

- Frontal Cortex = cognitive-control part of the brain.
- Amygdala = processor of memories and emotional reactions.
- Of the two, the Amygdala develops faster leaving teenagers with more emotional reactions, and less frontal cortex to control them.
- Rewards are processed very differently during adolescence. Rewards feel more rewarding. This different way of processing can lead to sensation seeking behaviors where risks often feel rewarding because they are not weighed properly. This may seem strange since at the same time our ability to control our own impulses is also developing. During adolescence our ability to feel reward is much more developed than our ability to plan ahead, regulate impulses, and weigh risk and reward. By around age 25 these two developing parts of our brain learn to work together.

-The main social changes that affect adolescent: Peer pressure / The need to fit in
Conforming to social norms / Parents

-Parents: Kids generally want to spend more time with other kids their age, instead of adults. This creates more tension between adolescents and their parents. When parents want their kids to spend more time with them, their kids rebel and go out instead.

-Social norms: Social norms and the need to fit in are very closely related. Often, a kid will fit in if they conform to the norms and express it. Once they become normal, they can relate to everyone else and become part of the norm.

The need to fit in: Kids often feel the need to fit in with the popular social groups. If they don't fit in, they might feel rejected or outcast, so to avoid that, they strive to become like other people. This is closely related to social norms, as conforming to social norms often helps one fit in.

Peer pressure: Peer pressure is when a kid's choices or actions are influenced by other kids telling them to do things that they do. This often happens when kids try to get other kids to do drugs or do something that their parents wouldn't want them to do.

Emotional psychology: Adolescents are traditionally seen as "extremely emotional and out of control". They experience more frequent negative emotions than younger children, and wider emotional swings than adults. According to Dr Larson, these extreme emotions are due to the new experiences adolescents encounter every day. He says that from the unfamiliar situations, new and possibly intense positive and negative emotions are the reactions.

Egocentrism: Teenagers feel they are constantly being observed by others and being judged. This causes self-consciousness, concern about personal appearance, showing off...

Cognitive advances: Increased ability to reason abstractly (formal operational thought), understanding and manipulating abstract concepts, speculate about alternative possibilities, and reason in hypothetical terms.

