



Teen Stress *An Inside View*
Study/Discussion Guide
Expert View 3: **It's the Way You're Wired** pages 14–17

Summary: There are significant physical differences between the adult brain and the adolescent brain.

Discussion points:

1. What area of the brain is the last to develop?
2. What functions does this part of the brain control?
3. What is melatonin and how does it affect adolescents?
4. Using an MRI, what differences between adolescent and adult brains did the Harvard researchers find?
5. What else did researchers find about the effect of stress on the brain?
6. What is a “circadian cycle”?
7. Dr. Carskadon of Brown University has done extensive research on the sleep habits of adolescents. What did she discover during her research?
8. Do your students’ sleep habits vary from weekdays to weekends? If so, how does this affect their sleep clock?

This information is provided FREE as a public service to educators and students and is intended to be used as a study/discussion guide in association with the book entitled, **Teen Stress: *An Inside View***, which is included in The Power Nap Kit™ © 2003 At Peace® Media LLC.

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