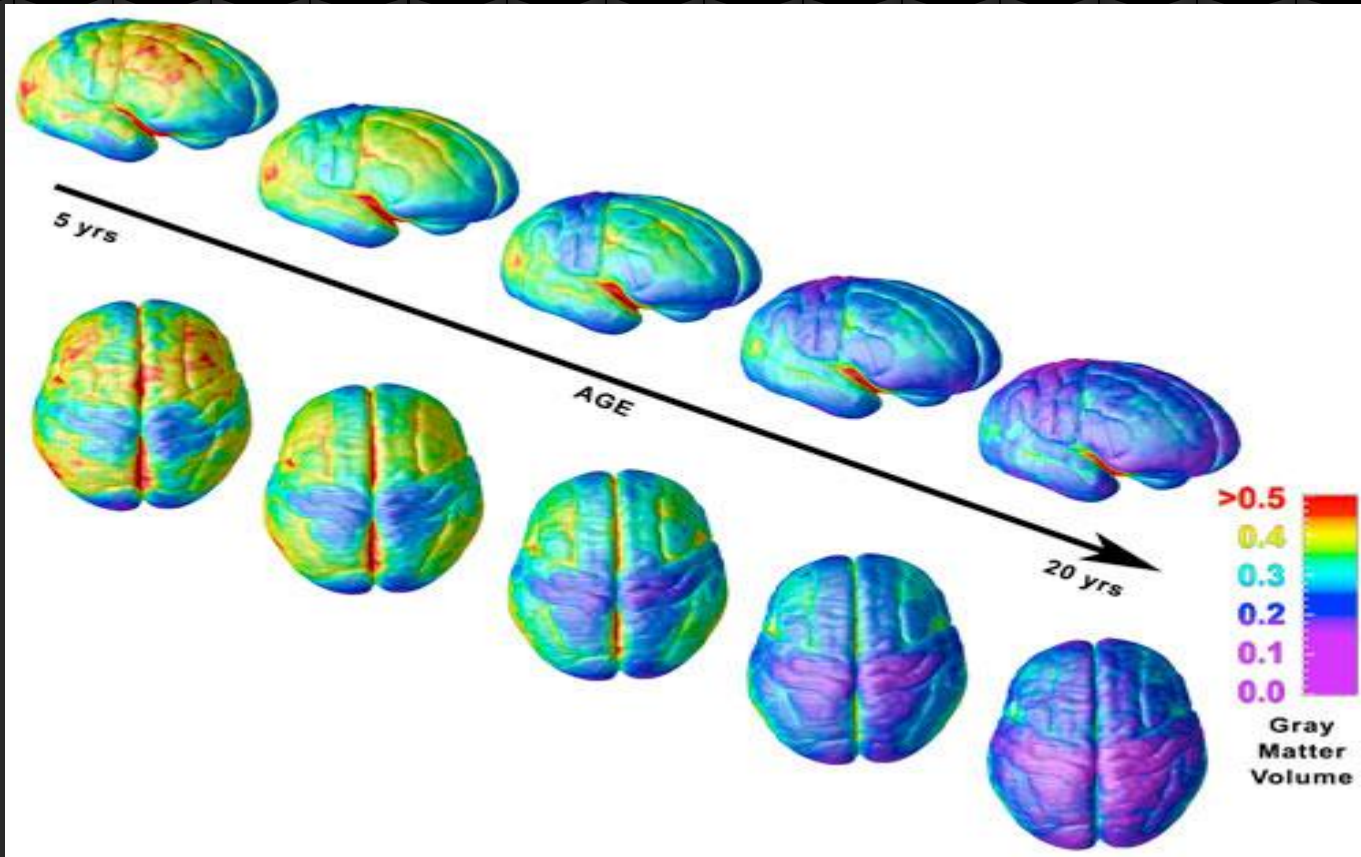
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Traci Chudy

ONE SIZE FITS
ALL! TRUST ME!

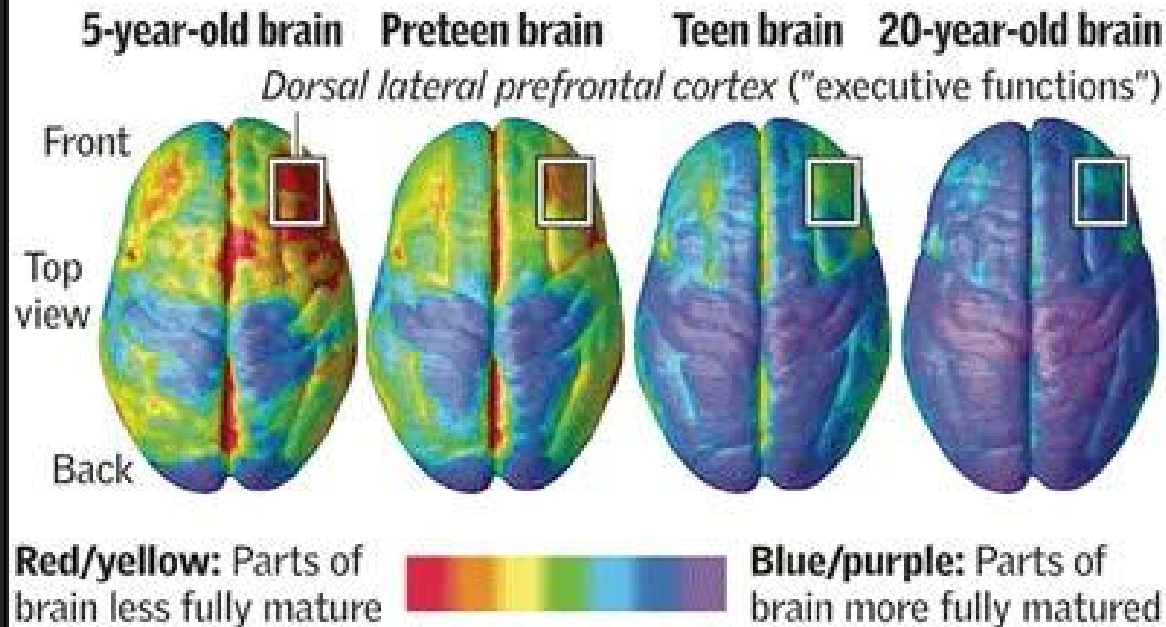


The Adolescent Brain



Judgment last to develop

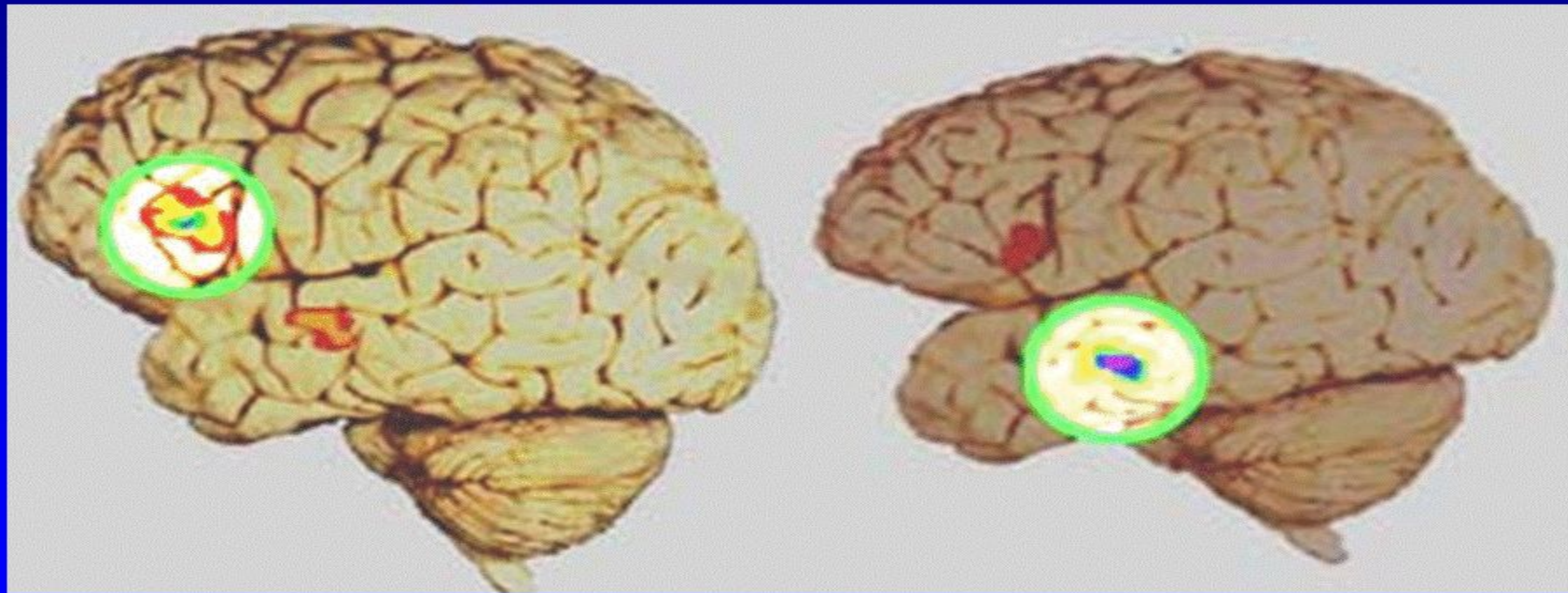
The area of the brain that controls "executive functions" — including weighing long-term consequences and controlling impulses — is among the last to fully mature. Brain development from childhood to adulthood:



Sources: National Institute of Mental Health;
Paul Thompson, Ph.D., UCLA Laboratory of
Neuro Imaging

Thomas McKay | The Denver Post

When Reading Emotion...
**Adults Rely More on the Frontal Cortex
While Teens Rely More on the Amygdala**



Pruning

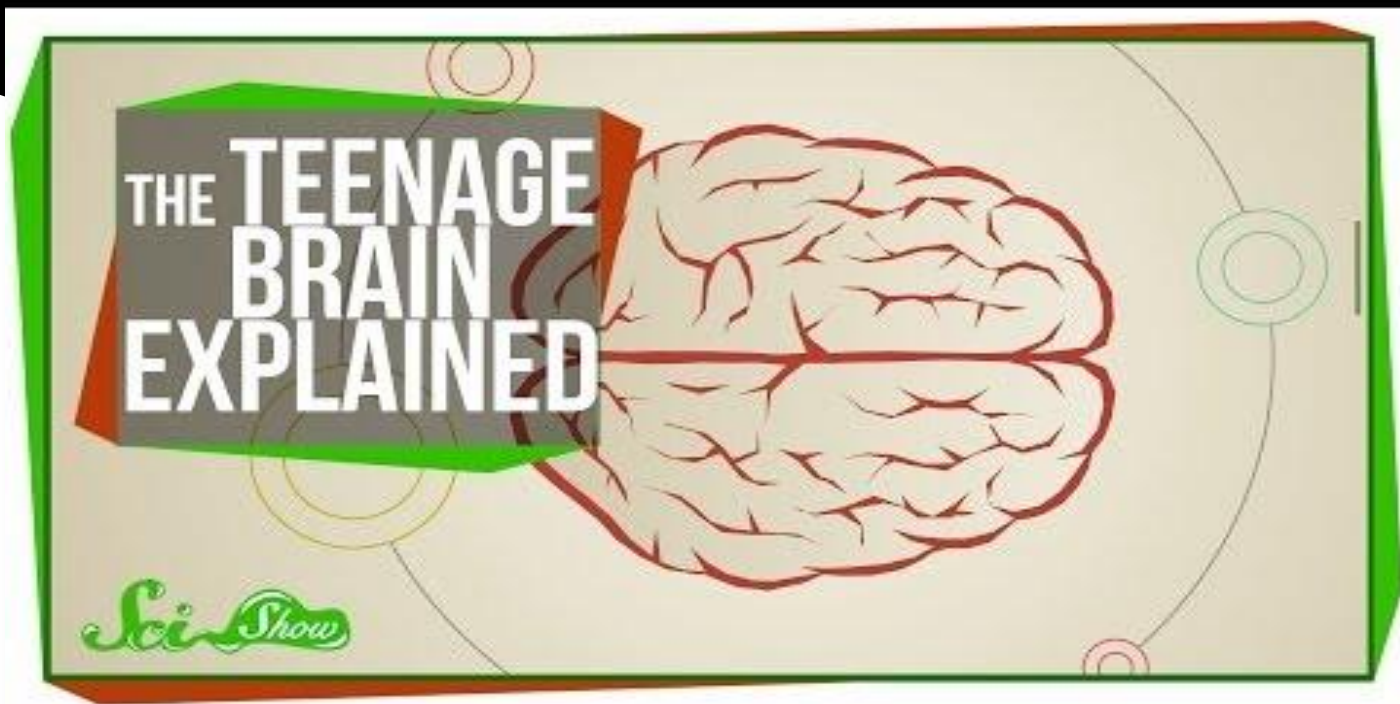
- ❖ Adolescents flooded with world's intense and overwhelming problems
 - Digital media
 - Global access
- ❖ Remodeling of the brain
 - Starts just before teen years and continues well into mid-twenties
 - PRUNING down of existing/unnecessary knowledge and creating efficiency and coordination of what is left
- ❖ Use it or lose it
 - What teens' brains are focusing on during this pruning process is what will survive (music, sports, academics, video games, couch potato)

.....Neuroscientist.....
Sarah-Jayne Blakemore



**The Neuroanatomical
Transformation of the
Teenage Brain
With
Jill Bolte Taylor**





<https://youtu.be/hiduiTq1ei8>

Impact The Mind With **Color**

Blue – Studying, Thinking, Concentration

Purple – Tranquilizing, Good for Appetite Control

Pink – Restful, Calming

White – Disrupting

Color Continued...

Red – Creative Thinking, Short–Term Energy Boosts

Green – Productivity, Long–Term Energy

Pastels – Minimum Disruption Across All Moods/Activities

Yellow
Orange
Coral } – Physical Work, Exercising, Positive Mood

Lavender, Lemon, Peppermint... Add Aroma

.....


Lavender – Reduces Stress

Lemon – Induces Positive Mood

Peppermint – Refreshes & Invigorates

Apple – Relaxes Brain Waves & Reduces Blood Pressure

Vanilla – Relaxes & Soothes



THANK YOU!!!

traci.chudy@cps.k12.ar.us

Left brain expression (Academic)

detail oriented
(Looks at parts)
Logical
Sequential
Rational
math and science
can comprehend
Analytical
Objective
uses logic
facts rule
words and language
present and past
knowing
acknowledges
knows object name
reality based
forms strategies
order/pattern perception
practical/planned
safe
cautious



Right brain expression (Creative)

'big picture' oriented
(Looks at wholes)
Random
Intuitive
Holistic
philosophy & spiritualism
can 'get it' (the meaning)
Synthesizing
Subjective
uses feeling
imagination rules
symbols and images
present and future
believes
appreciates
knows object function
fantasy based
presents possibilities
spatial perception
impetuous/spontaneous
adventurous
carefree/risk taking

Working Memory

- Short term memorizing “Cramming”
- Learned material only makes it to your “working memory”
- Learned material will soon be forgotten



Long Term memory

- Learned material makes it to your “long-term memory”
- Review and revisit material often
- Information should be reviewed ten minutes after learning and every seven days to keep in long-term memory

MEMORIZATION

FIRST REMINDER

SECOND REMINDER

THIRD REMINDER

FOURTH REMINDER

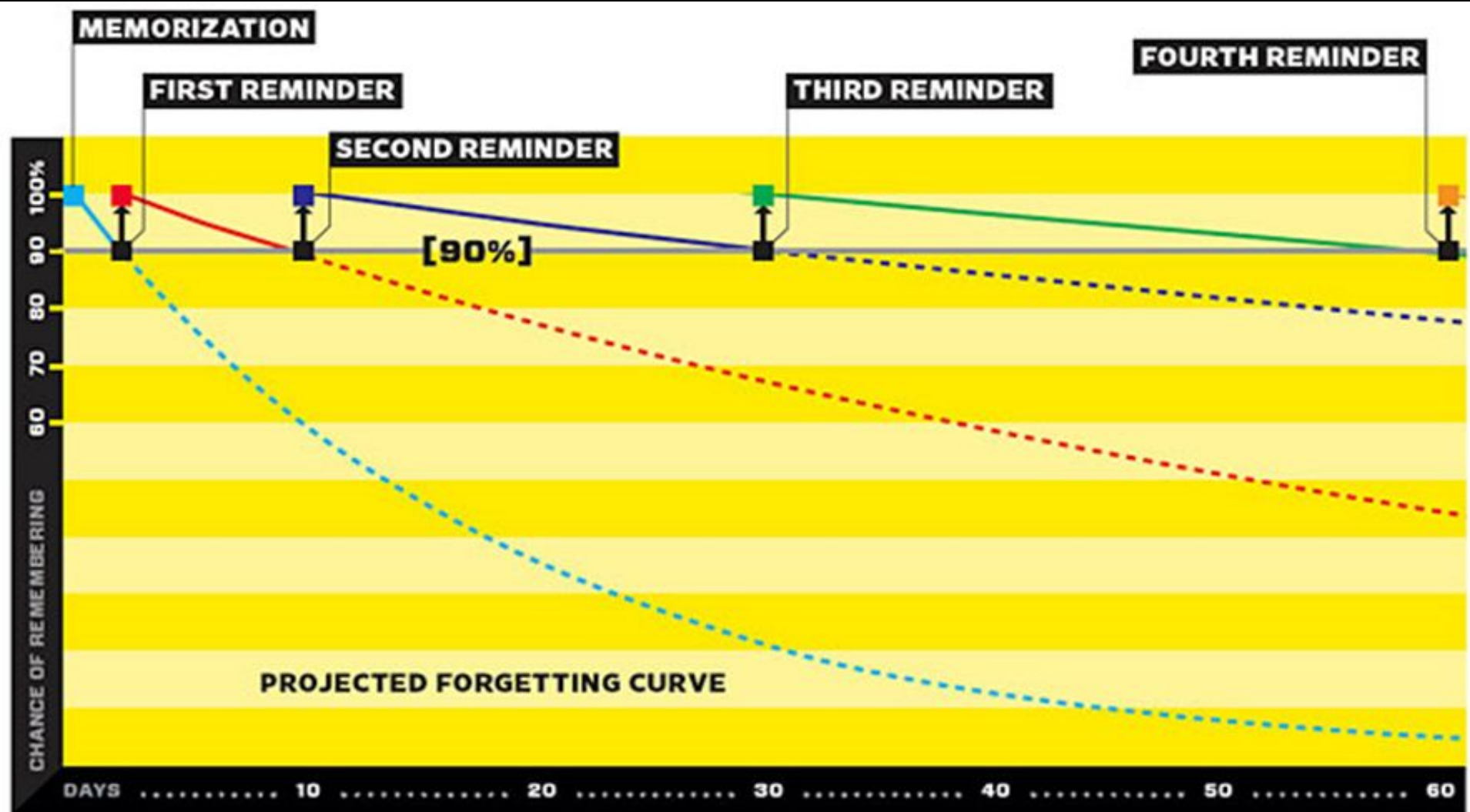
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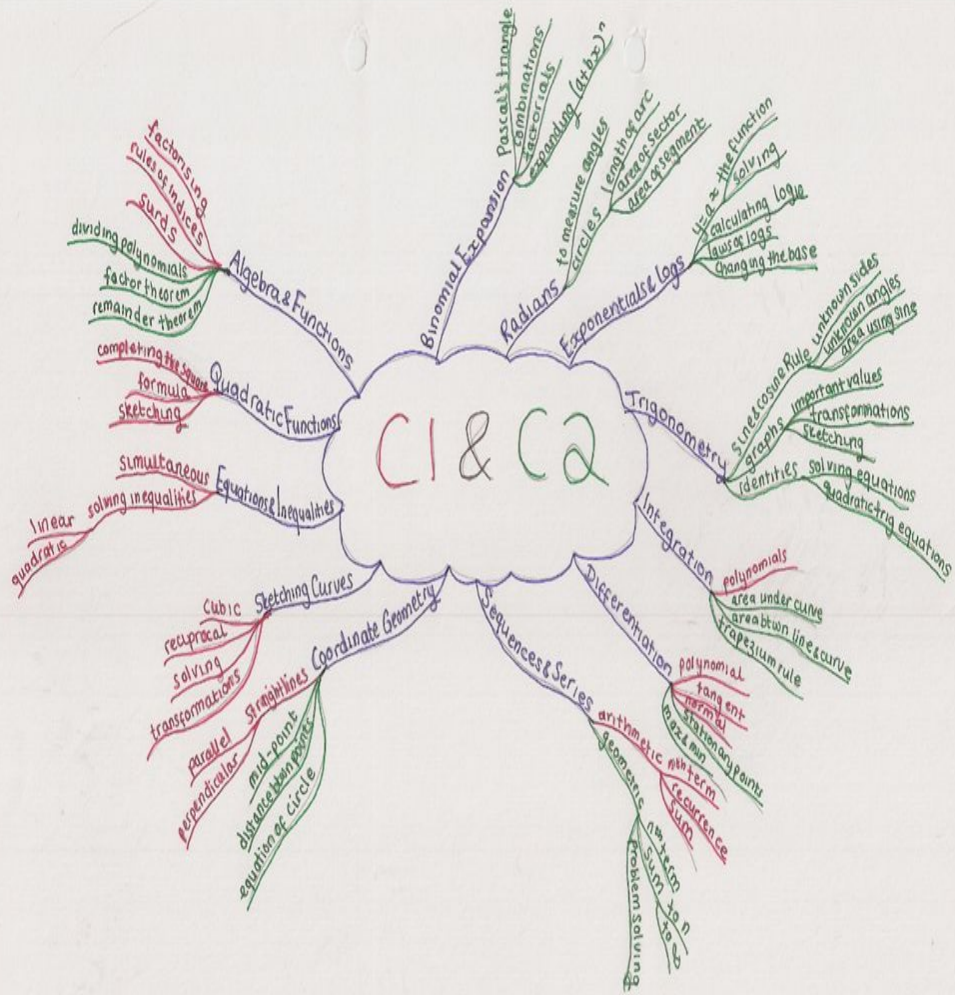
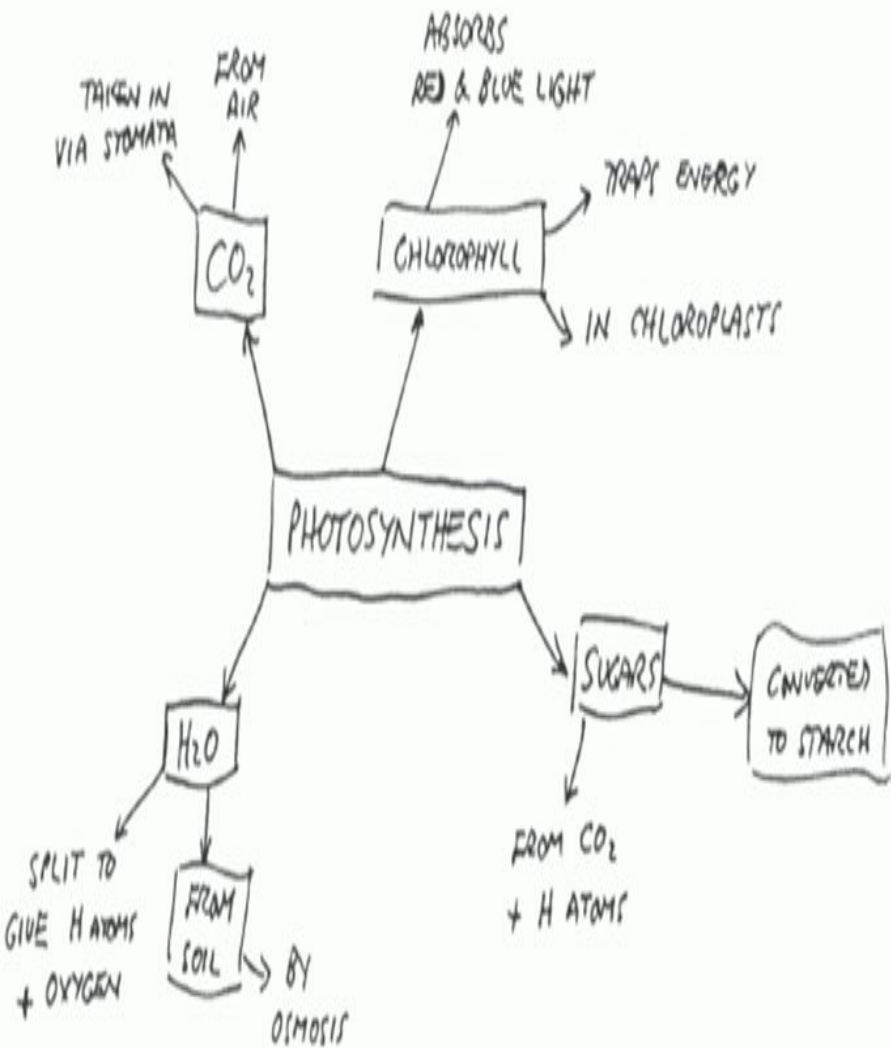
PROJECTED FORGETTING CURVE

DAYS 10 20 30 40 50 60

CHANCE OF REMEMBERING

100%
90
80
70
60





Incorporate Humor

- **Lowers Blood Pressure**
- **Laughing is a Release**
- **Reduces Anxiety**
- **Improves Classroom Outcomes**
- **Improves Test Taking**

