



The Power of the Adolescent Brain: Strategies for Teaching Middle and High School Students

By Thomas Armstrong Ph.D.

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Moody. Reckless. Impractical. Insecure. Distracted. These are all words commonly used to describe adolescents. But what if we recast these traits in a positive light? Teens possess insight, passion, idealism, sensitivity, and creativity in abundance—all qualities that can make a significant positive contribution to society.

In this thought-provoking book, Thomas Armstrong looks at the power and promise of the teenage brain from an empathetic, strength-based perspective—and describes what middle and high school educators can do to make the most of their students' potential.

Thoroughly grounded in current neuroscience research, the book explains what we know about how the adolescent brain works and proposes eight essential instructional elements that will help students develop the ability to think, make healthy choices, regulate their emotions, handle social conflict, consolidate their identities, and learn enough about the world to move into adulthood with dignity and grace.

Armstrong provides practical strategies and real-life examples from schools that illustrate these eight key practices in action. In addition, you'll find a glossary of brain terms, a selection of brain-friendly lesson plans across the content areas, and a list of resources to support and extend the book's ideas and practices.

There is a colossal mismatch between how the adolescent brain has evolved over the millennia and the passive, rote learning experiences that are all too common in today's test-obsessed educational climate. See the amazing difference—in school and beyond—when you use the insights from this book to help students tap into the power of their changing brains.

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Editorial Review

From the Inside Flap

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About the Author

Thomas Armstrong, PhD, is an educator, a psychologist, and a writer who has worked in the education field for more than 40 years. He is the author of 16 books, including 7 for ASCD. During the last 30 years, he has delivered more than 1,000 presentations on learning and human development in 29 countries across 6 continents and in 44 U.S. states. He has written for *Family Circle*, *Ladies Home Journal*, *Parenting*, and the *AMA Journal of Ethics* and has been honored with membership on the Board of Governors of the Academy of Education Arts and Sciences International.

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