ANATOMY AND PHYSIOLOGY
Current Events Assignment - The Teen Brain.

Article 1 - Hard at Work? No, not really - Leslie Sabbagh

1. Explain the functions of the pre-frontal cortex.
2. What is the difference between exogenous behavior control and endogenous behavior control?
3. How are the two behavioral control mechanisms working in response to the traffic example given in the article?
4. Why can adults handle stressful situations better than teenagers?
5. Explain how the cortex is overloaded in younger teens as opposed to older teens. What are the two ways in which the brain matures from the teenage years into adulthood?
6. Discuss your opinions regarding the counter argument to the "Teen Brain" as discussed by Robert Epstein.
7. Examine a situation in your life and discuss if the way you reacted could be because of some of the discussion from this article.
8. Do you think that if the prefrontal cortex takes time to develop, as this article discusses, that humans, adults or teenagers may or may not be able to multitask? Explain your answer.

Article 2 - The Myth of the Teen Brain - Robert Epstein (A researcher mentioned in the first article)

1. What is "recapitulation"?
2. Explain the "artificial extension of childhood" and the effects that it may have on teens in the U.S.
3. What are the effects of stress and other factors (diet, exercise, studying and smoking) on the brain?
4. What was the major problem with the study that tested laziness?

After reading both articles, do you believe in the existence of a "teen brain", or, are you more apt to believe that behavior during the teenage years is more a result of our culture and society? In a short paragraph of at least 5 - 8 sentences, please explain your answer and use the studies mentioned in the articles to support your position.