

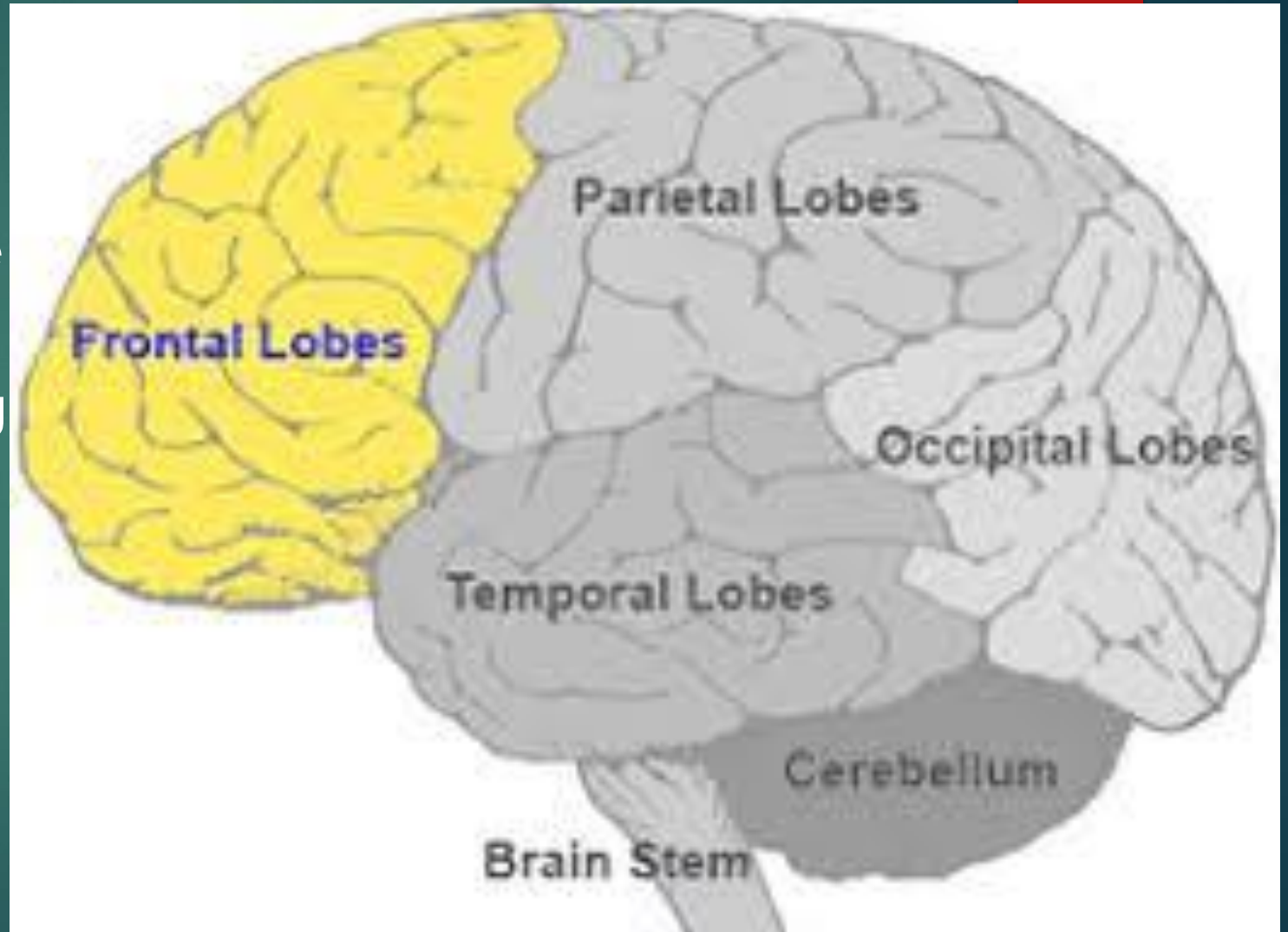


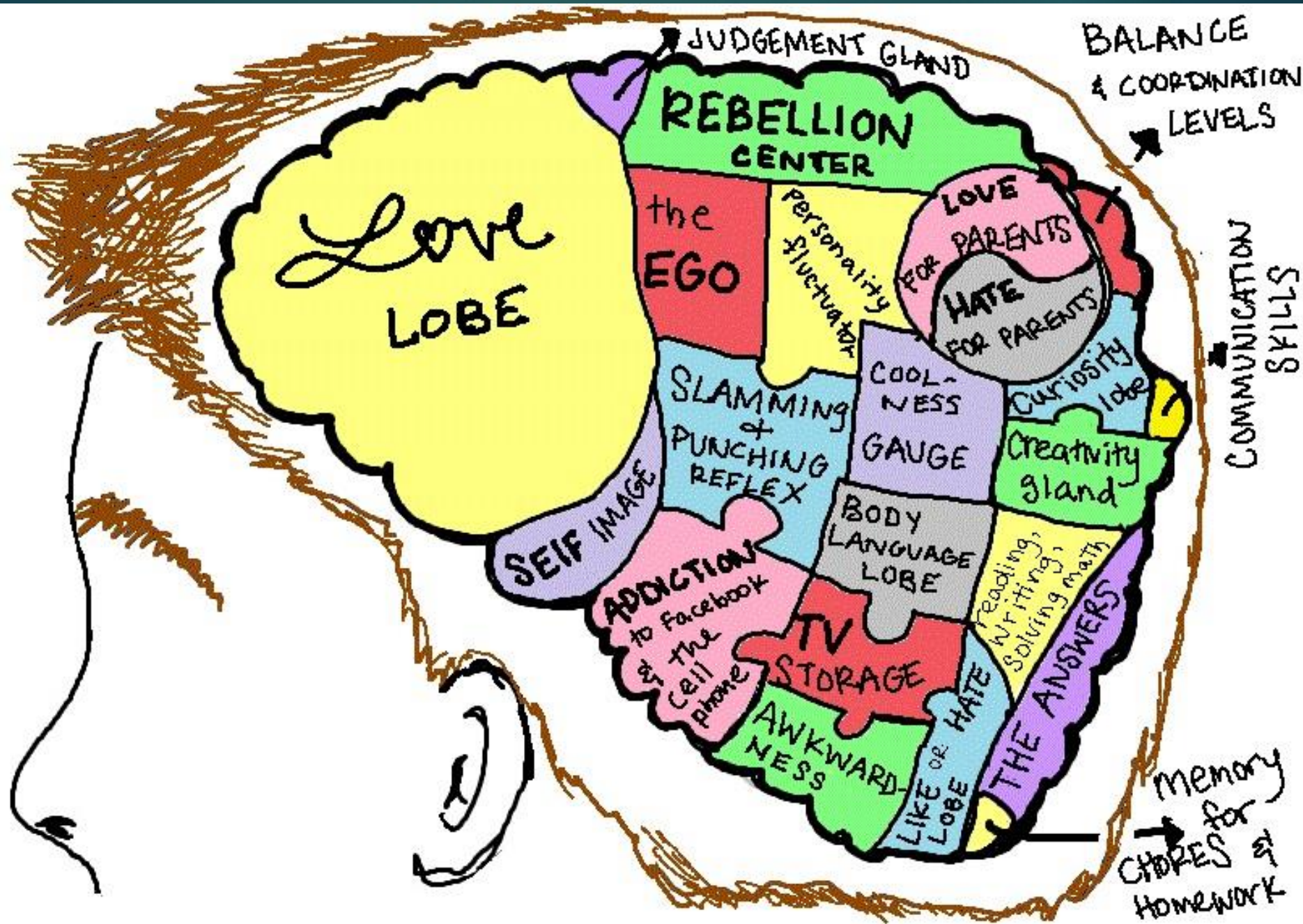
# Teaching the Teenage Brain

ALYCIA MESSING – IH BUDAPEST

# Frontal Lobes

- Self-regulating and Impulse Control
- Conscious Decision Making
- Reasoning
- Planning
- Judgement and Insight
- Memory







"Failure is an opportunity to grow"

## GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

## FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"

"I can either do it, or I can't"

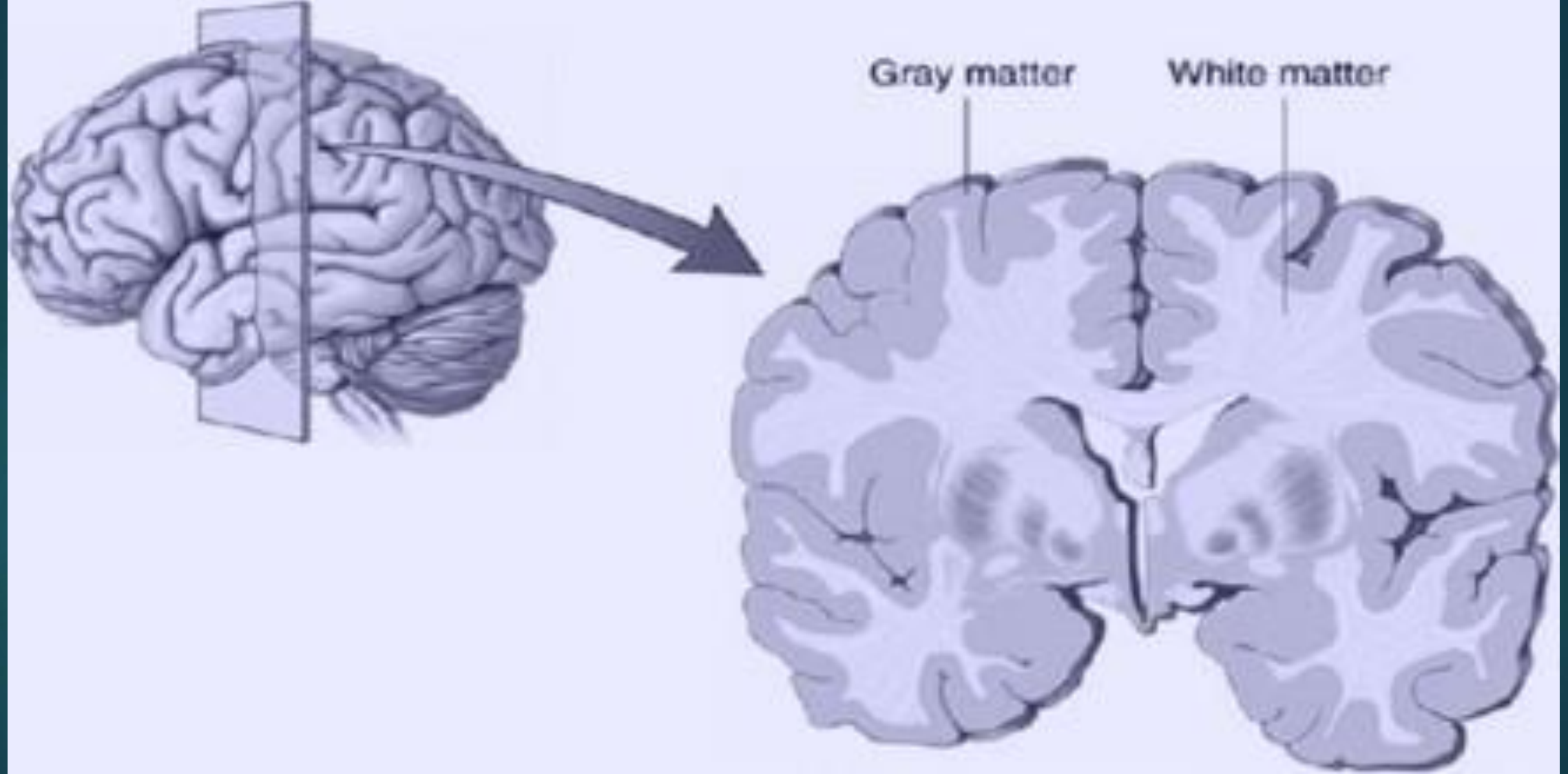
"My potential is predetermined"

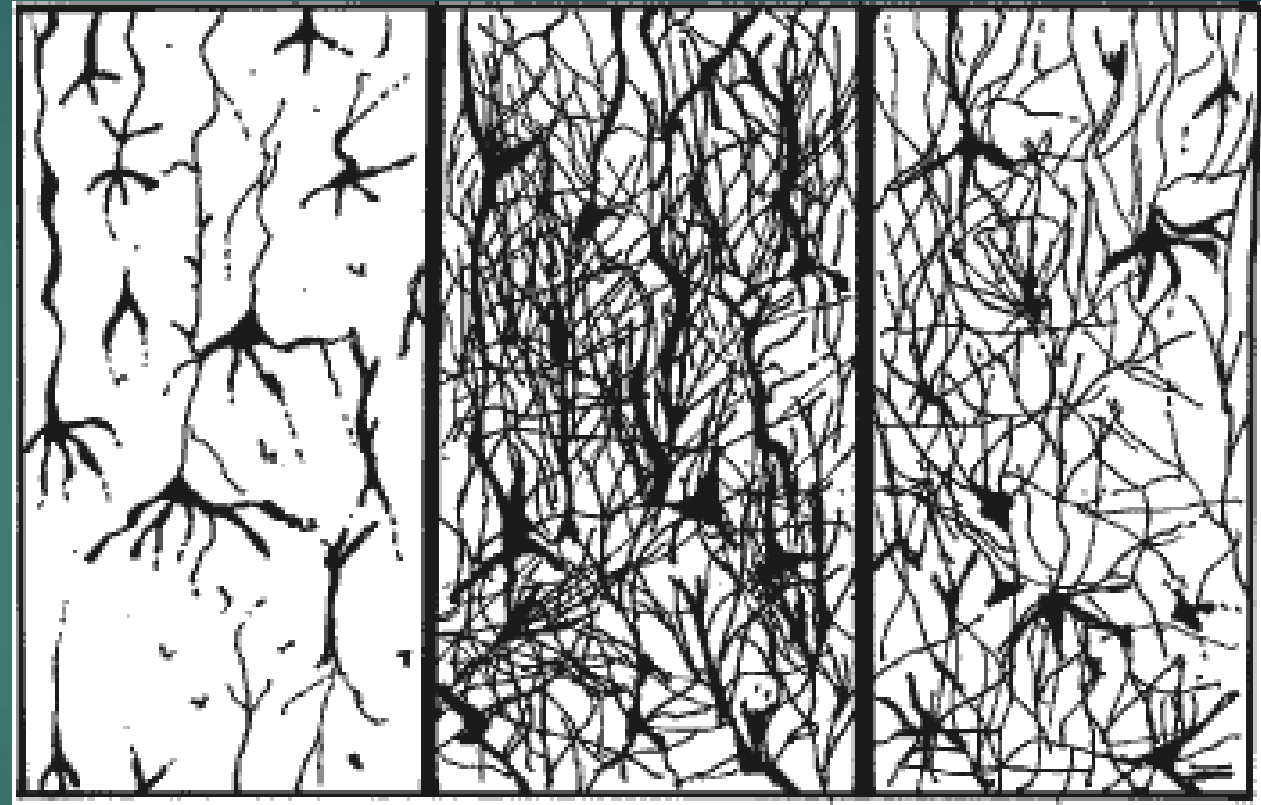
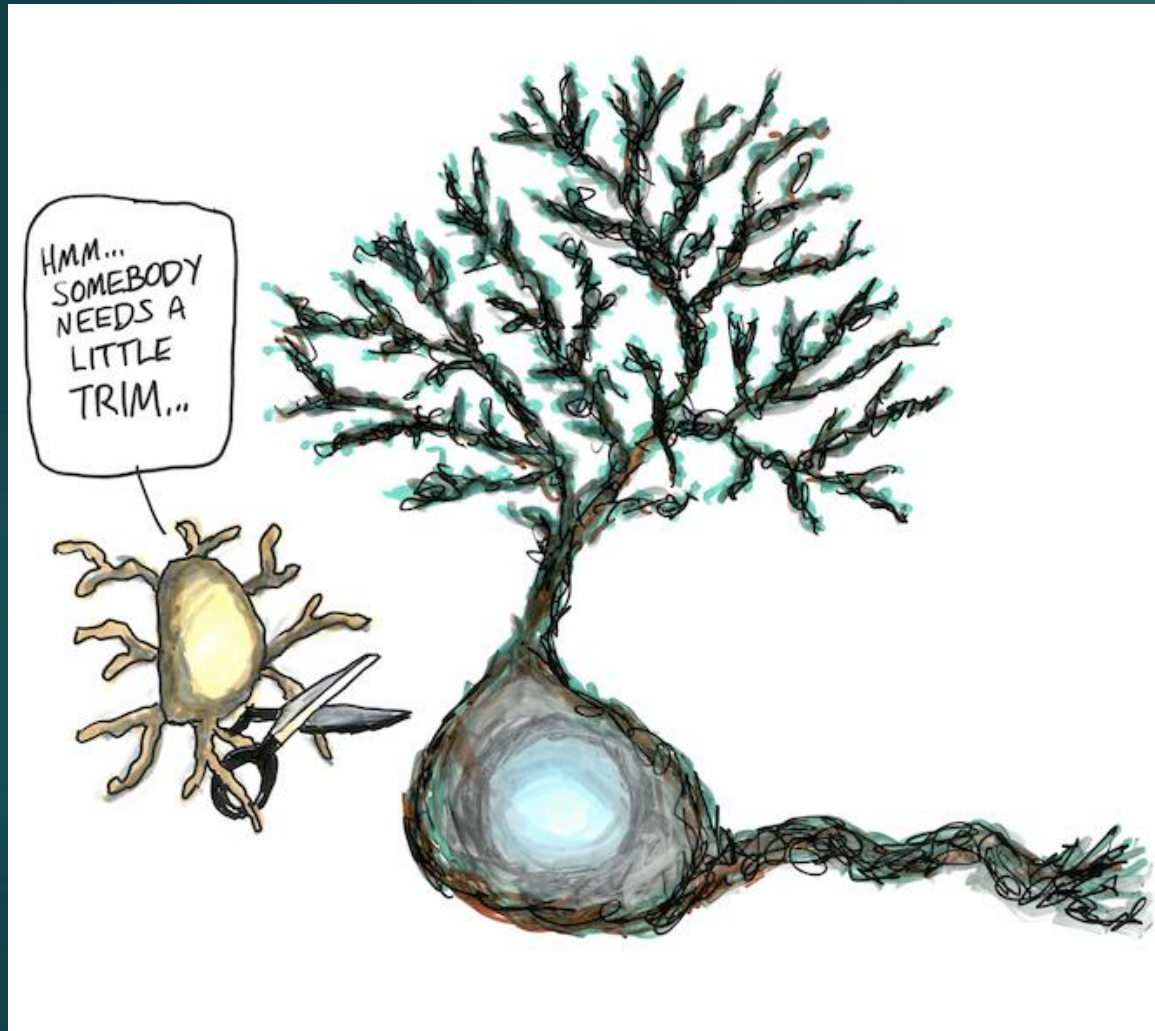
"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"

THIS IS A  
*risk taking.*  
**MISTAKE MAKING**  
CLASSROOM





at a child's birth

at 7 years of age

at 15 years of age



**Urgent &  
important**

*do it now*

**Important  
not urgent**

*decide when to do it*

**Urgent not  
important**

*delegate it*

**Not important  
not urgent**

*delete it*

Thank You!