**Teenage Brain Webquest**

7 Ways to Optimize Your Brain

Go to: <http://www.huffingtonpost.com/dr-terri-kennedy/personal-health_b_4066075.html>

What are the seven ways in which this Huffington Post article suggests optimizing your brain’s health? In one or two sentences, explain how each of these suggestions impacts the functioning of your brain.

1.

2.

3.

4.

5.

6.

7.

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Scroll down to Changes in thePrefrontal Cortex

Read this section, which is part of an interview with Dr. Jay Giedd, whose research using MRI technology revealed an extensive amount of information on the developing teenage brain.

1. Identify three functions of the prefrontal cortex.

a.

b.

c.

1. Identify three functions that improve as the teenage brain matures.

a.

b

. c.

1. Why is pruning synapses and losing gray matter important for brain development?

Find your own article about the teenage brain. What questions do you have that you may find answers to?

Write the article title, author and webpage here:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Summarize your article and it’s findings: