

DATE:

Surviving :) The Teen Brain

After watching the documentary, *Surviving :) The Teen Brain*, answer the following questions. Some of these theories will be discussed in the Unit Test.

1. List examples shown in the documentary that highlight Hall's theory of storm and stress.
2. List examples shown in the documentary that highlight Elkind's theory of adolescent egocentrism.
3. Which part of the brain develops during the teenage years? What does this part do for us? Which other brain system does it need to communicate with?
4. What does this documentary suggest determines a person's skill set later in life? How is this development different from that of other species like cats and dogs?
5. In terms of brain activity, how are teens deterred from risky behaviour? What brain chemicals are released to aid in this decision?
6. What is troublesome in regards to the reward system of the brain in a typical teen?
7. What did anthropologist Helen Fisher theorize about teenage love? What methods of research does she use?

8. How do Helen Fisher's views of rejection reflect your personal experiences?

9. Why is the term "adaption" so important when discussing the teenage brain?

10. Discuss the debate presented in the documentary between the positive and negative effects technology has on adolescence.

11. What is most important for success through the teenage years?