

Dr. David Wash (evening program at Stevenson)  
Why do they act that way...

Neurons are the building blocks of the brain

The neurons that fire together wire together (critical role of experience)

Whatever the brain does a lot of is what the brain gets good at.

What we get if not wired correctly:  
Impulse control, risk taking, disorganization, passion,

There Are ways we can communicate

Strategies - mention the behavior don't say you are "rude" talk about the behavior  
Avoid generalization

Alcohol and drug use during adolescence  
Affects adolescent differently than adult brains  
Adolescent brain is more easily addicted  
Damage is greater  
Warning signals are delayed

If using Nicotine - brain creates wired path - what the brain likes to do a lot of it will creates more of it)

Hippocampus - key to learning - if bathed in alcohol, will have permanent brain damage

Grit, Executive Function, Self Regulation and Self Discipline

Grit - not tied to intelligence  
Self discipline is twice as strong a predictor of school success as intelligence

Two ingredients of intelligence  
The "what"  
(Facts and chunks of information)

The "How" we learn

How we learn - executive functions (ability to concentrate, manage impulses)  
Managing your mind

Hot topic - executive functions

Evidence based threats to executive function

Stress overload

Sleep deficits

Sedentary lifestyle

Disappearance of free play

Unregulated and overuse of media

Culture of more, fast, easy and fun

We function best when focusing on the sweet spot - not too much, not too little

Paul Tough - How children succeed

Perfectionism and stress - over achievers, and withdrawal (scared)

GABA and learning

When GABA levels are ok, we feel relaxed

Create culture of acceptance

Encourage effort and normalize mistakes

Explore the feelings behind the perfectionism

Be willing to reflect on the example you are setting

Celebrate our mistakes - forces us to

Sleep deficits - need to sleep - critical to learning

Teenagers need 9.5 actual get 7.5

Exercise - creates serotonin, dopamine and norepinephrine

Miracle growth for the brain

Overuse of Technology - again.....whatever the brain does a lot of it gets good at

Find ways for connection

Guidance

Love

Add/ADHD

Executive function challenges

More to do with molecules of emotion and not executive function

Persists over time

Early children years - if in highly stressful life, could be diagnosed with add/ADHD