



Anticipation Guide

Did you know that...?



Read and discuss each statement with a partner.

1. ...the brain, not hormones, is to blame for the inexplicable behaviour of teens?
2. ...short term memory increases by about thirty percent during adolescence?
3. ...teens are ruled far more by their emotions than by logic?
4. ...teens crave structure and organization in spite of their attraction to novelty?
5. ...physical movement helps the cerebellum develop, thereby helping teens improve their cognitive processing skills? (The cerebellum is in charge of motor coordination.)
6. ...the burst of growth in the frontal lobes means that teens overcomplicate problems, idealize the world and say one thing while doing another?
7. ...teens are extremely vulnerable to addiction and that adolescent addictions are harder to break?
8. ...boy brains and girl brains really are different?
9. ...teens are more vulnerable to stress than adults are?
10. ... teens experience emotions before they can verbally articulate them?