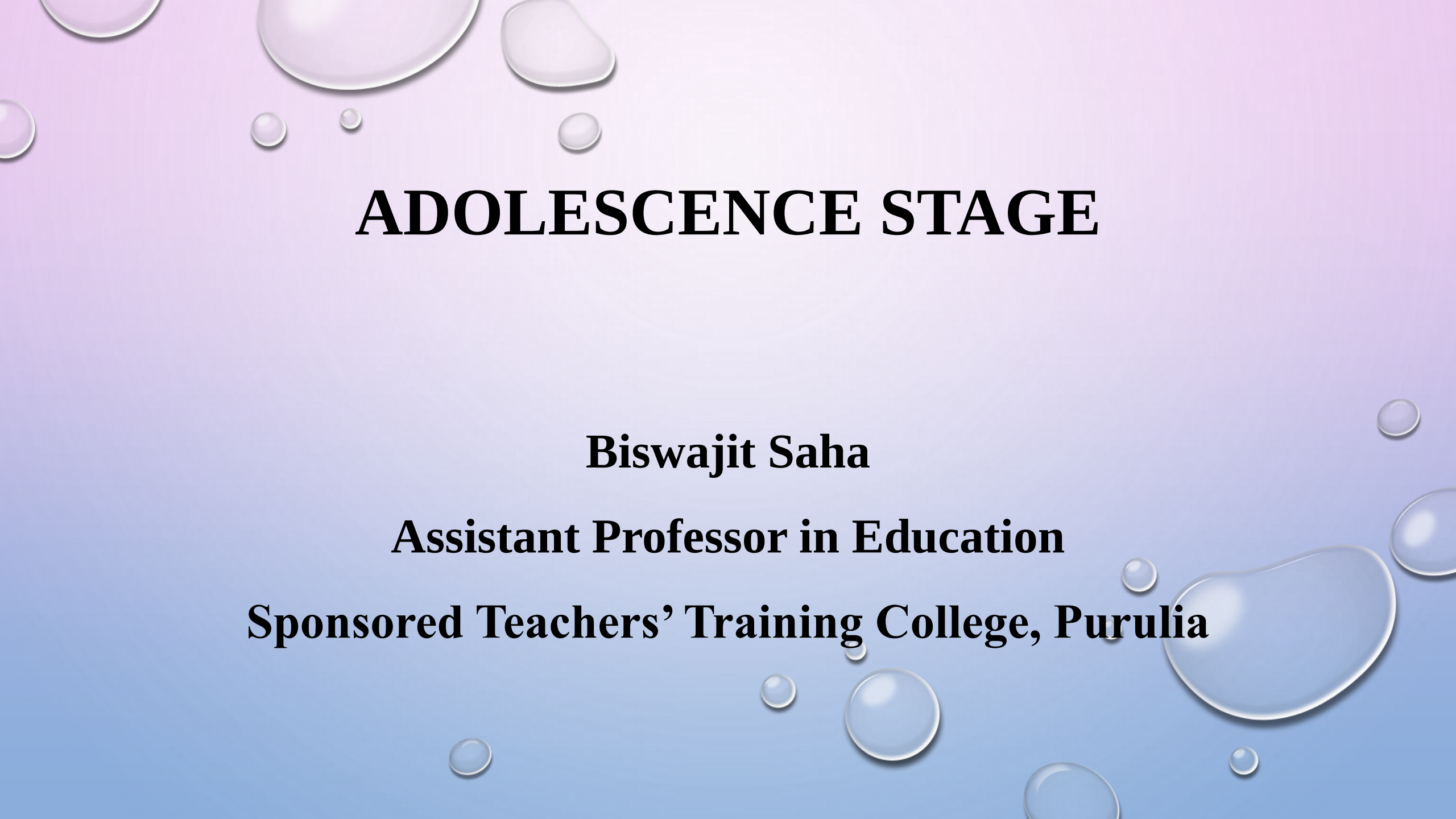




ADOLESCENCE STAGE

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INTRODUCTION

- Adolescence is the period of transition between childhood and adulthood. Children entering adolescence are going through many changes in their bodies and brains. These include *physical, intellectual, psychological and social challenges*, as well as *development of their own moral compass*. The changes are rapid and often take place at different rates. It can be an exciting yet challenging time in the life of a teenager. Adolescence is the time when your child becomes more independent and begins to explore their identity.

WHAT ARE THE PHYSICAL CHANGES OF ADOLESCENCE?

- Physical development in adolescence includes changes that occur through a process called **puberty**.
- During puberty, child's **brain** releases certain **hormones**.
- The hormones cause child's body to *physically change* and their *sexual organs to mature*.

CONTD...

- Experience a **growth spurt**.
- During this time, they will grow rapidly in **height** and **weight**.
- Other physical changes may include **body odor**, **acne** and an **increase in body hair**.
- Growth spurts usually happen **earlier for girls than Boys**.

COGNITIVE CHANGES

- Brain development in adolescence is on a *higher level than that of childhood*.
- They can deal with **abstractions**, **test hypotheses** and **see infinite possibilities**.
- Adolescents still often display **egocentric behaviors** and **attitudes**.
- During cognitive development in adolescence, large numbers of **neurons grow rapidly**. This allows for more *complex, sophisticated thinking*.

WHICH PART OF THE BRAIN DEVELOPS LAST IN ADOLESCENCE?

- The front part of your child's brain – **the frontal cortex** – is one of the last parts of their brain to fully develop. It won't finish maturing until a child reaches their mid to late 20s.
- This area of the brain controls **executive functions** such as *planning, prioritizing and controlling impulses*. Because it develops so late, a teenager may have **lapses in judgment**. We may see an increase in *risk-taking behaviors and mood swings*.

CONTD...

- When a teen isn't using their frontal cortex and is acting impulsively, this thought process is called ***hot cognition***.
- **Cold cognition** means using the logical part of your brain, not being “cold.” Parents can help redirect a young person from “hot” to “cold” cognition by responding with ***empathy, asking questions rather than lecturing and holding them to high expectations.***

WHICH MENTAL CHARACTERISTIC DEVELOPS OVER THE COURSE OF ADOLESCENCE?

- Mental Characteristics that Develop During Adolescence Includes –
- Abstract Thinking.
- Reasoning Skills.
- Impulse Control.
- Creativity.
- Problem-Solving Abilities.
- Decision-Making Skills.

EMOTIONAL CHANGES

- During adolescence, a child will begin to **observe, measure and manage their emotions**. That means they will begin to become more aware of their own feelings and the feelings of others.
- Build their **skills and discover their unique qualities**. As they become more independent, some adolescents welcome these new challenges. Others may need more support to build their self-confidence.

SOCIAL CHANGES

- The most important task of social development in adolescence is the *search for identity*. This is often a lifelong voyage that launches during adolescence. Along with the search for identity comes the struggle for independence.

CONTD...

- In this stage a child may –
- Develop an interest in their sexuality and romantic relationships.
- Show more independence from parent.
- Spend less time with parent and more time with their friends.
- Feel anxious, sad or depressed, which can lead to trouble at school or risk-taking behaviors

The background is a vertical gradient from light pink at the top to light blue at the bottom. It is decorated with several realistic water droplets of various sizes. Some droplets are in the top-left corner, some in the top-right, and a cluster is in the bottom-right. A faint, large, light-colored circular watermark is centered in the upper half of the image.

THANK YOU