

adolescent brain development

Three data points

1. The adolescent brain is different than the adult brain. During adolescence, the physical brain architecture of the brain is still being built.
2. The **pre-frontal cortex** is the final portion of the brain to fully develop. It is called the **CEO of the brain** because it is responsible for rational, executive functions (setting priorities, making decisions, forming strategies, organizing ideas, etc.)
3. The **exuberant growth** of neural connections/pathways is followed by a **pruning process** – possibly on a **use it or lose it** basis where those pathways that are regularly used remain, while the unused are pruned away.

Article review

New Info?

Adolescents are ...
(Bad/Good Frames)

What this information means/how we can apply it