The adolescent brain undergoes two types of “plasticity”:

1. Structural Plasticity - This refers to physiological changes in the prefrontal cortex and stronger neural connections.

2. Functional Plasticity - The brain enters a process of pruning and myelination, becoming more specialized and efficient, and better at handling complex mental tasks.

Try this: present challenging tasks to all young people. Use scaffolding activities to build advanced cognitive skills.

The dynamic interplay between the environment and the adolescent brain fosters learning.
The adolescent undergoes experiences that affect their development at different times and stages:

**EXPERIENCES PUBERTY-RELATED HORMONAL CHANGES**
that influence how they perceive their bodies.

**IS HYPERSONITIVE TO IDENTITY DEVELOPMENT, PEER AND ADULT EVALUATION, CRITICAL SOCIAL ISSUES, AND THEIR OWN AGENCY.**

**IS BECOMING MORE CAPABLE OF ADVANCED COGNITION**
(reasoning, problem solving, future thinking, planning).

**IS IMPACTED BY ENVIRONMENTAL FACTORS THAT GREATLY DETERMINE HOW THEY OVERCOME STRESS AND ADVERSITIES.**

**DEVELOPMENT IS MULTIFACETED**

The adolescent undergoes experiences that affect their development at different times and stages:

**Consider this:** some adolescents are already voters, employees and even parents. Society needs their contributions—both today and tomorrow—and needs to help them face extreme social and political disruptions, anxiety, loneliness, trauma and unprecedented challenges in school.