

## Adolescence Opening Homework

Brainstorm some ideas for the following questions, according to your own perspective and experience. Spend 1-2 minutes writing on each one, then move on.

- a. At what age does adolescence begin? Why? At what age does adolescence end? Why?
- b. Is adolescence a wonderful time? Or a miserable time? Or both? Or neither? Why / How so? How does adolescent life compare to pre-adolescent life?
- c. How have relationships changed for you (or not) during adolescence? With friends? Peers in general? With parents? Siblings? Family in general?
- d. What are the stereotypes of adolescents? To what extent are they true?
- e. Is there a point to this time period? If so, what is it? What is supposed to happen? In what ways are you supposed to change, or grow? What are you supposed to accomplish by the end of this period?
- f. If you could start adolescence all over again, what would you do differently, and why? And/or, why would you do it the same way you did it the first time?