

# The Adolescent Brain



SCAN FOR MORE INFO!



## UNDER CONSTRUCTION

Your brain is plastic, meaning it will change over time! Right now your brain is going through a period of reconstruction. This makes it tricky to stay organized and focused, and understand others, but it also makes you more creative, socially driven, and open to new experiences!

## USE IT OR LOSE IT

The learning pathways that you use will become stronger over time, but the one's that you don't will disappear. Practice is essential to building solid pathways!

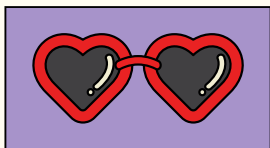


## THE EXEC

The executive part of your brain that controls incoming and outgoing signals is housed in the prefrontal cortex. It controls attention, thoughts, emotions, working memory, and your mental flexibility! This part of your brain does not mature until your mid 20s!

## THE SOCIAL BRAIN

A network in your brain that helps you recognize, evaluate, and understand others emotions and behaviors. It is influenced by relationships, peers, acceptance, and stress.



## RISK TAKER

During adolescence, you become more willing to take positive and negative risks, especially in the presence of peers and stress. Be conscious of your choices!

## CREATIVITY, PASSION & WORKING WITH OTHERS

You may feel a surge in your creative self and passion. This is a time where you have an open mind to work with others, go explore and try new things!



## REMEMBER WHAT?

Your brain is rewiring itself while focusing on your social world. Remembering things might be tough! Consider trying some new ways to keep track of information and knowledge.

## STRESSIN'

During this time you are more susceptible to positive and negative experiences. Be mindful of what causes stress vs what causes joy, and utilize strategies to lower your lid as much as possible!

