

MAKING SENSE OF AdOLESCENCE

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MAKING SENSE OF ADOLESCENCE

Session 1

CROSSING THE BRIDGE

adolescence in perspective

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Topics covered in Session One

Part I: ADOLESCENCE IN PERSPECTIVE

- what adolescence is all about
- why adolescence is a time of turbulence & confusion
- why we have no instincts to deal with adolescents

Part II: A CHANGE IN CONSCIOUSNESS

- the three rites of passage resulting from this change
- the mistakes adolescents make when first coming aware
- how to deal with youthful idealism and critical thinking
- why young adolescents seem so selfish and narcissistic

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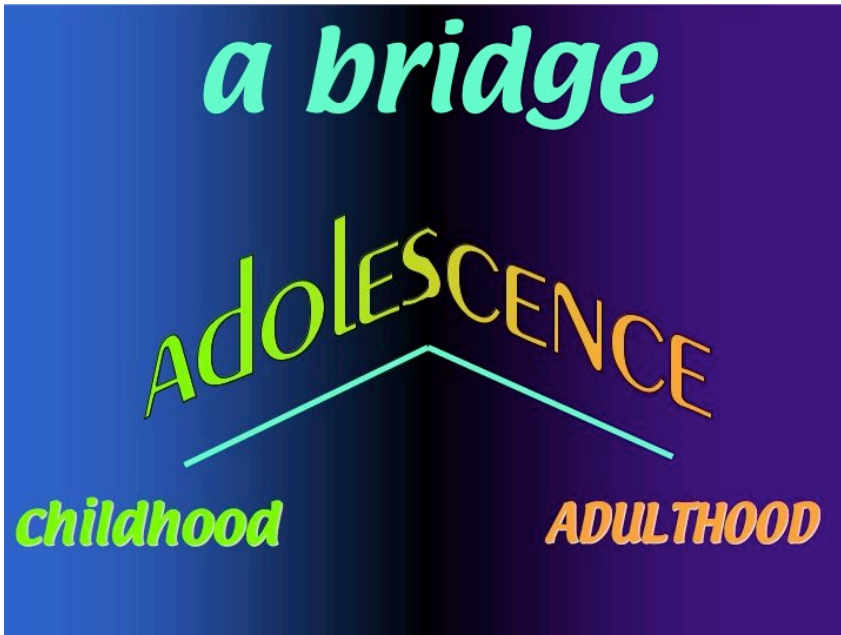
Root meaning of adolescence:

growing into maturity

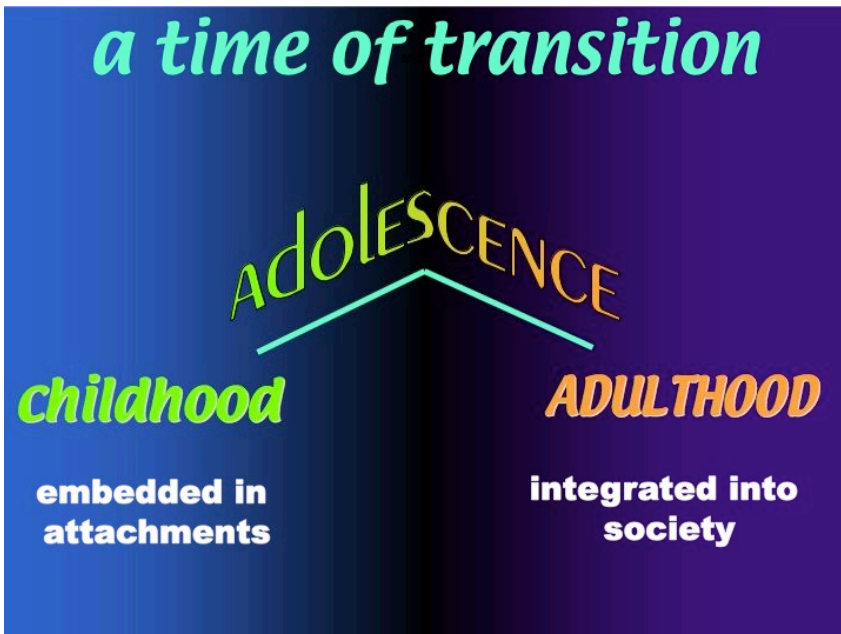
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a time of equipping

ADOLESCENCE

childhood **ADULTHOOD**

... for separate functioning

a time of change

ADOLESCENCE

childhood **ADULTHOOD**

- **in awareness**
- **in attachments**
- **in quest for autonomy**
- **in sexuality**

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ADOLESCENCE

childhood *ADULTHOOD*

... created by the psychological changes taking place

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ADOLESCENCE

childhood *ADULTHOOD*

... to resist one's developmental destiny

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*a time of challenge
for the adults involved*

ADOLESCENCE

childhood **ADULTHOOD**

**... society has evolved in
ways that conflict with
developmental design**

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Rite of passage	Teen temptation	Impact on parenting & teaching	Challenge for adults

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Change #1

Reflective & Speculative Consciousness

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Reflective & Speculative Consciousness

**Meant to facilitate the
discovery of SELF
in the context of both
inner experience
and one's ideals**

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Rite of passage	Teen temptation	Impact on parenting & teaching	Challenge for adults
<p><i>EGOCENTRIC</i></p> <p><i>SELF - CONSCIOUS</i></p> <p><i>IDEALISTIC</i></p>	<p>resist thinking and feeling</p>	<p>input and perspective are resisted</p>	<p><i>egocenter the teen</i></p>

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Drawing out what exists within the adolescent:

- a paradoxical intervention -

- requires patience and trust in the developmental process
- involves drawing out the adolescent’s meanings, ideas, intentions, viewpoints, judgements, plans, priorities, etc
- involves restraining oneself from imposing one’s own reference point or countering the teen’s
- involves providing the tools and opportunities for self-reflection

Insights

Questions to prime personal processing

HIGHLIGHTS OF THE APPROACH

Quotes & highlights from course material

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HOW THIS NEW KNOWLEDGE MIGHT CHANGE WHAT I DO

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INSIGHTS INTO MYSELF

Observations from own childhood & relationships

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INSIGHTS INTO CHILD/CHILDREN:

What do I see differently now?

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CHANGES OBSERVED IN CHILD/CHILDREN

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PRIMERS: Questions to prime review and integration

1. How is adolescence a bridge?

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2. Why is adolescence a time of confusion and turbulence?

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3. How does the development of “reflective and speculative consciousness” affect the adolescent? How does it impact those caring for the adolescent as parents or teachers?

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4. What is the temptation for the adolescent in response to these changes?

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5. What are the challenges for the adults involved?

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6. Questions arising out of this session.

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GROUP DISCUSSION NOTES

1. General discussion – review of INSIGHTS and PRIMERS.

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2. How does this perspective fit or conflict with your own experiences, understanding and values?

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3. What are some changes you have made to your practice that you would be willing to share?

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4. Additional questions and concerns arising out of the group discussion.

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