Brain Development, Part 2: The Teenage Brain

Analysis & Discussion Questions

Answer each of the following citing evidence from the assigned readings, the documentary (*Inside the Teenage Brain*, or outside sources.

1. How does the teenage brain evaluate the risks and rewards of an action compared to an adult brain?

2. How do the hormones of puberty affect an individual's mood?

3. What area of the brain is thought to be responsible for teenagers having less control over their emotions than compared with adults?

4. Describe the difference between the 24 hour cycle of melatonin levels in teenagers and adults. What effect does this have on sleep patterns?

5. What changes, if any, occur in the brain stem and cerebellum of the teenage brain?

6. At what age is it believed that the pruning and myelination process of neurons finishes? What effect is this believed to have on the general process of learning?

7. How does risk taking and social networking behavior aid teenagers as they grow into young adults?