

Review of the teen age brain

[Education](#)



Running Head: The Teenage Brain of Module #, Assignment # Undoubtedly for most people the most exciting yet confusing time of their lives was that of their teenage. Over the years many scientific researches have been conducted in order to try and understand the dynamics of the teenage brain and there does exist some consensus over the fact that the brain of the teenagers is at its sharpest stage, that is it can absorb a lot more information than the brain of someone older or even younger for that matter. Yet we see this fascinating trait of most teenagers wanting to excel at their studies as well as their extra-curricular activities, but that is not where it ends. Apart from balancing their academics with a prudent selection of extra-curricular activities these teenagers also have to cope with the ever increasing peer pressure whether it is smoking in a group, dumping their girlfriends/ boyfriends, dressing in a classy fashion and so forth.

On the other end of the story teenagers are also charged as being in the most careless time period of their lives where they feel whatever they do is justified and that they have a right to do what they please. Another dilemma faced by many teenagers is that of how "big" they actually are for example they have to put up with the conditions imposed on them by their parents because they are not independent enough to fend for themselves and thus live a completely independent life. Yet in a highly individualistic society as that of the United States of America, teenagers do not feel bound to live their lives the way their parents plan it out for them. Teenagers want their privacy. They are mostly confused as to what they want out of their lives. When children are in their teenage, what matters most to them is their individuality and how they identify with their peers. Most teenagers fall a prey to dangerous company which leads to their giving in to peer pressure <https://assignbuster.com/review-of-the-teen-age-brain/>

and taking drugs, shoplifting for fun, committing robberies etc. Usually why teens get into such turmoil is because they do not communicate effectively with their parents who they see more as authoritative dictators who want to control their lives as opposed to someone who genuinely cares for them and their well being. Another factor which along with enhancing the information base of teenagers also renders them vulnerable is their unbound access to information through the internet. This access to the internet has made them more informed than any of their previous generations and in certain instances also increased their confusion as to their identity.

Dealing with and understanding such teenagers become a problem for the teachers, parents and guardians. In classrooms the facilitators need to understand the concentration span of these teenagers is very short and consequently lectures need to be designed in a way that encourages more interaction amongst students themselves and with the facilitator. Techniques such as role plays would help in this regard. Moreover, teenagers' moods vary considerably. Therefore if a facilitator notices a peculiar change in a student's attitude then the teacher can play the role of a confidant and ask if there is any way in which he/ she can help. For the guardians of teenagers, it goes without saying that they must understand the teens, their state of mind and needs. They must give teens their privacy but ensure that they are approachable enough for the teens to be able to talk to them in case of a problem. For fellow students it appears that they understand people of their age group a lot more than other people would, yet it is essential for teenagers to realize that they need to give people space. Many teenagers commit suicides because they just cannot cope with peer pressure in high

school, so fellow students must take this into notice by exercising tolerance and accepting other teenagers for who they really are.