

ADOLESCENT DEVELOPMENT



Physical Development



- Rapid gains in height and weight
- Development of secondary sex characteristics
- Continued brain development
 - ▣ Affects emotional, physical and mental abilities

How Physical Changes Affect Teens

- Frequently sleeping longer.
 - ▣ Need more sleep to conduct internal work required for such rapid growth.
- May be more clumsy due to growth spurts.
 - ▣ Body parts don't grow at the same rate leading to clumsiness due to struggles coping with the changes.
- Girls may become overly concerned about weight.
 - ▣ 62% of adolescent girls report they are trying to lose weight (Centers for Disease Control, 2005)
 - ▣ 1-3% develop severe eating disorders

How Physical Changes Affect Teens continued...

- May be concerned about their physical development compared to their peers.
 - ▣ Early-maturers vs. Late-maturers
- May feel awkward developing relationship with opposite sex adults.
 - ▣ As they develop physically, they begin to rethink their interactions with opposite sex.

What can you do regarding these changes?

- Avoid criticizing or comparing to their peers.
- Encourage appropriate amounts of sleep.
- Encourage healthy eating habits.
- Encourage physical activity.
- Be understanding of their need for physical space.

Cognitive Development

- Begin developing advanced reasoning skills
 - ▣ Ability to think about multiple options and possibilities including the ability to think hypothetically.
- Begin developing abstract thinking skills
 - ▣ Thinking about things that cannot be seen, hear, or touched.
 - ▣ Ex. – faith, trust, beliefs and spirituality
- Begin developing ability to think about thinking (Meta-cognition)
 - ▣ Thinking about how they feel and what they are thinking.

How these changes affect teens?

- Demonstrate a heightened level of self-consciousness
 - ▣ Tendency to believe everyone is concerned w/ their thoughts and behaviors – “imaginary audience”
- Tendency to believe no one else has experience similar feelings and emotions.
 - ▣ Become overly dramatic in describing what upsets them.
 - ▣ “You’ll never understand!”
- Tendency to exhibit the “it can’t happen to me” syndrome – Personal Fable
 - ▣ Cause teens to take unnecessary risks like drinking and driving

Affects continued...

- Tendency to become very cause-oriented.
 - ▣ Activism is related to the ability to think about abstract concepts.
- Tendency to exhibit a “justice” orientation.
 - ▣ Quick to point out inconsistencies between adults’ words and their actions
 - ▣ Difficulty seeing shades of gray

What can you do regarding cognitive changes?

- Don't take it personally when teens discount your experience.
 - ▣ Try to empathize with and listen to their concerns
- Get teens involved in discussing behavioral rules and consequences.
 - ▣ Taking a role in determining how they should behave increase accountability
- Talk to teens about their views and be open to discussing your own.
- Try to build genuine relationships.

Psychosocial Development

- Begin establishing an **Identity**
 - ▣ Thinking about who they are at a conscious level.
- Begin establishing **Autonomy**
 - ▣ Becoming an independent and self-governing person *within* relationships.
 - ▣ Often equated with teen “rebellion”
- Begin establishing **Intimacy**
 - ▣ Refers to establishing close relationships being open, honest, caring, and trusting.

Psychosocial Development continued...

- Begin seeking **Achievement**
 - Our society fosters and values attitudes of competition and success.
 - Teens begin to see relationship between their current abilities and plans for their future vocational aspirations.
 - What are they currently good at and what are they willing to strive for success?

How these changes affect teens?

- May begin to spend more time with their friends than their family.
- May become much more private.
- May become involved in multiple hobbies or clubs.
 - ▣ An attempt to find out what they're good at.
 - ▣ They also change hobbies and interest quickly.
- May become elusive about where they're going and who with.
- May become argumentative.

What can you do regarding



- Encourage involvement in multiple activities
- Praise efforts as well as abilities
- Provide structure environment.

Smart Tips for Coaching Adolescents

- Coach as Collaborator
 - ▣ Collaboration through the process of goal setting helps young athletes understand the components of overall training process.
- Encourage Positive Risk Taking
 - ▣ The teen brain “craves” risk and are hungry for stimulation. Skills that are regularly exercised and positive become part of the long-term memory.
 - ▣ Game-like practice create realistic learning opportunities.
- Teach Stress Management Skills
 - ▣ Many teens become emotionally over or under aroused during competition, and this imbalanced state can cause poor performance.
 - Examples – proper breathing, self-talk, etc.

Smart Tips continued...

- **Guide Players Towards Healthy Brain and Body Habits**
 - ▣ Nutrition, hydration, sleep and avoidance of drugs and alcohol.
- **Avoid Overloading the Athlete With Information**
 - ▣ Prepare the athlete beforehand, so when it is time to perform the athlete is in control and equipped with technical and strategic choices.
- **Provide a Positive Structured Environment**
 - ▣ High positive energy is a key motivating stimulus for teens. It is also useful to make up for what the teen brain still lacks by providing structure.

Complete the training...

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