

# The Adolescent Brain: A Work in Progress

**Kathy Stevens**

**Trainer, Coauthor, Gurian Institute  
Rocky Mountain Learning Enterprises, LLC**



## Description of the Action Lab

Watching students pour into the halls when the passing bell rings in any high school, it's easy to forget we're seeing children. But we are seeing children—children whose bodies may look all grown up, but whose brains are still moving toward a maturity they won't reach for a number of years, egging them on to take chances, seek novelty, ignore warnings, respond to impulses they don't fully understand. In recent years, cutting edge research has helped us to better understand the learning styles of male and female adolescents. addressing questions like: What happens to boys and girls when their bodies begin the transformation from child to young adult? What does it all mean for teachers? We know that the adolescent brain is truly a work in progress! How should that knowledge impact how we raise and educate our middle and high school students? This session will explore the teen brain and propose answers to these important questions.

## About Kathy Stevens

Kathy Stevens, MPA, is Executive Director of the Gurian Institute. She is co-author with Michael Gurian of *The Minds of Boys: Saving Our Sons From Falling Behind in School and Life*, *Strategies for Teaching Boys and Girls: Elementary Level* and *Strategies for Teaching Boys and Girls: Secondary Level*. Kathy works with educators, parents and other youth serving professionals, helping them understand nature-based theory and adapt curriculum to help both boys and girls maximize their potential in the classroom and in life. Kathy has over 25 years of experience working in the nonprofit sector, focusing on children, youth, families and women's issues.

## Target Audience

**Secondary Teachers, Administrators, School Counselors**