

# **Video Guide**

## ***Inside the Teenage Brain***

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1. Parents may feel that for a brief period of time that their teenager is inhabited by.....?
2. a) When are parents 'thrown for a loop'?  
b) What do parents need to recognize?
3. When will the period of rapid brain growth occur again for baby Natalie?
4. What is the transition of entering puberty analogous to?
5. What does Dr Jay Giedd investigate?
6. a) What unexpected discovery was found just behind the frontal cortex?  
b) When does it occur?
7. What brain function is associated with gray matter?
8. What did most people mistakenly believe about brain development?
9. At what age has the brain reached 95% of its development?
10. Explain what the brain grows like?
11. It is the skills that Charlie learns and practices that will develop parts of his brain and not others. True or False?
12. Explain the "use it or lose it" principle in relation to brain development
13. Where is the pre-frontal cortex located in the brain?
14. Describe what the pre-frontal cortex is in charge of (ie. what it does)
15. Explain 'cognitive flexibility'

16. Where in the brain does the change occur that helps teens to regulate their emotions, solve problems effectively, and be more planful in behavior?
17. In the study conducted at McLean hospital, how did teen brains compare to adult brains? (ie. describe the differences)
18. What do the results of the McLean hospital study suggest about teen brains?
19. Based on the findings from the McLean study, explain why miscommunication between teens & adults might occur?
20. Explain why teens read emotions differently than adults
21. How much sleep does an average teen get?
22. What is the optimal amount of sleep that a teenager needs?
23. What is the concern about teens with regards to their sleep patterns?
24. Describe three things that lack of sleep affects in teens
25. What does your brain do while sleeping after learning a new skill?
26. How much did Charlie & Nicole improve on the ball and cup task?
27. How much did Charlie & Nicole improve on the mirror task?
28. Explain why Nicole performed better on the tests
29. What is the significance of the sleep study?
30. Name 3 benefits of a late school start time
31. Describe the downside to late school start times
32. What makes the biggest difference in a teen's life?