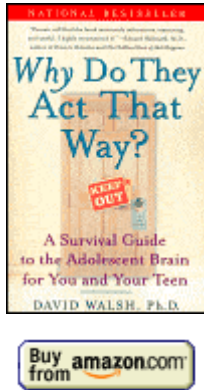


Why Do They Act That Way?

A Survival Guide to the Adolescent Brain for You and Your Teen

David Walsh, Ph.D.

12 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**Buy from amazon.com**” link to obtain text.
3. **Read** text and answer exam questions on this sheet.
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7. **Enter** credit card information on **Payment Form** that follows.
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Examination Questions

Chapter One: Making Sense of Adolescence

1. According to the author, the first signs of puberty are seen in kids today at the average age of:
 - a. 15
 - b. 14
 - c. 13
 - d. 12
2. According to the author, adolescence today can last a full:
 - a. 5 years
 - b. 10 years
 - c. 15 years
 - d. 20 years
3. According to the author, the adolescent brain is the same as an adult brain.
 - a. True
 - b. False

Chapter Two: A Guided Tour of Their Brains

4. The brainstem is the seat of emotion.
 - a. True
 - b. False
5. The limbic system is the seat of emotion.
 - a. True
 - b. False
6. The cortex makes up ____ percent of all brain mass in humans.
 - a. 60
 - b. 70
 - c. 80
 - d. 90

7. According to the author, the prefrontal cortex is the key to understanding adolescents.
- True
 - False
8. According to the author, teens who are never held accountable for taking charge of their impulses have difficulty developing that crucial skill.
- True
 - False
9. According to the author, the brain develops in an even, uniform way.
- True
 - False

Chapter Three: Why Adolescents Are Impulsive

10. According to the author, the adolescent brain is a finished product.
- True
 - False
11. According to the author, blossoming peaks in the prefrontal cortex at around the age of:
- 17 or 18
 - 15 or 16
 - 13 or 14
 - 11 or 12

Chapter Four: Risky Business: Helping Teens Put on the Brakes

12. The first words that came out of the author's mouth when he found out what his son did to the car were:
- How could you do that?
 - Why did you do that?
 - What were you thinking?
 - none of the above
13. The best parenting style for adolescents is:
- permissive
 - authoritarian
 - structured
 - all of the above

Chapter Five: What We Have Here Is a Failure to Communicate

14. According to a study, adults could correctly identify different emotional states in pictures of people, but adolescents often mistook fear or surprise as anger.
- True
 - False
15. According to the author, brain scans showed that adults and adolescents use the same parts of their brain when trying to read emotions.
- True
 - False

Chapter Six: Male and Female Brains: Sexual Stereotyping and Sexual Identity

16. According to the author, the INAH-3 becomes larger in girls when they approach puberty.
- True
 - False

17. According to the author, testosterone spikes more in female brains than male brains during puberty.
- True
 - False
18. According to the author, because teen girls tend to verbalize their moods, they're also in danger of talking themselves into a depression.
- True
 - False

Chapter Seven: Love, Sex, and the Adolescent Brain

19. Around the age of ____, the body increases production of a group of hormones in the brain collectively known as androgens.
- twelve
 - eleven
 - ten
 - nine
20. Brain scientists at University College, London found that the neural circuits active when falling in love are not the same as those that fire during sexual arousal.
- True
 - False

Chapter Eight: Monkey Wrenches in the Brain: Alcohol, Tobacco, and Other Drugs

21. According to the author, what drug is most likely to do the most damage to an adolescent?
- cocaine
 - heroin
 - alcohol
 - ecstasy
22. When adolescents chronically use a foreign substance like alcohol to trigger dopamine surges, the body stops producing the levels of dopamine that it normally needs.
- True
 - False
23. When it comes to alcohol, adolescents are ____ to damage and ____ to the warning signs.
- undersensitive, oversensitive
 - oversensitive, undersensitive
 - undersensitive, undersensitive
 - oversensitive, oversensitive
24. The earlier a youngster starts to drink, the higher the probability that he or she will have alcohol problems or alcoholism as an adult.
- True
 - False
25. The National Center of Alcoholism and Substance Abuse at Columbia University found that teenagers with "hands-on" parents are four times less likely to become involved in smoking, drinking, and drug use than kids who don't have "hands-on" parents.
- True
 - False

Chapter Nine: Adolescents and Media

26. According to the author, scientific evidence has not proven that media violence harms kids.
- True
 - False

27. According to the author, TV violence activates the amygdala.
- a. True
 - b. False

Chapter Ten: The Story Behind Tired Teens

28. According to the author, teenagers need about ____ hours of sleep per night for the brain to regenerate and operate at peak efficiency.
- a. 7 ½
 - b. 8 ½
 - c. 9 ½
 - d. none of the above

Chapter Eleven: When Things Go Wrong in the Brain: Adolescent Mental Illness

29. In the author's example, Zack was diagnosed with:
- a. obsessive compulsive disorder
 - b. attention-deficit hyperactive disorder
 - c. depression
 - d. an eating disorder
30. Scientists believe that the part of the brain responsible for shifting attention is the anterior cingulate gyrus.
- a. True
 - b. False

Chapter Twelve: The Psychological and Social Dimensions of Adolescence

31. According to the author, typical adolescents can tell you at any one time exactly how many pimples they have.
- a. True
 - b. False
32. In the author's example, Robert was being hassled by bullies because he was:
- a. suffering from acne
 - b. smarter than the other boys
 - c. behind his peers in physical development
 - d. none of the above
33. According to the author, two common reactions for teenagers who realize they are no longer kids are withdrawal from parents and an emphasis on the importance of peers.
- a. True
 - b. False

Chapter Thirteen: The Importance of Connection and Guidance

34. According to the author, if adolescents are to survive and thrive, adults need to supply large amounts of:
- a. connection
 - b. guidance
 - c. love
 - d. all of the above
35. According to the author, caring adults need to empathize with their teens, but not join them for the ride.
- a. True
 - b. False

Chapter Fourteen: In Conclusion

36. According to the author, control is not the key, ____ is:
- a. organization
 - b. timing
 - c. connection
 - d. none of the above