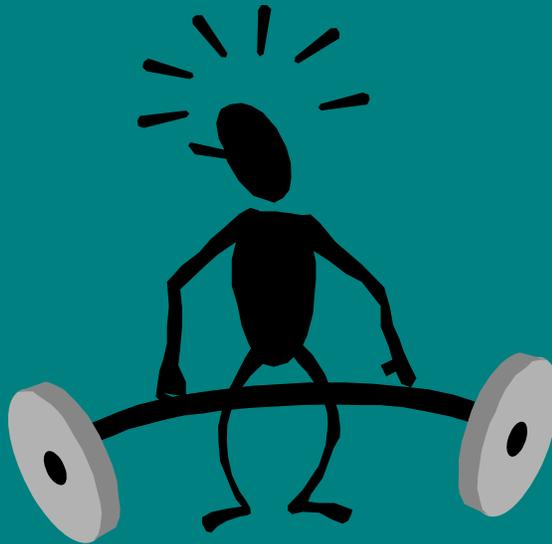


So You Think You
Know the Young
Adolescent!?!

Team Challenge

Characteristics of young adolescents and effective schools for them .



How many studies have been done over the past 20 years to determine the characteristics of successful schools for young adolescents?

- A. 3700
- B. 2000
- C. Less than 1000

A. 3700

Which of these publications are known for their recommendations for the organization, curriculum, instruction and other programming in schools for *young adolescents*?

- *A. This We Believe: Successful Schools for Young Adolescents* (NMSA, 2010)
- *B. Turning Points 2000* (Carnegie Corporation)
- *C. Breaking Ranks In The Middle* (NASSP, 2006)
- *D. The Forgotten Middle* (ACT, 2009)
- E. NCLB

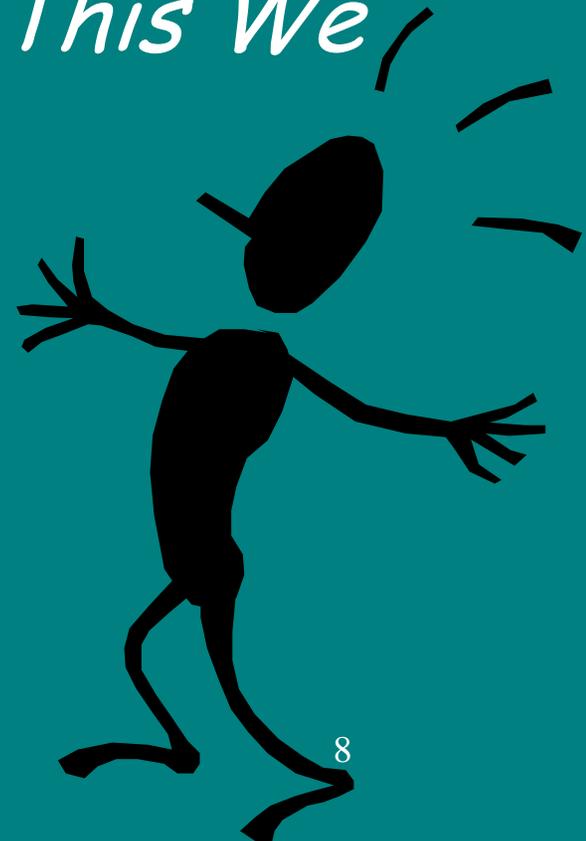
***A. This We Believe: Successful Schools
for Young Adolescents***

B. Turning Points 2000

C. Breaking Ranks In The Middle

***D. The Forgotten Middle (to some degree--
not a comprehensive look at middle school
programming)***

What does research show about middle schools that consistently implement the full array of recommended programs and practices advocated by *This We Believe* and *Turning Points 2000*?



- A. Student self esteem increases but there is no academic improvement.
- B. Academic performance increases.
- C. It is effective if schools carefully pick and choose which programs and practices to implement.
- D. There is no impact on either self esteem or academic performance.

B. Academic performance increases



According to a 2009
ACT research summary
on college readiness,
which one of the
following is THE BEST
predictor of college
readiness ?

A. High school GPA

B. Advanced Placement
courses taken

C. 8th grade achievement

D. Socio-Economic Status



C. 8th grade achievement





What are two
immediate
effects of
hormonal changes
in young
adolescents?

A. Student behavior becomes more predictable.

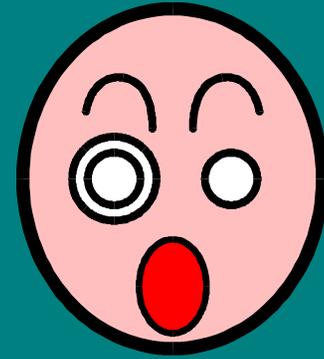
B. Many students are unable to sit still for long periods of time.

C. Peer relationships become secondary to relationships with adults.

D. There is a greater need for bathing and deodorant.

- B. Many students are unable to sit still for long periods of time -- *Adrenalin is often secreted in such large quantities that the kids feel like they have been hit with a power surge, and thus they want to move and make noises.*
- D. There is a greater need for bathing and deodorant -- *Sweat becomes much more pungent during early adolescence.*

STRESS



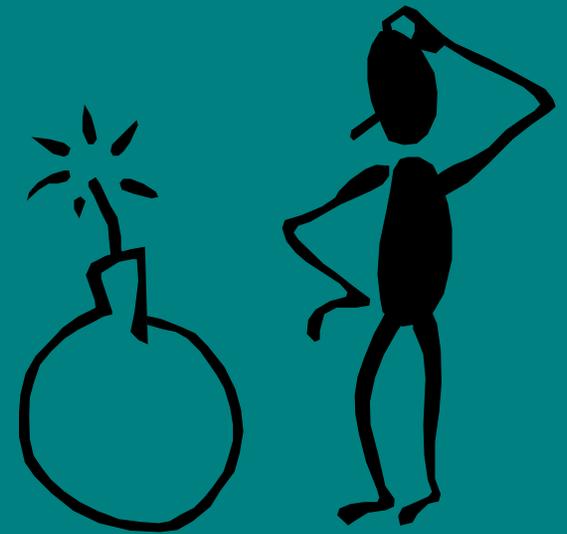
gets in the way of learning.

How does the release of cortisol, the stress hormone, affect learning?

A. Blocks the ability to retrieve info

B. Creates roadblocks in organizing thoughts

C. Causes over-reactions



All of the Above!



A point for each cause of teenage stress.



Don't judge teenage stress

by adult standards!



- failing an exam
- perceptions about what others think about them
- assignment overload
- zits, bad hair, wrong clothes
- emerging sexual identity
- problems on the home front
- not knowing how to proceed (assignments, friendships, etc.)

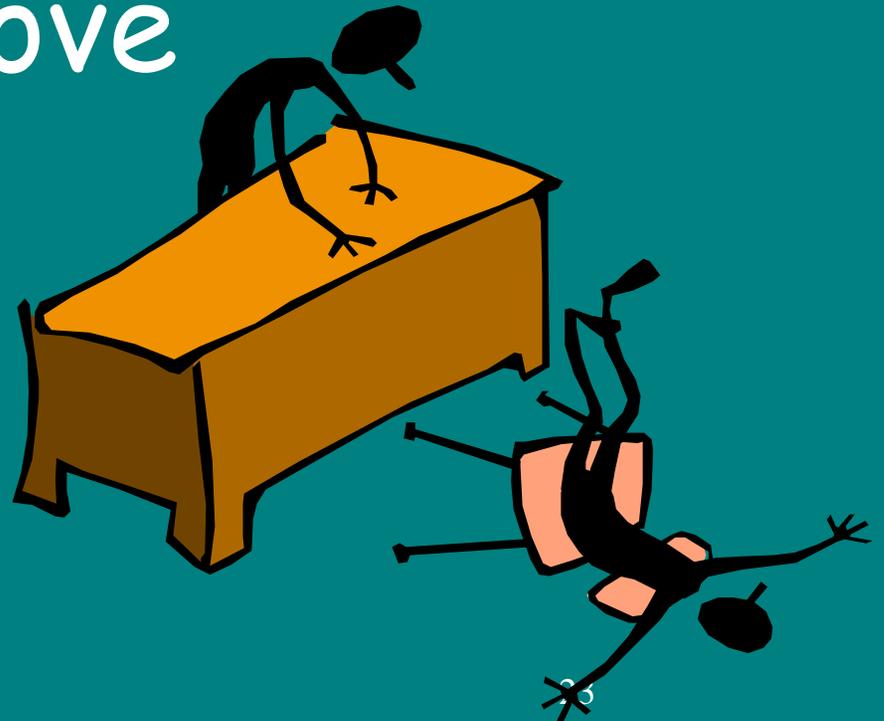
Common responses to
young adolescents'
unmet need for
proper nutrition are...

A. Drowsiness

B. Physical Pain

C. Inattention

D. All of the above



D. All of the Above



Diet and learning are linked!
What percentage of young
adolescents eat a good diet?



A.59%

B.23%

C.15%

D.6%



D. 6 %

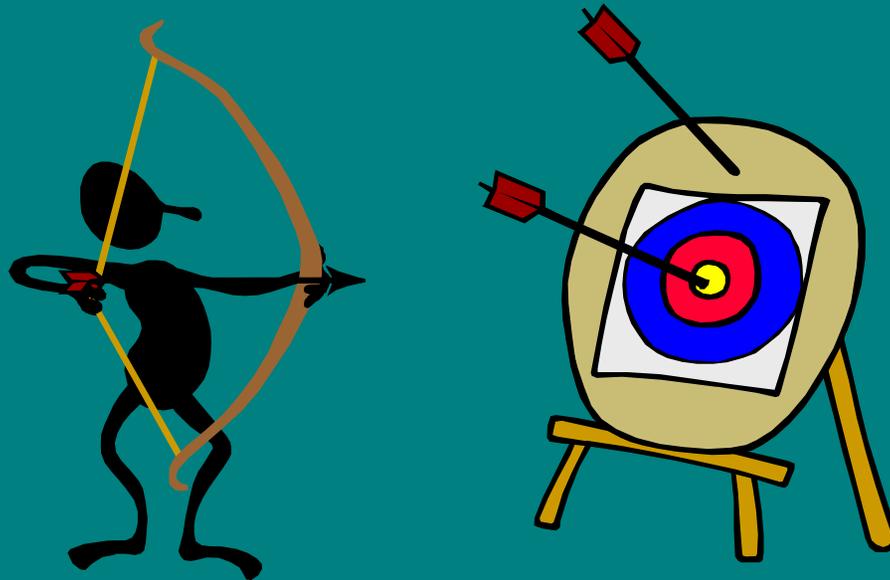
High quality of
food choices in
the school
cafeteria...

A.has no impact on
student learning

B.actually has an inverse
relationship to student
learning

C.improves student
learning

C. Improves Student Learning!



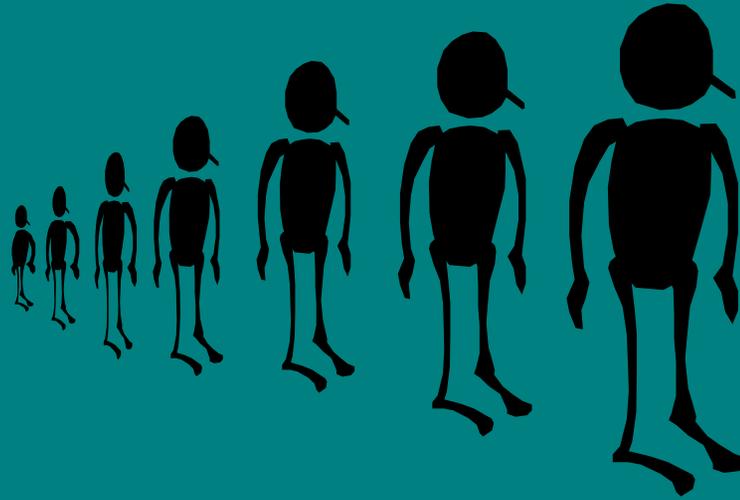
We all know young adolescents
change physically--but how
much???

What is the span of height and
weight changes in 10-15 year
olds?

A. They may grow 10-20 inches and gain 40-50 pounds.

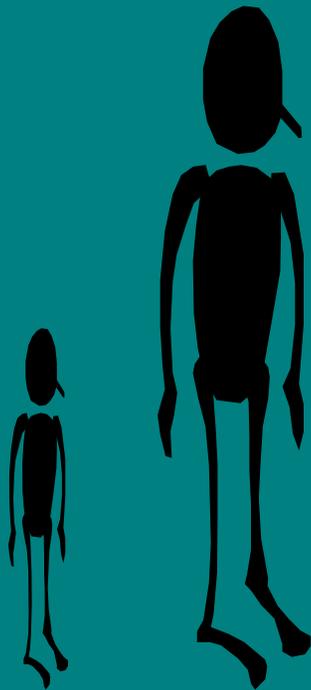
B. They may grow 5-10 inches and gain 20-25 pounds.

C. They may grow over 25 inches and double their weight.



A. They may grow 10-20 inches and gain 40-50 pounds.

The most common response that young adolescents have when experiencing developmental changes is...



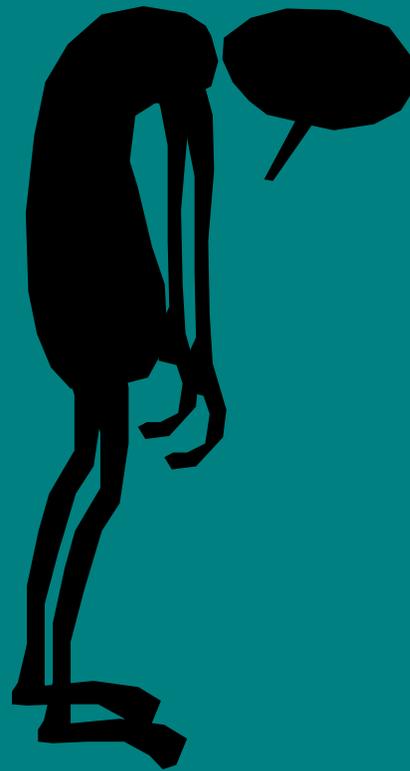
A. excitement and anticipation

B. calm, reflective, acceptance

C. confusion and self doubt

D. anger and self-doubt

C. Confusion and self doubt



Body parts grow evenly in
early adolescence.

True or False

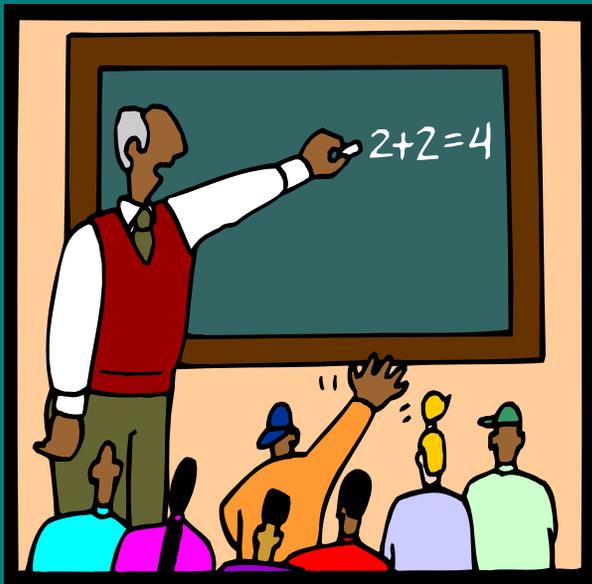
FALSE

Extremities get bigger first.

(feet, noses, hands, etc.)



What do middle schoolers spend most of the time in our classroom thinking about ?



A. What they are going to eat for their next meal.

B. How their bodies compare to everyone else's.

C. How they can improve their grade in language arts.

D. Who they will hang out with over the weekend.

B. How their bodies compare to everyone else's.

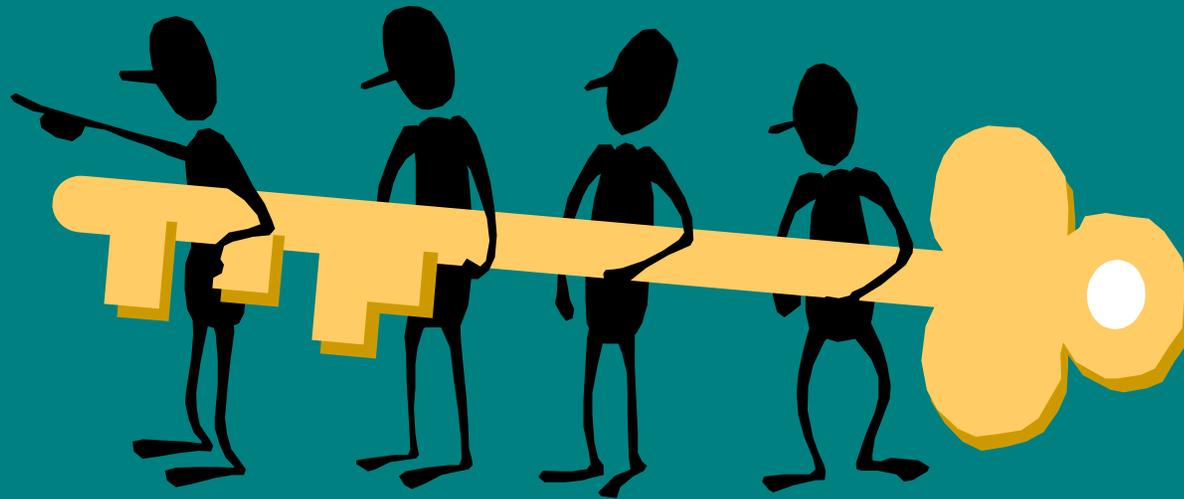




So...which of the following elements need to be in place so that students can learn despite these distractions?

- A. Students are not teased for their mood swings, clumsiness, etc.
- B. Staff views this time of change for young adolescents as an opportunity to help them grow, not as an annoyance.
- C. Staff works hard to build relationships with all the students.
- D. All of the above

D. All of the above



Young adolescents are susceptible to bone breaks and muscle damage.

True or False



TRUE

Bone growth exceeds muscle growth so muscles are sometimes unable to do their job of supporting and protecting the bones.

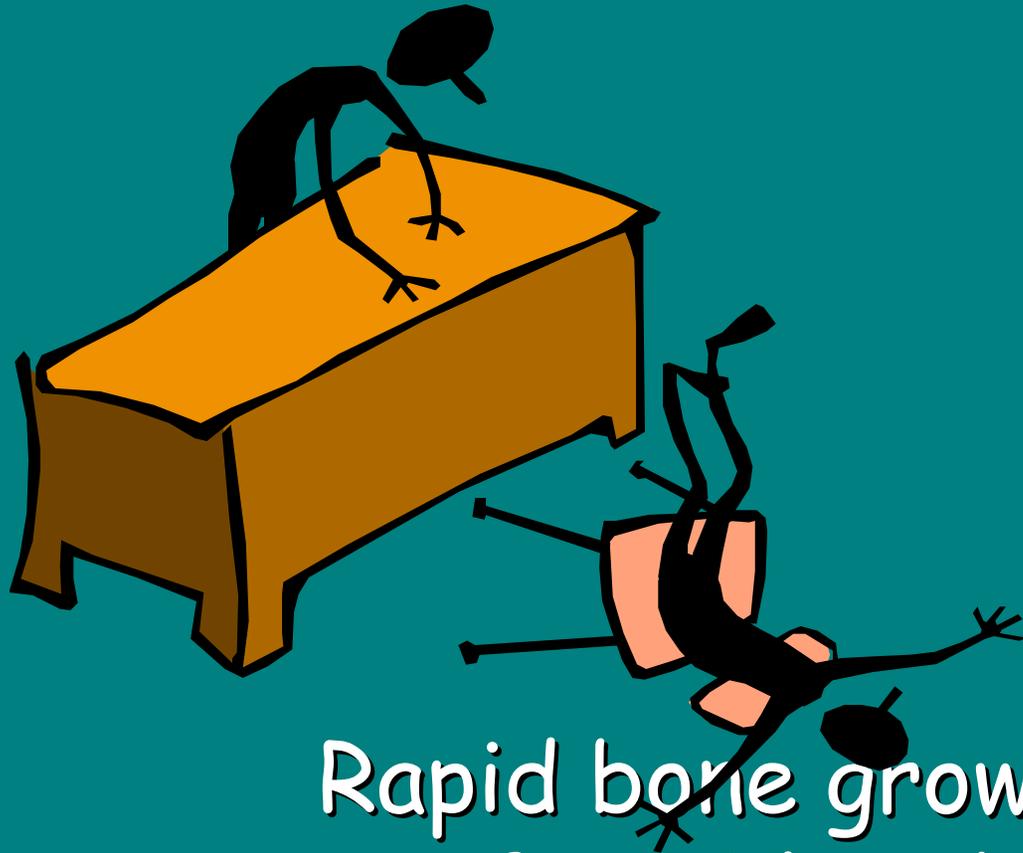
[Sports Done Right](http://www.mcsc.umaine.edu/sportsdoneright/index.htm)

<http://www.mcsc.umaine.edu/sportsdoneright/index.htm>

There is a real physical reason
young adolescents are often
squirmy.



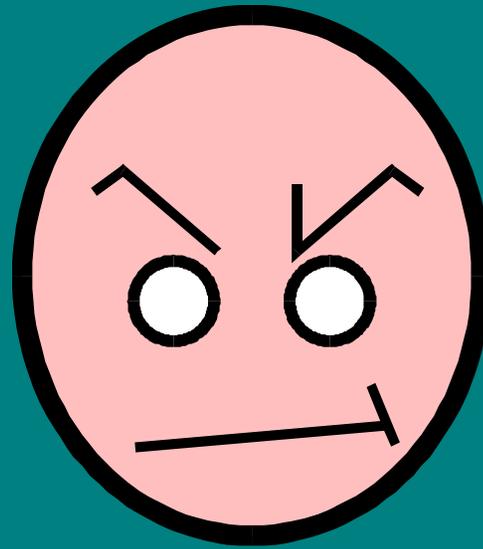
True or False



TRUE

Rapid bone growth can be uncomfortable. The tailbone is especially troublesome--makes sitting difficult.

What thing about themselves
are teenagers most
dissatisfied with?



A. Their Hair

B. Their grades

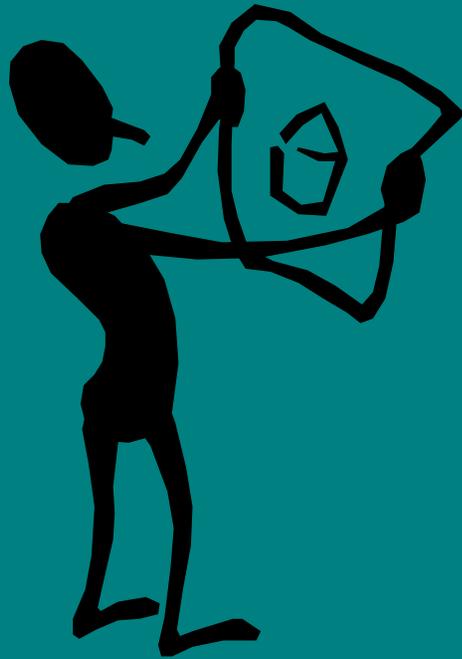
C. Not being
"cool" enough

D. Their clothes

A. Their Hair

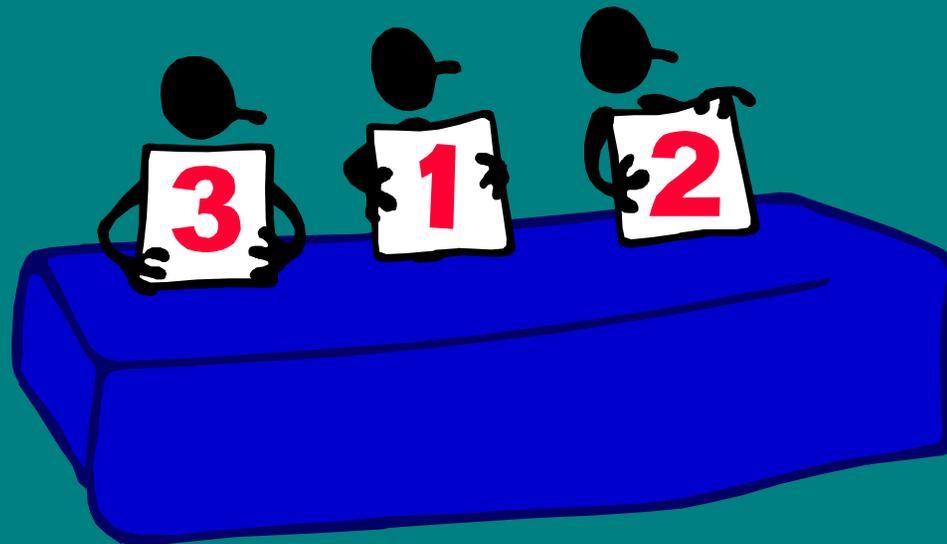


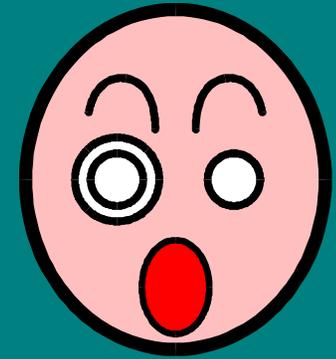
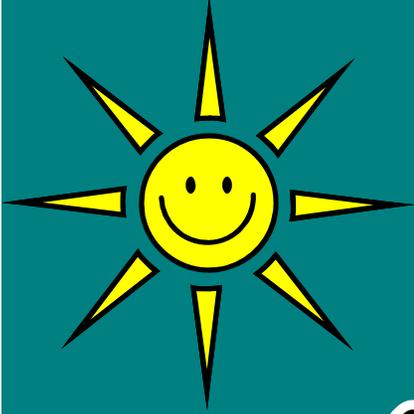
Male or female adolescents--
which group has the most
difficulty passing a mirror
without stopping to take a look.



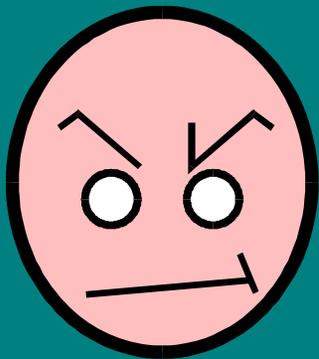
BOTH!

Teenagers often are plagued by an "imaginary audience" which is noticing every zit, wrinkle, or misplaced hair.





Children going through
puberty lose some of their
ability to identify emotions.



True or False



True

They often confuse
sadness with anger

and



surprise with fear



WHAT EMOTION?

Adults see fear or horror, young adolescents often see anger.

What is the developmental physical reason young adolescents seem to be overly sensitive and seemingly more prone to depression?



A. The young adolescent brain relies more on the amygdala (center of emotion).

B. The parts of the brain responsible for reasoning & logic are not yet fully developed.

C. There aren't any. Our society tends to coddle our young adolescents.

A & B

- A. The young adolescent brain relies more on the amygdala (center of emotion).
- B. The parts of the brain responsible for reasoning & logic are not yet fully developed.

The brain is almost fully developed by what age?



Certainly not by 14!

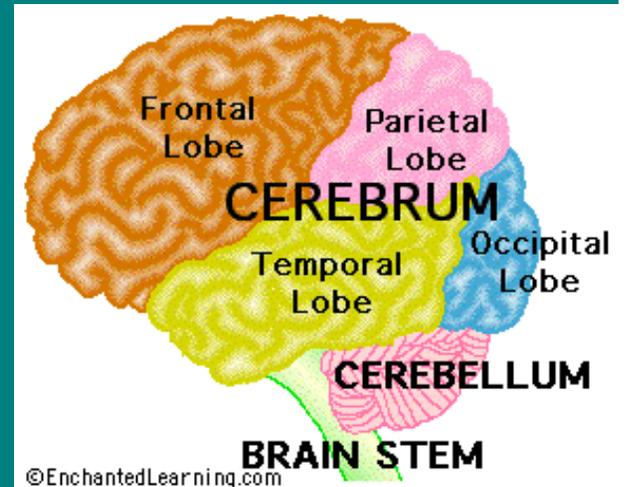
Neural connections are being
pruned

(use or lose it)

Temporal lobes still growing gray
matter until 16

Myelin sheathing is still forming especially in the frontal lobes...

Site of abstract thinking, language & the ability to make decisions! (Feinstein, 10)



There's a lot to talk about in
advisory groups.

In the next 60 seconds
brainstorm a list with your team.



Examples

- learning to reading body language and facial expression
- identifying ways the students have control over their learning e.g. the connection between nutrition and learning
- exploring why teenagers like to move and how we might address that in class
- delving into why teenagers often are sensitive to comments by others
- practicing skills to help teenagers feel more confident in social situations

In any given classroom, what is the approximate breakdown of learning styles:

- Visual
- Auditory
- Kinesthetic

Visual: 40-46%

Auditory: 20-30%

Kinesthetic: 30-35%

The majority of research studies comparing the impact of heterogeneous grouping to homogenous grouping in middle schools shows...

A. homogeneous grouping lowers academic success for low SES students.

B. Homogeneous grouping increases scores for average and below average students.

C. Over time, homogeneous groups is better for all students.

A. Homogeneous grouping lowers academic success for low SES students.



What characteristics should curriculum and instruction for young adolescents exhibit?

A. Curriculum that is challenging and relevant.

B. Curriculum/instruction that bridges concrete to abstract thinking.

C. Curriculum and instruction that allows students to practice problem solving and reasoning.

D. Instructional practices that are varied and based on effective practices.

E. All of the above

E. All of the Above!



Which of these characteristics of middle level schools are linked time and again to academic growth.



A. Teaming

B. Common planning time: 4 X a week for at least 30 minutes

C. Departmentalization

D. Teachers have specific preparation for teaching young adolescents.



3 of the Keys to Academic Growth in Middle School



A. Teaming (better able to meet needs of students, quicker response to issues, & better communication with parents)

B. Common planning time devoted to working on curriculum & instruction

D. Teachers trained in middle level education

Finding a Place in the Group

Alone

In the back of the room

With this growing sense of doom

Laughter to the left of me

Smiling to the right.

Alone in the middle

No land in sight

Drowning in fright

Hey, somebody

Anybody

Throw me a line

And I'll be fine.....

Richard Bordeaux

Quoted in What Every Middle School Teacher Should
Know

Works Consulted

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