HEALTHY YOU PRESENTS:

UNDERSTANDING THE ADOLESCENT BRAIN

NOV. 7
12-1PM
MURRAY ROOM, YAWKEY

The adolescent brain is often misunderstood, a mystery to teens and those adults who care about them. Are you looking to build your knowledge of the brain while learning about adolescent development? Then look no further.

WITH JESSICA M. BLACK
EDUCATIONAL NEUROSCIENTIST AND ASSOCIATE PROFESSOR IN THE SCHOOL OF SOCIAL WORK. HER RESEARCH INTEGRATES NEUROIMAGING, NEUROPSYCHOLOGICAL TESTING, AND ENVIRONMENTAL MEASURES, LIKE HOME SUPPORTS TO PREDICT LONG-TERM OUTCOMES IN AT-RISK CHILDREN. BLACK HAS PUBLISHED WORKS IN THE JOURNAL OF NEUROSCIENCE, NATURE REVIEWS NEUROSCIENCE AND MORE.

REGISTER HERE

THE MATTER OF SLEEP IN CHILDREN AND ADOLESCENTS

DEC. 5
12-1PM
MURRAY ROOM, YAWKEY

Why do we sleep? How does sleep affect brain development and behavior in young people? What is sleep hygiene? How is disturbed sleep assessed in kids? How much sleep is enough? It is these and many more topics that will be addressed during this lecture introducing sleep science in children and adolescents.