

# The Teenage Brain & Executive Skills

Lori Boll



The Revolutionary  
"Executive Skills" Approach to Helping Kids  
Reach Their Potential

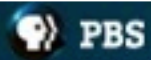
# SMART *but* SCATTERED

## Boost Any Child's Ability to:

- ✓ Get Organized
- ✓ Resist Impulses
- ✓ Stay Focused
- ✓ Use Time Wisely
- ✓ Plan Ahead
- ✓ Follow Through on Tasks
- ✓ Learn from Mistakes
- ✓ Stay in Control of Emotions
- ✓ Solve Problems Independently
- ✓ Be Resourceful

Peg Dawson, EdD, and Richard Guare, PhD

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# FRONTLINE

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TOPICS

ABOUT FRONTLINE

SHOP

TEACHER CENTER

## INSIDE THE TEENAGE BRAIN

• home • view the full program • work in progress • zzzz's • advice • science



### THE TEEN BRAIN IS A WORK IN PROGRESS

While 95 percent of the human brain has developed by the age of six, scientists tell FRONTLINE that the greatest spurts of growth after infancy occur just around adolescence.

○ Interview: Jay Giedd

"The Teen Brain Is A Work In Progress | Inside The Teenage Brain | FRONTLINE | PBS." PBS: Public Broadcasting Service. N.p., n.d. Web. 30 Apr. 2012. <<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/work/>>.

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# MIDDLE SCHOOL COUNSELORS

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## Interesting Articles

- [A Dyslexic Child in the Classroom – Article](#)
- [50 Brain Facts Every Educator Should Know](#)
- [Auditory Processing](#)
- [Limiting Screen Time](#)
- [Web Addiction and the Brain](#)
- [What Happens to the Brain When We “Lose It”](#)
- [The Teenage Brain](#)
  - [National Geographic](#)
  - [Blog \(Videos\)](#)
  - [Frontline](#)



you are your child's  
frontal lobes


you tell them when to  
eat, get dressed, how to  
organize their lives.

exploring

figuring out the world

they don't know what  
will happen but you can  
help them understand





put their head in the  
bucket

to be funny  
no thought about what  
could be in there

impulsive



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How could such a smart kid  
be so

How could such a smart kid  
be so

scattered?

disorganized?

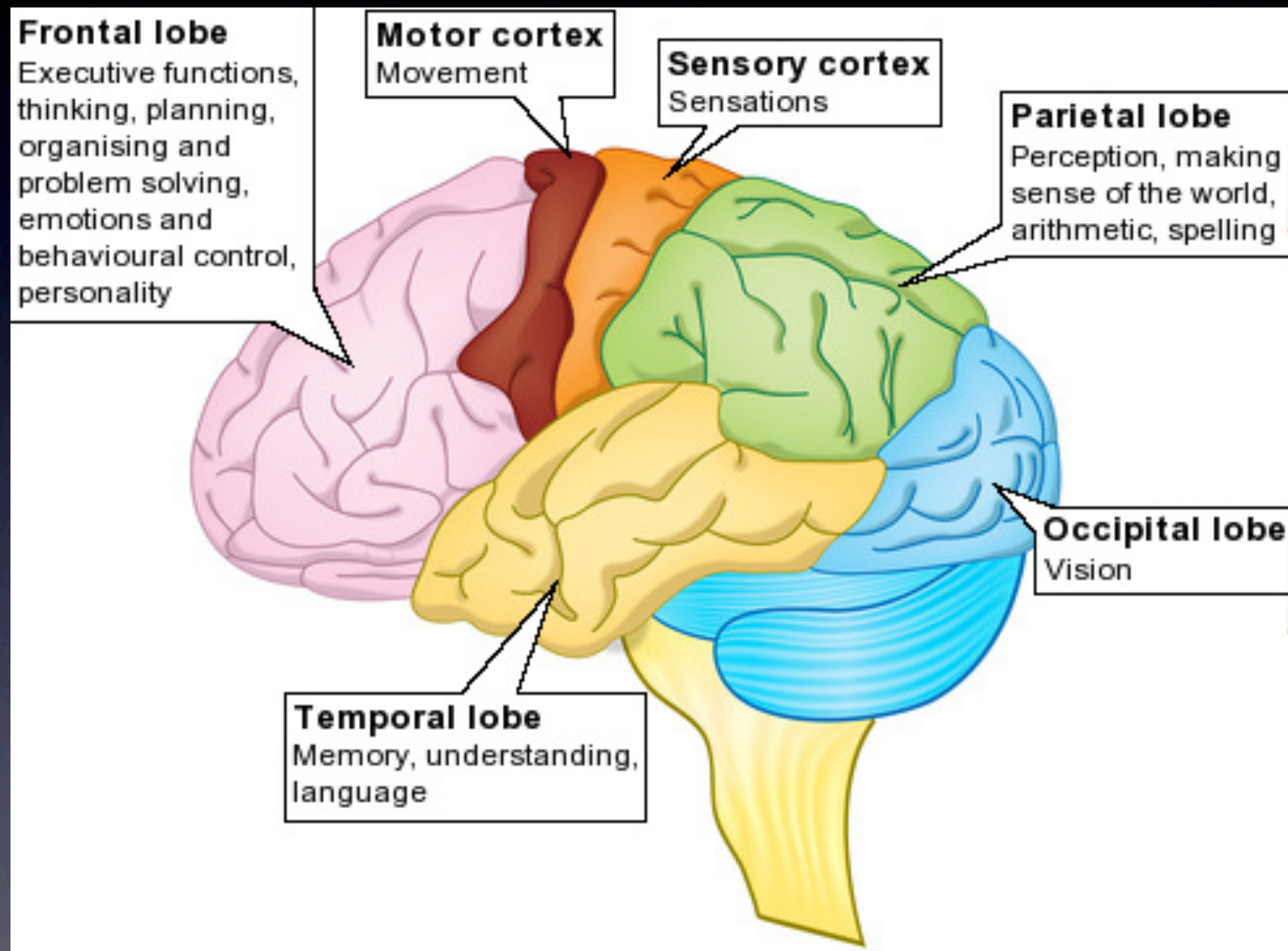
impulsive?

frustrating!?



Hello... where is your  
common sense?

# Executive Skills: The brain-based skills that are required for humans to execute, or perform tasks.



The Brain's CEO

Still maturing

Doesn't fully develop until age 25

You are your child's

frontal lobes

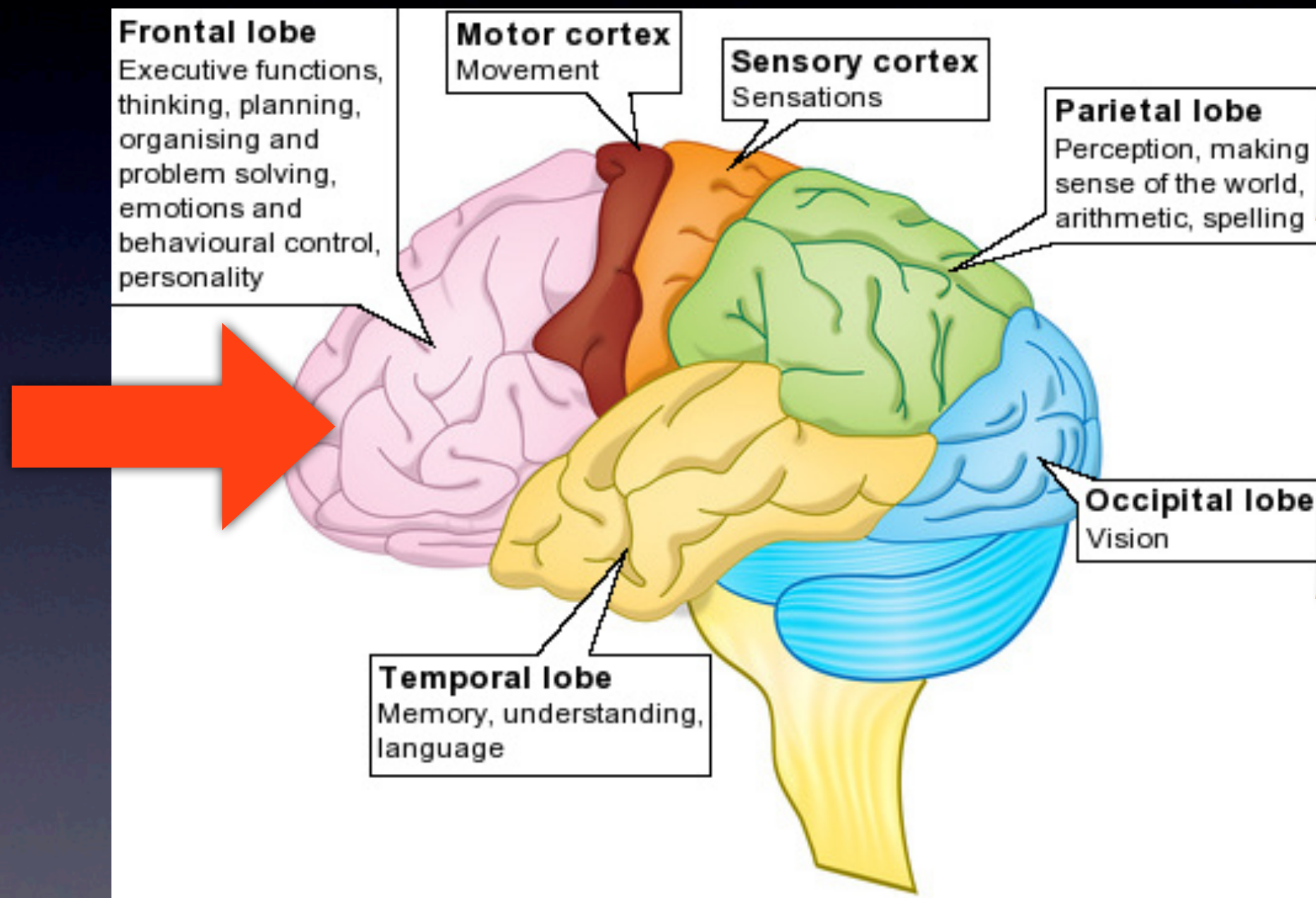
As they mature you expect them to as well

Taylor, A. (2013). *Executive dysfunction after brain injury*. Retrieved from <https://www.headway.org.uk/executive-dysfunction-after-brain-injury.aspx>

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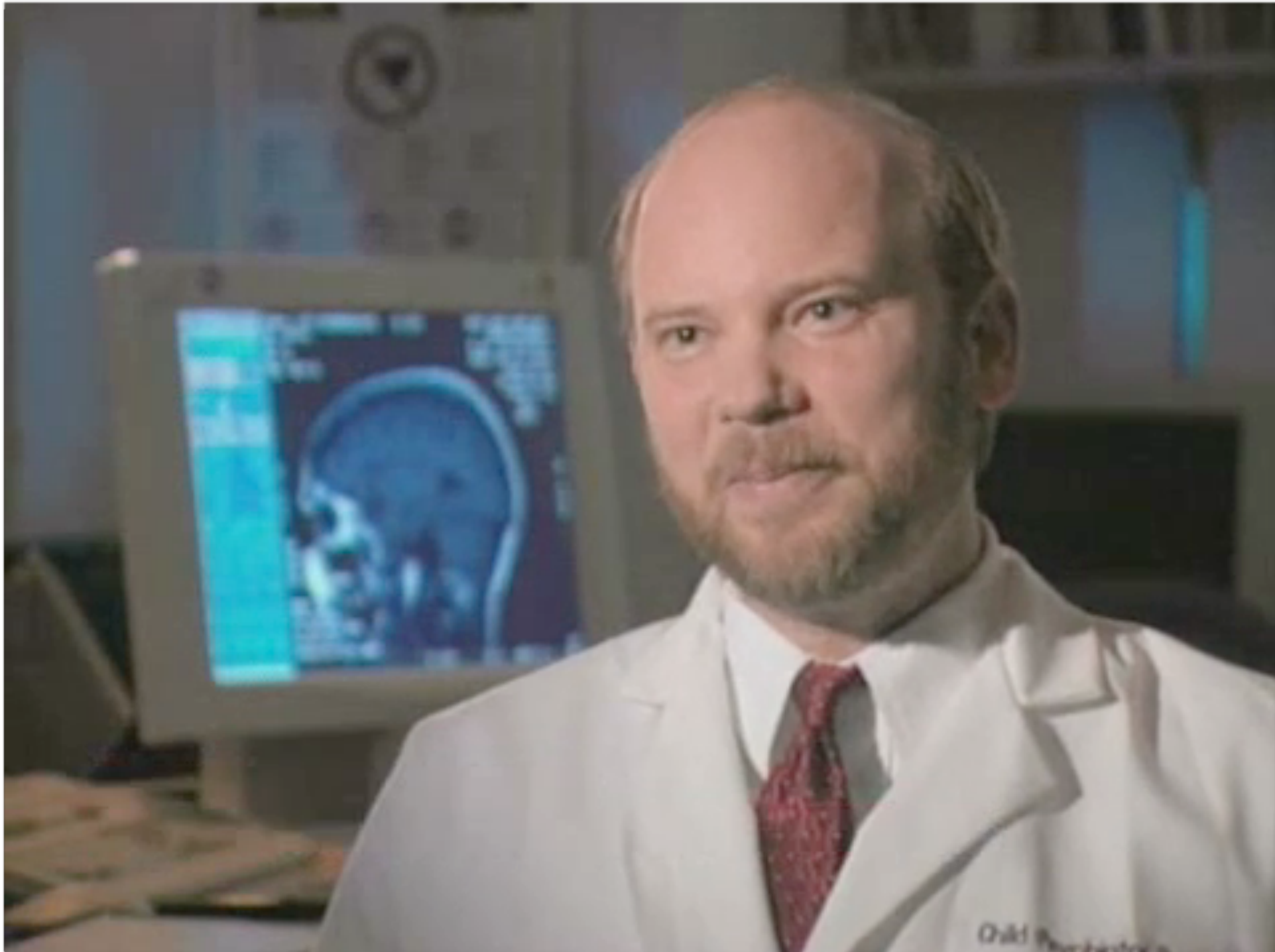
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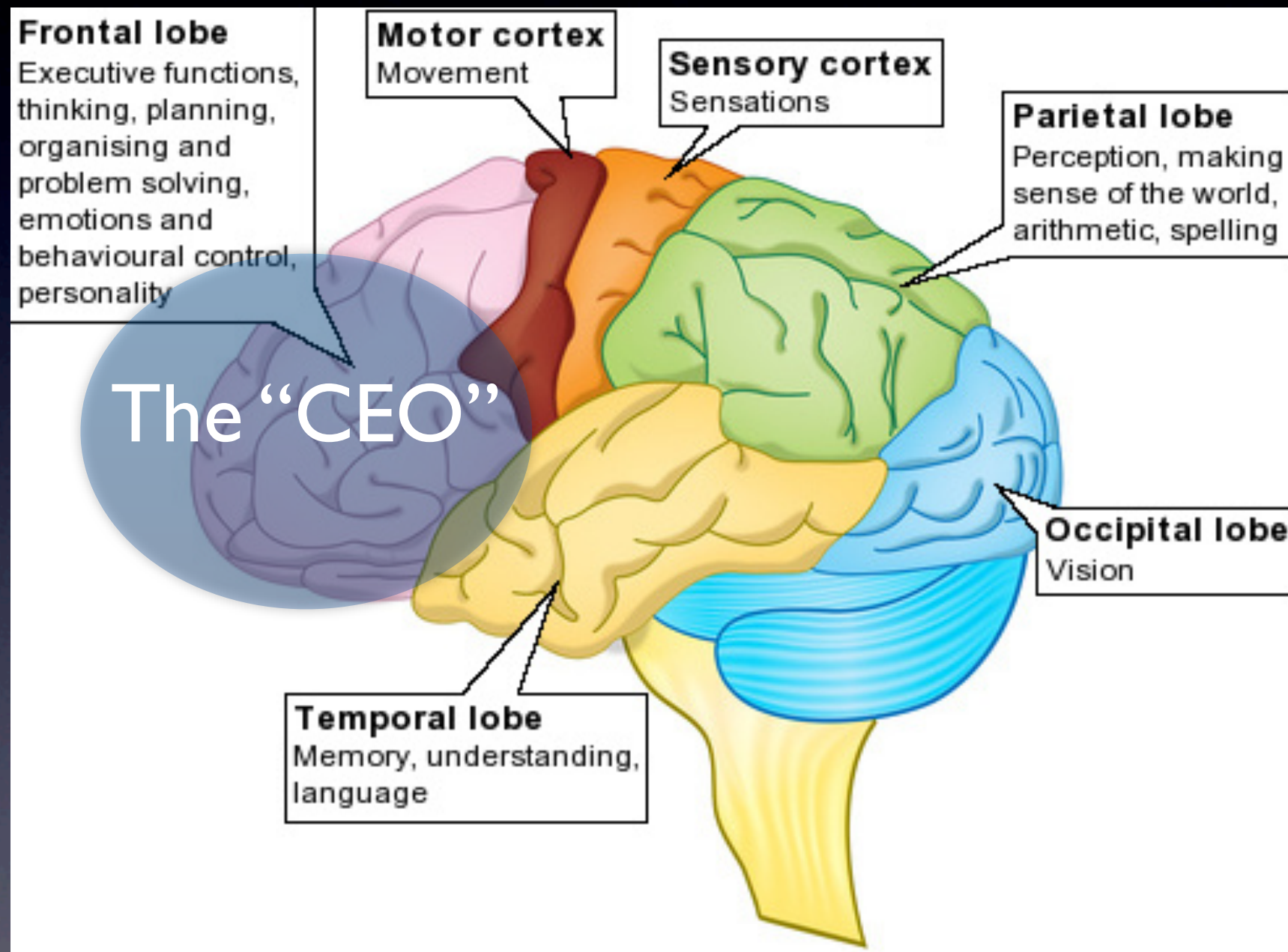




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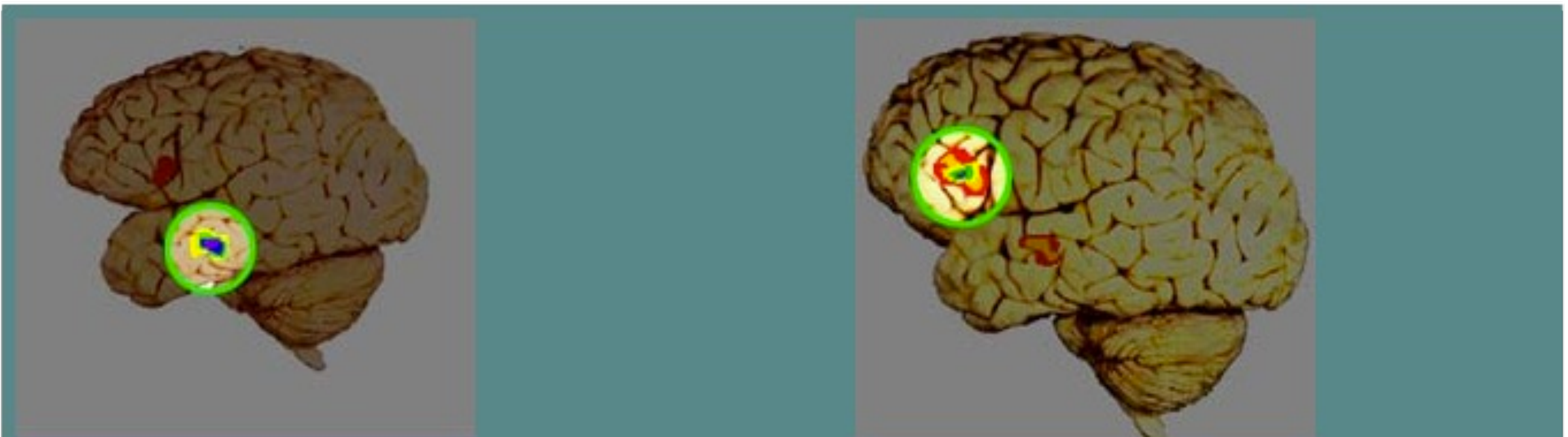
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Teens **(left)** used less of the prefrontal (upper) region than adults **(right)** when reading emotion.

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# Executive Skills

- Response Inhibition
- Emotional Control
- Sustained Attention
- Task Initiation
- Goal-directed Persistence
- Organization
- Time Management
- Planning/Prioritizing
- Working Memory
- Metacognition

# Executive Skills Involving *Doing (behavior)*

- Response Inhibition
- Emotional Control
- Sustained Attention
- Task Initiation
- Goal-directed Persistence
- Organization
- Time Management
- Planning/Prioritizing
- Working Memory
- Metacognition



# Executive Skills Involving *Thinking (Cognition)*

- Response Inhibition
- Emotional Control
- Sustained Attention
- Task Initiation
- Goal-directed Persistence
- Organization
- Time Management
- Planning/Prioritizing
- Working Memory
- Metacognition

So, let's figure out your  
teen's EF strengths/  
weaknesses.



Even more fun...Let's figure  
out your EF strengths/  
challenges





# *Age-Activated Attention Deficit Disorder*

# Homework & Executive Skills

- Task Initiation
- Sustained Attention
- Planning
- Time Management
- Metacognition

Subject	Homework	Due Date	✓
English			
Social Studies			
Science			
Math			
Foreign Language			
PE Religion			
Elective			
Reminders:			
Parent Signature: _____			



# So What Can We Do (as Parents) To Help?

- Make a homework plan
  - Write down all assignments
  - Make sure you have all materials
  - Decide who will provide help if needed
  - Estimate time needed
  - Decide which assignments should be done first

The image shows a 'DAILY HOMEWORK PLANNER' form. It has a title bar at the top that says 'DAILY HOMEWORK PLANNER'. Below the title bar, there is a section labeled 'Date:'. The main body of the form is a table with five columns. The first column is labeled 'Subject/assignment'. The second column is labeled 'Do I have all the materials?' and contains two sub-columns labeled 'Yes' and 'No', each with a checkbox. The third column is labeled 'Do I need help?' and contains two sub-columns labeled 'Yes' and 'No', each with a checkbox. The fourth column is labeled 'Who will help me?'. The fifth column is labeled 'How long will it take?'. There are five rows of empty space for entries.

DAILY HOMEWORK PLANNER				
Date:				
Subject/assignment	Do I have all the materials?	Do I need help?	Who will help me?	How long will it take?
	Yes No <input type="checkbox"/> <input type="checkbox"/>	Yes No <input type="checkbox"/> <input type="checkbox"/>		
	Yes No <input type="checkbox"/> <input type="checkbox"/>	Yes No <input type="checkbox"/> <input type="checkbox"/>		
	Yes No <input type="checkbox"/> <input type="checkbox"/>	Yes No <input type="checkbox"/> <input type="checkbox"/>		
	Yes No <input type="checkbox"/> <input type="checkbox"/>	Yes No <input type="checkbox"/> <input type="checkbox"/>		
	Yes No <input type="checkbox"/> <input type="checkbox"/>	Yes No <input type="checkbox"/> <input type="checkbox"/>		

# Homework Plan

Language Arts

check blog

Write Source  
pg. 4-6 verbs

★ Intro to story

Social Studies

check blog

Read chapter 2  
in text

Math

check blog

★ 7.3 problems  
1-30 odds

Review for test on  
Friday

Science

check blog

Finish lab report  
due Wed.



Grayson\*\* has been doing really well with the Graphic Organizer! Thank you for introducing it! Homework seems to be getting done more efficiently. And he is not missing the many web page checks that were sabotaging his success... (He now has time to run before dinner if he doesn't have a sports practice (SUCH a bonus for him!) He also seems more calm, somehow... Like now he feels like he has a way to keep things under control.

“As a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much he had learned in seven years.”

Mark Twain