

Adolescent Development Module Outline

Course Topics: Each Module is 15 hrs.

"In other words, it's [adolescence and early adulthood] the time of life of maximal risk taking, novelty seeking, and affiliation with peers. All because of that immature frontal cortex." -- Robert Sapolsky

Modules	Topics	Assignment/Reading
Module 1 Cognitive development Identity development <i>Ends June 19</i>	<ul style="list-style-type: none"> • Cognitive Development <ul style="list-style-type: none"> ○ Teen brain development ○ Metacognition • Learner differences • Growth mindset • Identity development <ul style="list-style-type: none"> ○ Value-based decision making 	Readings/Course Materials for Module #1 Assignment: <i>Personal Profile</i> Due: June 10, 2024
		Readings/Course Materials for module #1 Assignment: <i>Growth Mindset Portfolio</i> Due: June 19, 2024
Module 2 Social, emotional development <i>Ends July 10</i>	<ul style="list-style-type: none"> • Social and Emotional Development <ul style="list-style-type: none"> ○ CASEL SEL Framework ○ SEL and academic achievement • Behavioral Health vs. Mental Health 	Readings/Course Materials for Module #2 Assignment: <i>Personal SEL Reflection</i> Due: July 2
		Readings/Course Materials for Module #2 Assignment: <i>Positive Risk Challenge</i> Due: July 10, 2024
Module 3 Social emotional cultural competencies <i>Ends July 29</i>	<ul style="list-style-type: none"> • Social, emotional, and cultural (SEC) lens <ul style="list-style-type: none"> ○ In teaching ○ As an academic intervention in support of academic standards 	Readings/Course Materials for Module #3 Assignment: <i>Cultural Autobiography</i> Due: July 29, 2024