

Crash Course in Young Adolescence

Dr. Beth Pester, Director of Dual Credit
Concordia University, Nebraska



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Today's Agenda...

- Four Primary Areas of Young Adolescent Development
- Ways to Help (them and you!)
- Things to remember...



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Physical
Social/Emotional
Cognitive
Spiritual



Physical Development

- Growth and Size
- Hormones
- Puberty
- Nutrition



Social/Emotional Development

- Friends/Peers
- Parents/ Families
- Media



Friends/Peers

- Increasingly important
- Establishing independence...
- Weird mix of needing to belong and needing to “be somebody”
- Identity development...
- Caught between worlds and acutely aware.
- Cliques and bullying.



Parents

- Establishing independence and testing boundaries...
- Stressors (communities, normalized dysfunction, plenty)
- Still the most important influence
- When parents/families aren't "safe"...

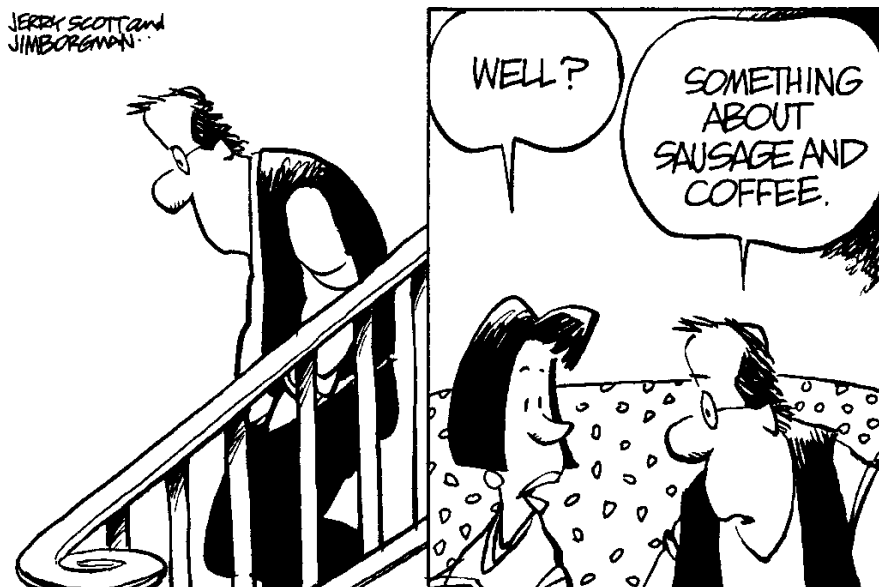


Media

- The blessing and threat
- Screen time (Gaming, School work, Social media, YouTube and more)
- Safety and Boundaries



JERRY SCOTT and JIM BORGSMAN





Cognitive Development

- The YA brain (physically)
- Cognitive Stages
- Bridging the Gap

Spiritual Development

- Stages
 - Transitional/Skeptical/Inconsistent
 - Personal/Emotional/Relational
- Encourage Parents
 - Moms to talk
 - Dads to Practice
 - Help parents to NOT despair...
- Intentional Faith Integration
 - Tap into their potential!



How can you help...them and you!

Physical:

- Help them understand the broad range of NORMAL
- Avoid the tease-train.
- Let them MOVE!

Social/Emotional:

- Give them independence and responsibility
- Give them a safe place to work on identity
- Teach them, “what’s the best thing to learn from this...”

How can you help...them and you!

Cognitive:

- Help them bridge the gap
- Talk about how your brain processes information
- Grace and Humor will go a long, long way! 😊

Spiritual:

- Answer questions – don't despair at their doubt
- Model faith, and encourage parents to model faith
- Tap into their philanthropic energy!
- Love them, forgive them, pray for them



Things to Remember:

Remember when you were 13...

They need you!

They need to be loved.

They are probably behaving in completely developmentally appropriate ways...give guidance, not judgment.

If you perpetuate the stereotypes, you're NOT helping.

They want and need responsibility.

They believe they can change the world...let them!

They need Jesus, and you show them Jesus.

Concordia University, Nebraska

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Elementary Education

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