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COGNITIVE DEVELOPMENT & DECISION MAKING: FOCUS ON ADOLESCENTS AND TRAUMA

Cognitive Development & Decision-Making in Adolescence

- In adolescence, the brain is changing in structure and function
- Although adolescents have strengths and capabilities, there can be increased likelihood of sensation-seeking, risk-taking, and reckless behavior
- Mature social cognitions are more frequent from 16 to 19 years old

Sources: Albert & Steinberg, 2011; Steinberg, 2005; Steinberg & Cauffman, 1996; Williams, 2020



Trauma & Decision-Making

Trauma can impact

- Attention
 - Problem-solving skills
 - Self-regulation
 - Later brain development
-
- Multiple adverse experiences have a greater impact on development and behavior



CREDITS

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Narrated by:

References

- Albert & Steinberg, 2011
- Guinosso et al., 2016
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- Steinberg, 2005
- Steinberg & Cauffman, 1996
- Williams, 2020

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