**GCCHM LEADERSHIP CERTIFICATION**

**Level VI, Course #2**

**THE INS AND OUTS OF ADOLESCENT BRAIN DEVELOPMENT**

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**(Handouts)**

1. Why is it important to study the brain?

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1. MATCH the following parts of the brain with their functions by placing the correct letter on the blanks for each description.

\_\_\_\_\_\_ A. The center for emotions and motivation. a. cerebellum

\_\_\_\_\_\_ B. Plays a key role in perception, thought and language. b. amygdala

\_\_\_\_\_\_ C. Associated with memory and spatial navigation. c. cerebral cortex

\_\_\_\_\_\_ D. Connects the cerebrum with the spinal cord. d. limbic system

\_\_\_\_\_\_ E. Main function is to coordinate & regulate muscular activity. e. brain stem

 f. hippocampus

1. What is the executive function of the brain?

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1. T or F. Put the letter T on the blank beside each statement that is true and a F if the statement is false with regards to issues related to teens.

\_\_\_\_\_\_ Continuing challenges with impulse control.

\_\_\_\_\_\_ Increase in risk-taking behaviors.

\_\_\_\_\_\_ Develop good self-control.

\_\_\_\_\_\_ Use drugs, alcohol and cigarettes.

\_\_\_\_\_\_ Too shy to explore their sexuality.

\_\_\_\_\_\_ Require much less sleep than children.

\_\_\_\_\_\_ When teens drink, they are more likely to binge.

1. What can adults do about adolescents and their need for sufficient sleep?

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1. Can you find a few Bible texts that counsel us against alcohol drinking?

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1. Identify 5 things adults can do to minimize risk-taking in adolescents.

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