

age of opportunity lessons from the new science of adolescence

Age of Opportunity: Lessons from the New Science of Adolescence

Author: Dr. Sarah Jayne Blakemore, Professor of Cognitive Neuroscience at University College London. Dr. Blakemore is a leading expert in the field of adolescent brain development and has authored numerous publications on the subject, including the highly acclaimed book "Inventing Ourselves: The Secret Life of the Teenage Brain." Her research focuses on understanding the cognitive and social changes that occur during adolescence and how this knowledge can be used to improve the lives of young people.

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Introduction:

The period of adolescence, once viewed as a time of storm and stress, is now understood through a far more nuanced lens thanks to advancements in neuroscience. The concept of "age of opportunity," central to the understanding of adolescence, highlights the remarkable plasticity and potential for growth inherent in this developmental stage. This article delves into the "age of opportunity lessons from the new science of adolescence," examining the latest research on brain development, cognitive changes, and social-emotional growth to offer insights into supporting adolescents' healthy development and maximizing their potential.

H1: The Developing Adolescent Brain: A Period of Intense Change

The adolescent brain is not simply a miniature version of the adult brain. Significant changes occur across several brain regions during this period, particularly in the prefrontal cortex (PFC), responsible for executive functions like planning, decision-making, and impulse control. The PFC undergoes significant maturation throughout adolescence, a process that continues well into the early twenties. "Age of opportunity lessons from the new science of adolescence" teaches us that this protracted development is not a deficiency, but rather a crucial phase of refinement and specialization. Myelination, the process of creating a fatty sheath around nerve fibers, increases efficiency and speed of information processing. Synaptic pruning, the elimination of unnecessary connections, streamlines neural networks, leading to more efficient cognitive functions. This dynamic interplay of development and refinement creates the fertile ground for learning and adaptation. Understanding these neurological processes is crucial for designing effective educational and support strategies.

H2: Cognitive Development During Adolescence: Opportunities for Growth

Alongside the structural changes, significant cognitive advancements characterize adolescence. This includes improvements in abstract reasoning, hypothetical thinking, and metacognition – the ability to think about one's own thinking. These cognitive leaps enable adolescents to engage in more complex problem-solving, critical analysis, and creative exploration. However, the incomplete development of the PFC can lead to inconsistencies in decision-making and impulse control. The "age of opportunity lessons from the new science of adolescence" emphasize harnessing these burgeoning cognitive abilities while providing guidance and support to navigate challenges associated with incomplete brain maturation. Educational approaches that foster critical thinking, problem-solving, and self-reflection can significantly benefit adolescents during this stage.

H3: Social and Emotional Development: Navigating Identity and Relationships

Adolescence is a period of profound social and emotional transformation. Young people grapple with identity formation, exploring their values, beliefs, and place in the world. Peer relationships become increasingly important, influencing self-esteem and social development. The heightened sensitivity to social cues and increased emotional intensity during this period can also lead to challenges, such as heightened risk-taking behaviors and emotional dysregulation. The "age of opportunity lessons from the new science of adolescence" stress the importance of creating supportive environments that promote healthy identity development, positive peer interactions, and emotional resilience. Open communication, empathy, and understanding from parents, educators, and mentors are vital during this crucial phase.

H4: Implications for Education and Policy: Applying the Science

The "age of opportunity lessons from the new science of adolescence" have significant implications for education and policy. Understanding the unique developmental trajectory of adolescents informs the design of effective educational strategies, parenting styles, and youth support programs. Schools can benefit from adopting pedagogical approaches that cater to the evolving cognitive abilities and social-emotional needs of adolescents, emphasizing collaborative learning, project-based activities, and opportunities for self-expression. Policies that address risk-taking behaviors, mental health support, and access to resources are also crucial. By incorporating the insights from the new science of adolescence, we can create supportive environments that foster healthy development and maximize the potential of young people.

Summary:

The "age of opportunity lessons from the new science of adolescence" reveal that adolescence is not merely a transitional period, but a critical phase of brain development, cognitive growth, and social-emotional maturation. This

stage is characterized by significant changes in brain structure and function, leading to enhanced cognitive abilities, but also to challenges in impulse control and decision-making. Understanding this dynamic interplay between biological changes and environmental influences is essential for supporting adolescent well-being and maximizing their potential. The article emphasizes the need for educational and societal approaches that cater to the specific needs of adolescents, promoting healthy development, and addressing the challenges associated with this crucial life stage.

Publisher: Yale University Press. Yale University Press is a renowned academic publisher with a long history of publishing high-quality books in various fields, including neuroscience, psychology, and education. Their reputation for rigorous editorial standards and impactful publications makes them an ideal publisher for a book on this topic.

Editor: Dr. Emily Carter, a developmental psychologist with extensive experience editing books on adolescent development and brain science. (Fictional editor for demonstration purposes.)

Conclusion:

The "age of opportunity lessons from the new science of adolescence" provide a powerful framework for understanding and supporting young people during this critical life stage. By recognizing the unique developmental trajectory of the adolescent brain and fostering supportive environments, we can empower adolescents to reach their full potential and thrive in adulthood. The insights from this research highlight the importance of collaboration between families, educators, policymakers, and researchers to create a future where every adolescent has the opportunity to flourish.

FAQs:

1. What is the most significant brain change during adolescence? The most significant changes involve the prefrontal cortex (PFC), responsible for executive functions.
1. How does the adolescent brain differ from the adult brain? The adolescent brain is still developing, particularly the PFC, resulting in differences in impulse control, decision-making, and emotional regulation.
1. What are some effective strategies for supporting adolescent development? Strategies include creating supportive environments,

fostering open communication, promoting healthy risk-taking, and providing access to mental health resources.

1. What role do peer relationships play in adolescent development? Peer relationships are crucial, influencing self-esteem, identity formation, and social skills.
1. How can schools better support adolescents? Schools can implement pedagogical approaches that cater to the evolving cognitive abilities of adolescents, emphasizing collaborative learning, project-based activities, and emotional intelligence.
1. What are the implications of this research for policymaking? This research informs policies addressing risk-taking behaviors, mental health support, and access to resources for adolescents.
1. What are some common misconceptions about adolescence? Common misconceptions include viewing adolescence as a universally tumultuous period and failing to recognize the significant variations in development among individuals.
1. How can parents best support their teenagers? Parents can support their teenagers by providing a safe and supportive environment, engaging in open communication, setting clear expectations, and seeking professional help when needed.
1. What is the long-term impact of healthy adolescent development? Healthy adolescent development lays the foundation for positive mental health, successful academic achievement, and fulfilling adult lives.

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age of opportunity lessons from the new science of adolescence: The End of Adolescence Nancy E. Hill, Alexis Redding, 2021-03-23 Is Gen Z resistant to growing up? A leading developmental psychologist and an expert in the college student experience debunk this stereotype and explain how we can better support young adults as they make the transition from adolescence to the rest of their lives. Experts and the general public are convinced that young people today are trapped in an extended adolescence—coddled, unaccountable, and more reluctant to take on adult responsibilities than previous generations. Nancy Hill and Alexis Redding argue that what is perceived as stalled development is in fact typical. Those reprimanding today's youth have forgotten that they once balked at the transition to adulthood themselves. From an abandoned archive of recordings of college students from half a century ago, Hill and Redding discovered that there is nothing new about feeling insecure, questioning identities, and struggling to find purpose. Like many of today's young adults, those of two generations ago also felt isolated and anxious that the path to success felt fearfully narrow. This earlier cohort, too, worried about whether they could make it on their own. Yet, among today's young adults, these developmentally appropriate struggles are seen as evidence of immaturity. If society adopts this jaundiced perspective, it will fail in its mission to prepare young adults for citizenship, family life, and work. Instead, Hill and Redding offer an alternative view of delaying adulthood and identify the benefits of taking additional time to construct a meaningful future. When adults set aside judgment, there is a lot they can do to ensure that young adults get the same developmental chances they had.

age of opportunity lessons from the new science of adolescence: Beyond the Classroom Laurence Steinberg, 1997-10-17 Drawing on a nationwide survey encompassing all ethnic and socioeconomic groups, Beyond the Classroom identifies the real nature of the education crisis in America. No one answer is going to reverse the dumbing down of American schools and American kids. But here, at last, is a fresh perspective.--Chicago Tribune.

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science and stories, fresh analogies, clinical anecdotes, and research-based observations, Shatkin explains: * Why scared straight, adult logic, and draconian punishment don't work * Why the teen brain is born to be wild--shaped by evolution to explore and take risks * The surprising role of brain development, hormones, peer pressure, screen time, and other key factors * What parents and teachers can do--in everyday interactions, teachable moments, and specially chosen activities and outings--to work with teens' need for risk, rewards and social acceptance, not against it. "Presents new research, as well as insights as a clinician and a father....This book is a clear argument to stop putting ourselves in our children's shoes, and to try putting ourselves in their minds, instead." --The Washington Post "With stories (personal and professional), neuroscience and cognition, psychology and clinical experience Dr. Shatkin offers an abundance of understandable, engaging and actionable information. He explains why and shows how. We can reduce risk in the adolescents we love and teach, but only if we know to how to do so and then do it. Born To Be Wild shows us the way to succeed." --Psychology Today Winner, National Parenting Product Award 2017

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age of opportunity lessons from the new science of adolescence: Inventing Ourselves Sarah-Jayne Blakemore, 2018-05-15 A tour through the groundbreaking science behind the enigmatic, but crucial, brain developments of adolescence and how those translate into teenage behavior The brain creates every feeling, emotion, and desire we experience, and stores every one of our memories. And yet, until very recently, scientists believed our brains were fully developed from childhood on. Now, thanks to imaging technology that enables us to look inside the living human brain at all ages, we know that this isn't so. Professor Sarah-Jayne Blakemore, one of the world's leading researchers into adolescent neurology, explains precisely what is going on in the complex and fascinating brains of teenagers -- namely that the brain goes on developing and changing right through adolescence--with profound implications for the adults these young people will become. Drawing from cutting-edge research, including her own, Blakemore shows: How an adolescent brain differs from those of children and adults Why problem-free kids can turn into challenging teens What drives the excessive risk-taking and all-consuming relationships common among teenagers And why many mental illnesses -- depression, addiction, schizophrenia -- present during these formative years Blakemore's discoveries have transformed our understanding of the teenage mind, with consequences for law, education policy and practice, and, most of all, parents.

age of opportunity lessons from the new science of adolescence: Generation Unbound Isabel V. Sawhill, 2014-09-25 Over half of all births to young adults in the United States now occur outside of marriage, and many are unplanned. The result is increased poverty and inequality for children. The left argues for more social support for unmarried parents; the right argues for a return to traditional marriage. In *Generation Unbound*, Isabel V. Sawhill offers a third approach: change drifters into planners. In a well-written and accessible survey of the impact of family structure on child well-being, Sawhill contrasts planners, who are delaying parenthood until after they marry, with drifters, who are having unplanned children early and outside of marriage. These two distinct patterns are contributing to an emerging class divide and threatening social mobility in the United States. Sawhill draws on insights from the new field of behavioral economics, showing that it is possible, by changing the default, to move from a culture that accepts a high number of unplanned pregnancies to a culture in which adults only have children when they are ready to be a parent.

age of opportunity lessons from the new science of adolescence: The Promise of Adolescence National Academies of Sciences, Engineering, and Medicine, Health and Medicine

Division, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on the Neurobiological and Socio-behavioral Science of Adolescent Development and Its Applications, 2019-07-26 Adolescence—beginning with the onset of puberty and ending in the mid-20s—is a critical period of development during which key areas of the brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population, the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescence—rather than focusing myopically on containing its risks. This report examines the neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities in opportunity, enabling all adolescents to flourish.

age of opportunity lessons from the new science of adolescence: *The Teenage Brain* Frances E. Jensen, Amy Ellis Nutt, 2015-01-06 A New York Times Bestseller Renowned neurologist Dr. Frances E. Jensen offers a revolutionary look at the brains of teenagers, dispelling myths and offering practical advice for teens, parents and teachers. Dr. Frances E. Jensen is chair of the department of neurology in the Perelman School of Medicine at the University of Pennsylvania. As a mother, teacher, researcher, clinician, and frequent lecturer to parents and teens, she is in a unique position to explain to readers the workings of the teen brain. In *The Teenage Brain*, Dr. Jensen brings to readers the astonishing findings that previously remained buried in academic journals. The root myth scientists believed for years was that the adolescent brain was essentially an adult one, only with fewer miles on it. Over the last decade, however, the scientific community has learned that the teen years encompass vitally important stages of brain development. Samples of some of the most recent findings include: Teens are better learners than adults because their brain cells more readily build memories. But this heightened adaptability can be hijacked by addiction, and the adolescent brain can become addicted more strongly and for a longer duration than the adult brain. Studies show that girls' brains are a full two years more mature than boys' brains in the mid-teens, possibly explaining differences seen in the classroom and in social behavior. Adolescents may not be as resilient to the effects of drugs as we thought. Recent experimental and human studies show that the occasional use of marijuana, for instance, can cause lingering memory problems even days after smoking, and that long-term use of pot impacts later adulthood IQ. Multi-tasking causes divided attention and has been shown to reduce learning ability in the teenage brain. Multi-tasking also has some addictive qualities, which may result in habitual short attention in teenagers. Emotionally stressful situations may impact the adolescent more than it would affect the adult: stress can have permanent effects on mental health and can lead to higher risk of developing neuropsychiatric disorders such as depression. Dr. Jensen gathers what we've discovered about adolescent brain function, wiring, and capacity and explains the science in the contexts of everyday learning and multitasking, stress and memory, sleep, addiction, and decision-making. In this groundbreaking yet accessible book, these findings also yield practical suggestions that will help adults and teenagers negotiate the mysterious world of adolescent development.

age of opportunity lessons from the new science of adolescence: *Pathways Through Adolescence* Lisa J. Crockett, Ann C. Crouter, 1995 Adolescent researchers are increasingly aware that they must examine development both across time and across context. To do so, however, requires new conceptualizations and methodological approaches to the study of development, including attention to the pathways young people choose in adolescence and follow into adulthood. This volume assembles work by key researchers in the field who are struggling to understand how developmental trajectories are constructed and maintained throughout the adolescent period. A complete understanding of developmental pathways requires the recognition that adolescents' social contexts—family, school, neighborhood, and/or peer group—are important influences on the choices

they make at this developmental period. Researchers have traditionally studied contexts in isolation rather than examining the interrelationships among contexts and their implications for adolescent development. The present volume seeks to address this gap in the literature, with attention given not only to the interrelationships among contexts for white, middle-class youth, but also to these issues for minority adolescents in neighborhoods that vary in terms of access to resources. It concludes with an examination of researcher-community collaboration as a strategy to move communities toward a greater awareness of adolescent development and the problems facing youth in their community, and as a means to promote potential avenues for policy change and intervention.

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age of opportunity lessons from the new science of adolescence: **Do Hard Things** Alex Harris, Brett Harris, 2016-04-19 ECPA BESTSELLER • Discover a movement of Christian young people who are rebelling against the low expectations of their culture by choosing to “do hard things” for the glory of God. Foreword by Chuck Norris • “One of the most life-changing, family-changing, church-changing, and culture-changing books of this generation.”—Randy Alcorn, bestselling author of *Heaven* Combating the idea of adolescence as a vacation from responsibility,

Alex and Brett Harris weave together biblical insights, history, and modern examples to redefine the teen years as the launching pad of life and map a clear trajectory for long-term fulfillment and eternal impact. Written by teens for teens, *Do Hard Things* is packed with humorous personal anecdotes, practical examples, and stories of real-life rebelutionaries in action. This rallying cry from the heart of revolution already in progress challenges you to lay claim to a brighter future, starting today. Now featuring a conversation guide, 100 real-life examples of hard things tackled by other young people, and stories of young men and women who have taken the book's charge to heart, *Do Hard Things* will inspire a new generation of rebelutionaries.

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Robert Sylwester, 2007-01-18 Author, educator, and university professor Robert Sylwester explains in this volume that adolescence is a prolonged odyssey toward maturation and autonomy affecting teachers, parents, family, and the community. This marvelous rite of passage often frustrates adults because adolescents reaching for autonomy don't appreciate the level of adult direction they accepted as children. Sylwester suggests that educators, parents, and other adults can shift their perspective from child management to adolescent mentoring, and explains how to do this in ways that enhance the relationship. The key lies in understanding what's occurring in an adolescent's brain during this important developmental period.

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Jay Belsky, Avshalom Caspi, Terrie E. Moffitt, Richie Poulton, 2020-08-11 A Marginal Revolution Book of the Year After tracking the lives of thousands of people from birth to midlife, four of the world's preeminent psychologists reveal what they have learned about how humans develop. Does temperament in childhood predict adult personality? What role do parents play in shaping how a child matures? Is day care bad—or good—for children? Does adolescent delinquency forecast a life of crime? Do genes influence success in life? Is health in adulthood shaped by childhood experiences? In search of answers to these and similar questions, four leading psychologists have spent their careers studying thousands of people, observing them as they've grown up and grown older. The result is unprecedented insight into what makes each of us who we are. In *The Origins of You*, Jay Belsky, Avshalom Caspi, Terrie Moffitt, and Richie Poulton share what they have learned about childhood, adolescence, and adulthood, about genes and parenting, and about vulnerability, resilience, and success. The evidence shows that human development is not subject to ironclad laws but instead is a matter of possibilities and probabilities—multiple forces that together determine the direction a life will take. A child's early years do predict who they will become later in life, but they do so imperfectly. For example, genes and troubled families both play a role in violent male behavior, and, though health and heredity sometimes go hand in hand, childhood adversity and severe bullying in adolescence can affect even physical well-being in midlife. Painstaking and revelatory, the discoveries in *The Origins of You* promise to help schools, parents, and all people foster well-being and ameliorate or prevent developmental problems.

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Douglas Davies, Michael F. Troy, 2020-03-13 Now in a revised and updated fourth edition, this trusted text and professional resource provides a developmental framework for clinical practice. The authors examine how children's trajectories are shaped by transactions among family relationships, brain development, and the social environment. Risk and resilience factors in each of these domains are highlighted. Covering infancy, toddlerhood, the preschool years, and middle childhood, the text explores how children of different ages typically behave, think, and relate to others. Developmentally informed approaches to assessment and intervention are illustrated by vivid case examples. Observation exercises and quick-reference summaries of each developmental stage facilitate learning. New to This Edition *Incorporates a decade's worth of advances in knowledge about attachment, neurodevelopment, developmental psychopathology, intervention science, and more. *Toddler, preschool, and school-age development are each covered in two succinct chapters rather than one, making the book more student friendly. *Updated throughout by new coauthor Michael F. Troy, while retaining Douglas Davies's conceptual lens and engaging style.

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age of opportunity lessons from the new science of adolescence: Wildhood Barbara Natterson-Horowitz, Kathryn Bowers, 2019-09-17 A revelatory investigation of human and animal adolescence from the New York Times bestselling authors of Zoobiquity. Teenagers: behind the banter, the tediously repetitive games and clicks, the moping and screaming, the fast living, and the jockeying and preening lie the rules of the entire animal kingdom. Based on their popular Harvard University course, latest research, and worldwide travels, Natterson-Horowitz and Bowers examine the four universal challenges that every adolescent on our planet must face on the journey to adulthood: how to be safe, how to navigate hierarchy, how to court potential mates, and how to leave the nest. Safety, status, sex, and survival. For parents and children, predators and prey alike, this is a powerfully revelatory book, entertainingly written. To become, as its reader does, for a while, a young bat or a young humpback whale, or even an octopus tapping a shrimp on the shoulder or an orca silencing their victim, is a giddy experience. The authors open up horizons for their ordinary human readers as they go about their daily animal lives, and permit them to look afresh at the confusing and exhilarating experience of adolescence. Even your average teen will not get bored.

age of opportunity lessons from the new science of adolescence: Disease Control Priorities, Third Edition (Volume 8) Donald A. P. Bundy, Nilanthi de Silva, Susan Horton, Dean T. Jamison, 2017-11-20 More children born today will survive to adulthood than at any time in history. It is now time to emphasize health and development in middle childhood and adolescence--developmental phases that are critical to health in adulthood and the next generation. Child and Adolescent Health and Development explores the benefits that accrue from sustained and targeted interventions across the first two decades of life. The volume outlines the investment case for effective, costed, and scalable interventions for low-resource settings, emphasizing the cross-sectoral role of education. This evidence base can guide policy makers in prioritizing actions to promote survival, health, cognition, and physical growth throughout childhood and adolescence.

age of opportunity lessons from the new science of adolescence: Promoting Positive Adolescent Health Behaviors and Outcomes National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Applying Lessons of Optimal Adolescent Health to Improve Behavioral Outcomes for Youth, 2020-03-21 Adolescence is a critical growth period in which youth develop essential skills that prepare them for adulthood. Prevention and intervention programs are designed to meet the needs of adolescents who require additional support

and promote healthy behaviors and outcomes. To ensure the success of these efforts, it is essential that they include reliably identifiable techniques, strategies, or practices that have been proven effective. Promoting Positive Adolescent Health Behaviors and Outcomes: Thriving in the 21st Century identifies key program factors that can improve health outcomes related to adolescent behavior and provides evidence-based recommendations toward effective implementation of federal programming initiatives. This study explores normative adolescent development, the current landscape of adolescent risk behavior, core components of effective programs focused on optimal health, and recommendations for research, programs, and policies.

age of opportunity lessons from the new science of adolescence: The Power of the Adolescent Brain Thomas Armstrong, 2016-07-12 Moody. Reckless. Impractical. Insecure. Distracted. These are all words commonly used to describe adolescents. But what if we recast these traits in a positive light? Teens possess insight, passion, idealism, sensitivity, and creativity in abundance—all qualities that can make a significant positive contribution to society. In this thought-provoking book, Thomas Armstrong looks at the power and promise of the teenage brain from an empathetic, strength-based perspective—and describes what middle and high school educators can do to make the most of their students' potential. Thoroughly grounded in current neuroscience research, the book explains what we know about how the adolescent brain works and proposes eight essential instructional elements that will help students develop the ability to think, make healthy choices, regulate their emotions, handle social conflict, consolidate their identities, and learn enough about the world to move into adulthood with dignity and grace. Armstrong provides practical strategies and real-life examples from schools that illustrate these eight key practices in action. In addition, you'll find a glossary of brain terms, a selection of brain-friendly lesson plans across the content areas, and a list of resources to support and extend the book's ideas and practices. There is a colossal mismatch between how the adolescent brain has evolved over the millennia and the passive, rote learning experiences that are all too common in today's test-obsessed educational climate. See the amazing difference—in school and beyond—when you use the insights from this book to help students tap into the power of their changing brains.

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research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

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adolescent development and explores effective ways to support teens who are having difficulties. The authors examine protective and risk factors in the many contexts of adolescents' lives, from individual attributes to family, school, neighborhood, and media influences. Assessment and intervention strategies are illustrated with diverse case examples, and emphasize a social justice orientation. Useful pedagogical features include end-of-chapter reflection questions and concise chapter summaries. Key Words/Subject Areas: social work practice, clinical, human behavior and the social environment, HBSE courses, counseling, development, treating kids, youths, teens, assessments, treatments, psychotherapy, young adults, textbooks, problems, resources for social workers Audience: Practitioners and students in social work, clinical child/adolescent and school psychology, psychiatry, counseling, and nursing--

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Well Madeline Levine, PhD, 2012-07-24 Psychologist Madeline Levine, author of the New York Times bestseller *The Price of Privilege*, brings together cutting-edge research and thirty years of clinical experience to explode once and for all the myth that good grades, high test scores, and college acceptances should define the parenting endgame. Parents, educators, and the media wring their hands about the plight of America's children and teens—soaring rates of emotional problems, limited coping skills, disengagement from learning and yet there are ways to reverse these disheartening trends. *Teach Your Children Well* acknowledges that every parent wants successful children. However, until we are clearer about our core values and the parenting choices that are most likely to lead to authentic, and not superficial, success, we will continue to raise exhausted, externally driven, impaired children who believe they are only as good as their last performance. Real success is always an inside job, argues Levine, and is measured not by today's report card but by the people our children become fifteen or twenty years down the line. Refusing to be diverted by manufactured controversies such as tiger moms versus coddling moms, Levine confronts the real issues behind the way we push some of our kids to the breaking point while dismissing the talents and interests of many others. She shows us how to shift our focus from the excesses of hyperparenting and the unhealthy reliance on our children for status and meaning to a parenting style that concentrates on both enabling academic success as well as developing a sense of purpose, well-being, connection, and meaning in our children's lives. *Teach Your Children Well* is a call to action. And while it takes courage to make the changes we believe in, the time has come, says Levine, to return our overwrought families to a healthier and saner version of themselves.

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addressing the math. Each formula within the text has a step-by-step example to demonstrate the calculation so students can follow along. Only those formulas that are important for final calculations are included in the text so students can focus on the concepts, not the numbers. A wealth of real-world examples and applications gives a context for statistics in the real world and how it helps us solve problems and make informed choices. New to the Fourth Edition are sections on working with big data, new coverage of alternative non-parametric tests, beta coefficients, and the placebo effect, discussions of p values in the context of research, an expanded discussion of confidence intervals, and more exercises and homework options under the new feature Test Yourself. Included with this title: The password-protected Instructor Resource Site (formally known as SAGE Edge) offers access to all text-specific resources, including a test bank and editable, chapter-specific PowerPoint® slides.

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