

Secrets of the Teenage Brain: Research-Based Strategies for Reaching and Teaching Today's Adolescents



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Cutting-edge research meets brain-friendly strategies for teaching adolescents!

The revised and expanded edition of this hands-on guide helps unlock adolescent thinking and behavior by explaining the biological changes happening in the teenage brain. Organized around specific areas of adolescent development, this resource is packed with fresh instructional strategies that can be modified and adapted to various content areas. This guide offers:

- "Secrets Revealed" sections that present compelling stories and research about the growing adolescent brain
- Insights into the effects of technology on the brain
- Strategies for approaching such issues as ADHD, steroid use, and aggression
- An educator's book club guide

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