

What Might Surprise You About THE TEENAGE BRAIN

Teen brain cells more readily “build” memories than adults’. Therefore, the teenage years are an opportunity to develop expertise much more easily than later in adulthood.

1. Teens are better learners than adults.
2. Venus and Mars really emerge in adolescence.
3. Adolescents may not be as resilient to the effects of drugs as we think they are!
4. Multi-tasking causes divided attention and has been shown to reduce learning ability in the teenage brain.
5. Emotionally stressful situations may impact adolescents more than adults.
6. This is the first teen generation that has information about the unique capacities of their brain state.

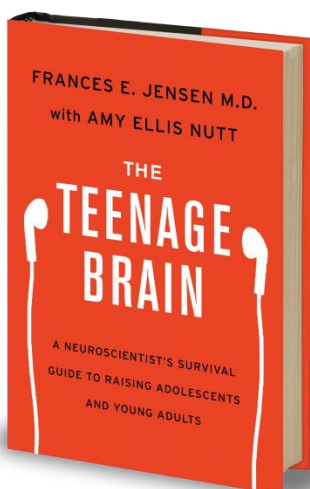
Studies show that girls’ brains are a full 2 years more mature than boys’ brains in the mid-teens. These gender differences in brain maturation may help in planning high school curricula.

The possibilities for application are endless.

Stress in these years can have permanent effects on mental health, and has been reported to lead to higher risk for certain neuropsychiatric disorders such as depression.

Recent experimental and human studies show that occasional use of marijuana can cause lingering memory problems, even days after smoking, and that long-term use of pot impacts later adulthood I.Q.

Multi-tasking also has some addictive qualities, which may result in habitual short attention in teenagers.



The Teenage Brain

A Neuroscientist’s Survival Guide to Raising Adolescents and Young Adults

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