

Five Aspects of Adolescent Development Worksheet

Description:

The Five Aspects of Adolescent Development Worksheet provides a table describing the key developmental tasks you can use to help guide and prepare young adults (whom we are calling apprentice-adults), as they make their way through the Age of Accelerations. The table prompts you to analyze how your school and community is currently considering these developmental tasks, and the learning experiences that exist to address them.

Purpose:

This tool helps continue to familiarize you with the Age of Accelerations, specifically the five aspects of adolescent development, that are critical for all next gen educators to know and understand as they help teach and support young people. By completing the table and answering the guiding questions, you will see how your school's current learning experiences align (or not) to these developmental tasks, which can spark discussion and meaning-making. Like all MyWays tools, the Five Aspects of Adolescent Development tool is flexible and adaptable to many purposes. We highly recommend customizing the tool to fit your needs.

Instructions for Use:

Working individually, analyze how your school's learning experiences are equipping students to successfully make these central decisions by answering the guiding questions in the blank spaces in the table. (Work on hard copy, or load the template into a Google doc for collaborative editing.) Then as a team, compare your worksheets and discuss using these guiding questions:

- Where is your model strongest?
- What developmental tasks are you not considering at all through your learning experiences

Activating Next Steps:

Based on that analysis, create an action plan using this simple framework:

- **Act:** What needs to be done?
- **Potential support:** Who can help? Who are our potential partners?
- **Resources needed:** What resources do we need to be able to do this? Where will they come from?
- **Potential obstacles and ideas for overcoming:** What potential obstacles might we face and what can we do to overcome them?

Five Aspects of Adolescent Development

MyWays Five Aspects of Adolescent Development	What specific programs, capacity, and partnerships do we have in place that address the Five Aspects? Beyond programming: what signals and implicit messages does our staff and our school/district/CMO transmit to students, parents, and community in these crucial areas of adolescent development?
Reclaim adolescence as an age of incredible growth and potential <i>How are we helping students reclaim and reframe adolescence as an age of growth and opportunity as opposed to raging hormones and extended personal/social chaos?</i>	
Find self, strengths, and direction <i>How are we helping young people find their inner strengths, know themselves, and feel confident as they enter the adult world?</i>	

<p>Develop capability and agency</p> <p><i>How are we creating learning opportunities that foster both capability and agency (across a wide range of competencies as distilled in the MyWays framework)?</i></p>	
<p>Overcome trauma and personal challenges</p> <p><i>What supports and services are we providing our students who have experienced childhood trauma?</i></p> <p><i>How are we explicitly helping children and adolescents develop strategies to cope with and overcome these stressors?</i></p>	
<p>Build relationships, social capital, and guidance</p> <p><i>How are we helping and creating opportunities for students to build peer relationships, cultivate social capital, and learn to grow and become their own life guide?</i></p> <p><i>How are we helping students develop muscles and mindset around the concept of “permanent beta” — 1) always be starting, and 2) forever be a work in progress?</i></p>	