

# An Introduction to Adolescent Brain Development



## Frontal Lobe Growth Spurt

- Reasoning
- Motivation
- Judgment
- Decision-making

## Myelin growth jumps 100%

- Emotional growth
- Long term memory
- Organizational skills
- Attention span
- Impulse control

## Hormone levels increase:

- Moodiness
- Aggression

## Dopamine levels changing

- Volume Control

## Melatonin flow changes

- Melatonin spikes around 10:30 PM
- Sleep needs change ó 9.25 hours a night

## Resources:

Jones, Jami. "Teens will be Teens." *School Library Journal*, January 2005. <http://www.schoollibraryjournal.com/article/CA490604.htm>  
PBS. *Frontline: Inside the Teenage Brain*. 2002. <http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/work/anatomy.html>. PBS.  
Strauch, Barbara. *The Primal Teen: What the New Discoveries About the Teenage Brain Tell Us About Our Kids*. Random House/Doubleday, 2003.  
Walsh, David. *Why Do They Act That Way?* Free Press, 2004.

