

THE TEEN SCENE

Understanding What Teens are Thinking & Doing...and Why.

An Interview with David Walsh, Ph.D.



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EDGE**
Founded by teachers.
Dedicated to learning

David Walsh, Ph.D.

- Ph.D. in psychology from the University of Minnesota
- Faculty at the University of Minnesota
- Author
- Psychologist
- Parent
- Grandparent



Susanne Leslie, Moderator

- Proud mother of a recent UW Badger graduate and a U of M Golden Gopher senior
- Loves anything and everything outdoors – during all four Minnesota seasons
- Former parent educator
- Has been with Learners Edge for ten years
- Lead Curriculum & Instruction Specialist at Learners Edge



- Author of 10 books
- Founder of Mind Positive Parenting



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Smart Parenting, Smarter Kids

"An entertaining and highly elucidating useful volume for the 21st-century parent."
—PUBLISHERS WEEKLY

The One Brain Book You Need to Help Your Child Grow Brighter, Healthier, and Happier

Techniques to Raise Your Child's IQ

What Kids Should Eat for Optimal Brain Growth and Health

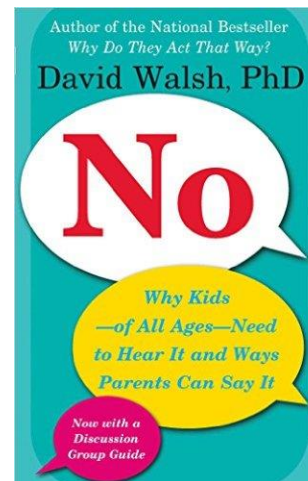
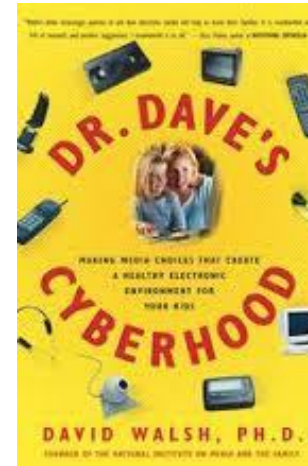
How the Brain Learns to Listen, Speak, Read, Write, and Remember—and How to Help It

The Kinds of Exercise, Sleep, and Play That Make Kids Smarter, Happier, and Healthier

How to Teach Kids Attention, Social, and Digital Skills for Success

David Walsh, Ph.D.

Author of the National Bestseller
Why Do They Act That Way?





TODAYS DISCUSSION:



“The children now love luxury; they have bad manners, contempt for authority; they show disrespect for elders and love chatter in place of exercise. Children are now tyrants, not the servants of their households. They no longer rise when elders enter the room. They contradict their parents, chatter before company, gobble up dainties at the table, cross their legs, and tyrannize their teachers.”

~SOCRATES

DOES THIS QUOTE FIT IN 2017?

Making Sense of Adolescence

- Maturing bodies
- Powerful emotions
- Complex social networks
- Peer pressure
- Changing moods
- Tobacco, alcohol, drugs
- Values
- Relationships w/ parents, friends, teachers
- School
- Sleep
- Future
- Social media and technology



"Scientists now know that the adolescent brain is not a finished product but a work in progress."

- *David Walsh,
Ph.D.*





A Guided Tour of The Adolescent Brain

- Use it or lose it
- Blossoming and pruning
- The window of opportunity
- The window of sensitivity
- Myelination

Risky Business

Impulsivity and putting
on the brakes

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Self Discipline: The Marshmallow Experiment



- <https://www.youtube.com/watch?v=GzUS9N5aeFs>

Communication Skills

- “I” messages
- Avoid generalizations
- One topic at a time
- Open questioning
- Don’t attack
- Listen, listen, listen!





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STRESS AND THE TEEN BRAIN

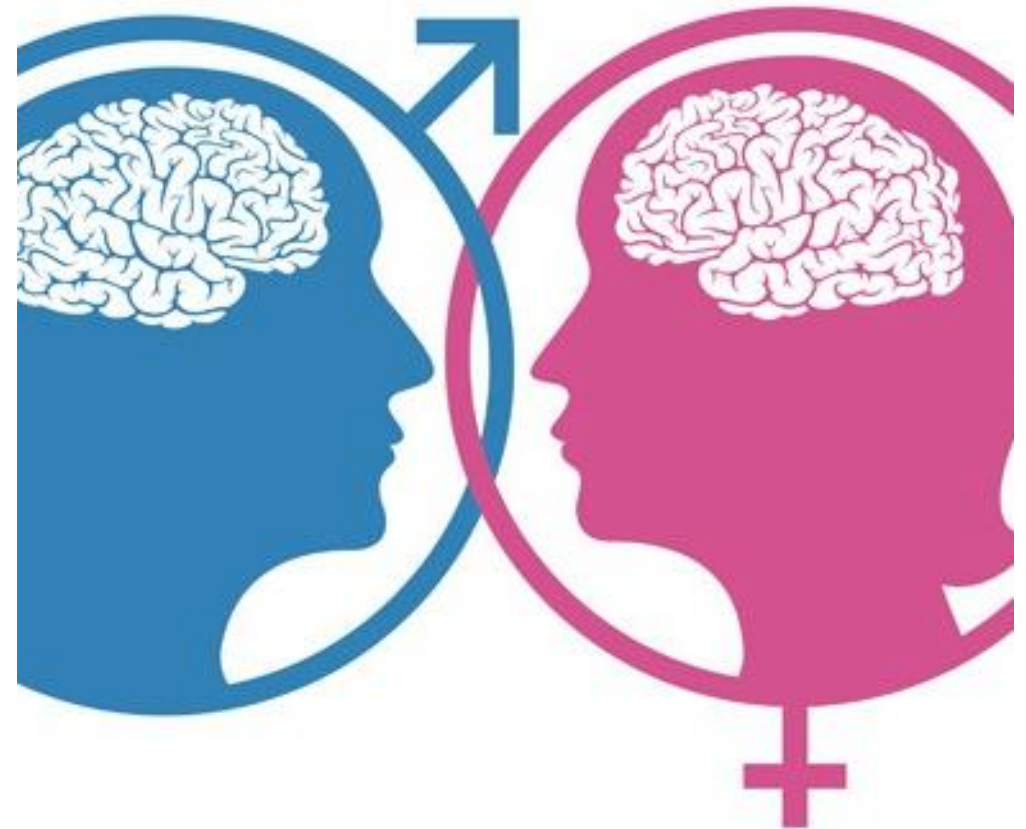
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Resiliency, how to:

- foster support and connection
- set high expectations
- exude compassion
- encourage autonomy and resourcefulness
- focus on optimism

Male and Female Brains

- Hormones—differences in the male and female brain
- Love and sexuality

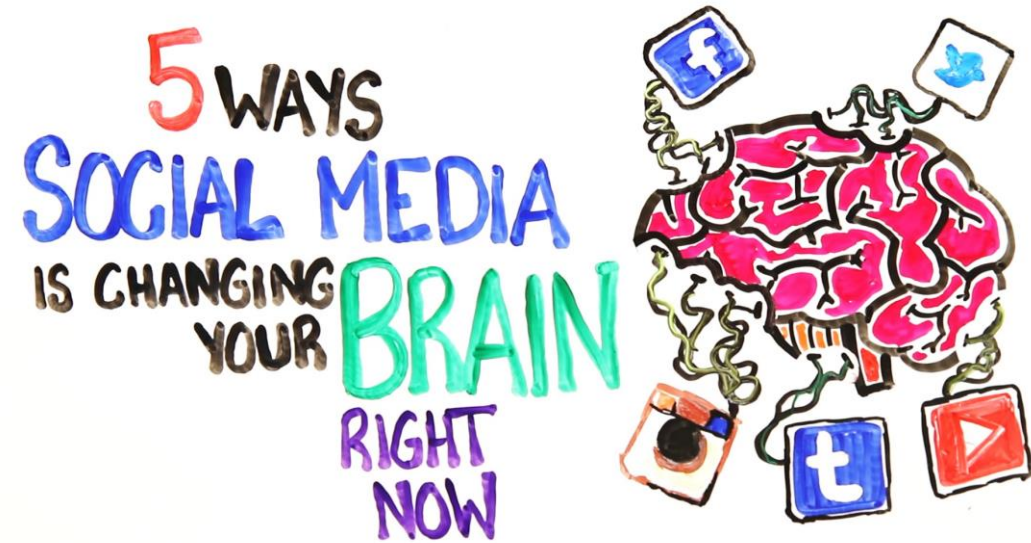


Monkey Wrenches

- Alcohol
- Tobacco
- And Other Drugs

Media and the Brain

- How much is too much?
- Managing social media
- Cyberbullying



In conclusion



*Oh, the places you'll go!
There is fun to be done!
There are points to be scored!
There are games to be won!*

-Dr. Seuss

Lastly...

Words of honey





QUESTIONS?

Sources & Resources

Walsh, D. 2014. *Why Do They Act That Way? A survival guide to the adolescent brain for you and your teen*. Atria. New York, NY.

The Marshmallow Test, March 2, 2012

<https://www.youtube.com/watch?v=GzUSgN5aeFs>

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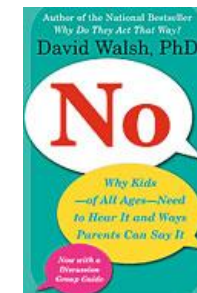
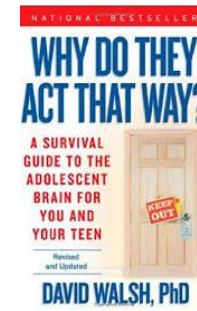
Teacher Resources:

Learners Edge Course 693: Fully Wired: Understanding and Empowering Adolescents

This course will explore the various changes occurring in the brains of adolescents, and show teachers how to understand, communicate, and stay connected with these students. With the arsenal of strategies discussed in this course, teachers can help their students learn to control impulses, manage erratic behavior, and cope with their changing bodies.

Learners Edge Course 964: What Kids Need: Building Self-Discipline

A classroom full of students with strong self-discipline is a dream for classroom management, but how do you teach self-discipline? Self-discipline is a quality/characteristics that will help students achieve at a higher level. This course explores the importance of teaching students the skills and attitudes associated with self-discipline. Learn how saying "no" can help students build the foundation for self-respect, respect for others, integrity, and perseverance- the essential attributes of self-discipline.



THANK YOU FOR JOINING US!

