

# REVISING AT HOME

- ▶ **How the Adolescent Brain Works**
- ▶ **Revision Preparation**
- ▶ **Study Area**
- ▶ **Methods for Revising**
- ▶ **Accessing Revision Tools**

# ADOLESCENT BRAIN



**The brain keeps growing and developing to the age of 25**



**The teenage brain is a “late childhood” brain**

Capacity to learn things quickly

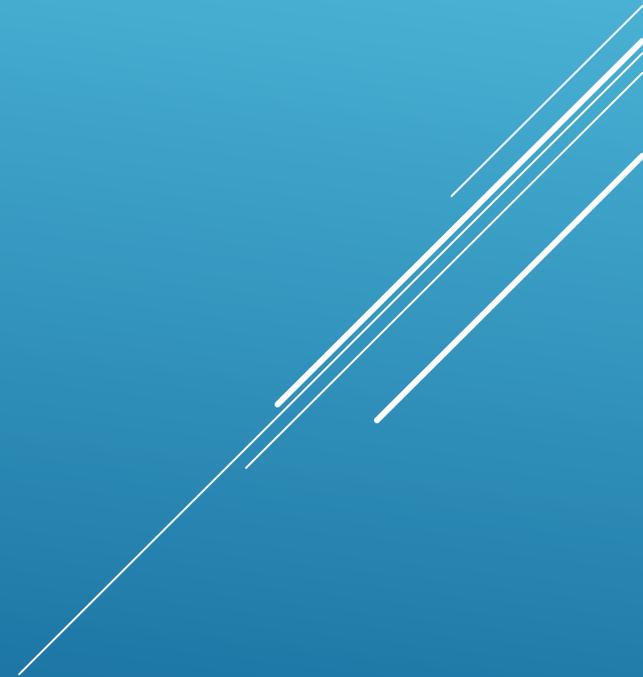
Connections between different sections of the brain are not yet fully developed

Amygdala is getting hyper triggered by hormones

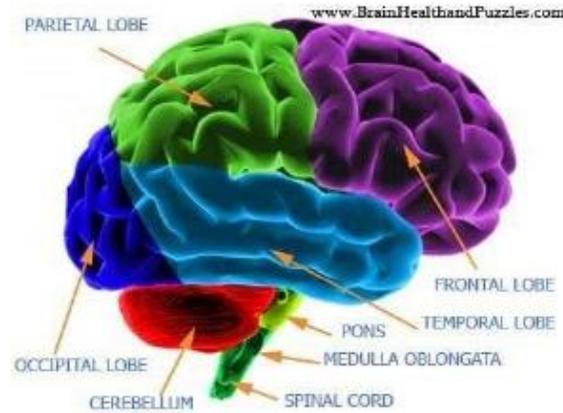
The frontal lobe is the last place for connections to fully develop



**What does this mean?**



# Adult Vs. Teen Brain



- Most of the activity in the adult brain is in the frontal lobe
  - Thinking, reasoning, planning
- Most of the activity in the teen brain is focused in the center
  - Pleasure reward center

## INSIDE THE TEENAGE BRAIN

Adolescents are prone to high-risk behaviour

### Prefrontal Cortex

Its functions include planning and reasoning; grows till 25 years

**Adults** Fully developed

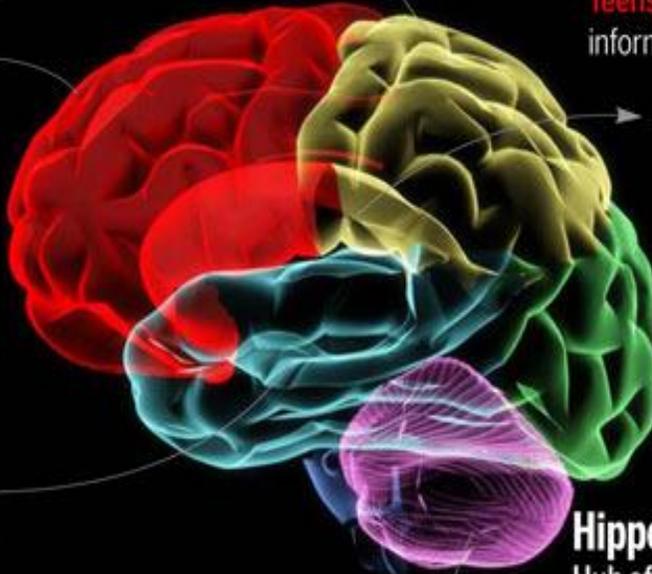
**Teens** Immature, prone to high-risk behaviour

### Amygdala

Emotional core for passion, impulse, fear, aggression.

**Adults** Rely less on this, use prefrontal cortex more

**Teens** More impulsive



### Parietal Lobe

Responsible for touch, sight, language; grows till early 20s

**Adults** Fully developed

**Teens** Do not process information effectively

### Ventral Striatum

Reward centre, not fully developed in teens

**Adults** Fully developed

**Teens** Are more excited by reward than consequence

### Hippocampus

Hub of memory and learning; grows in teens

**Adults** Fully functional; loses neurons with age

**Teens** Tremendous learning curve



Some adolescents struggle with self reflection and can find it difficult to identify when they are doing well and when they are going in the wrong direction.



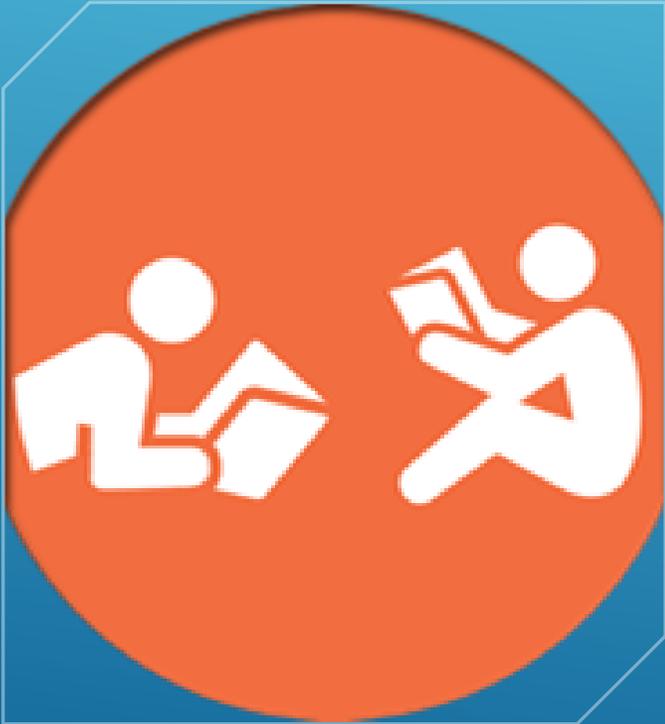
## How can we help?

# PREPARATION



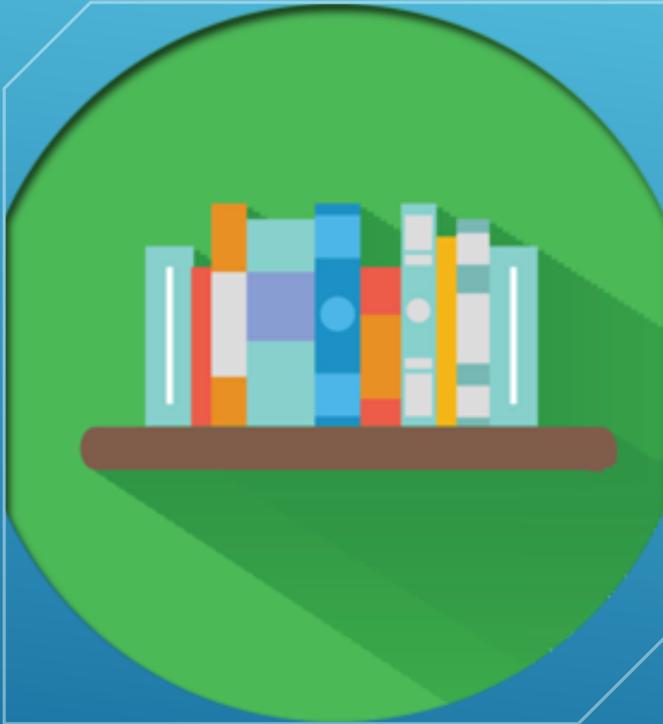
- ▶ **Study Timetable – SQA**
- ▶ **Success Criteria**
- ▶ **Organise Notes**
- ▶ **Plan Use of Technology**
- ▶ **Check List**

# STUDY AREA



- ▶ **Quiet Space**
- ▶ **Minimise Distractions**
- ▶ **Pencils / Pens / Highlighters**
- ▶ **Notebooks / cards**
- ▶ **Text Books**
- ▶ **Access to Tools**

# TOOLS



- ▶ **Past Papers and Success Guides**
- ▶ **Homework**
- ▶ **Teachers**
- ▶ **Teams**
- ▶ **Apps – SQA / BBC Bitesize**
- ▶ **Websites – BBC Bitesize**
- ▶ **Scholar**
- ▶ **Glow**

# METHODS



- ▶ **Audio Recordings**
- ▶ **Peer Teaching**
- ▶ **Flash Cards**
- ▶ **Mnemonics**
- ▶ **Quizzes**
- ▶ **Use of images / keys**
- ▶ **Mind maps**

