

## STAGES OF ADOLESCENT DEVELOPMENT

Stages of Adolescence	Physical Development	Cognitive Development	Social-Emotional Development
Early Adolescence Approximately 11-13 Years of Age	Puberty: grow body hair, increase perspiration and oil production in hair and skin.	Growing capacity for abstract thought. Mostly interested in present with limited though to the future intellectual interests expand and become more important. Deeper moral thinking.	Struggle with sense of identity Feel awkward about one's self and body; worry about being normal Realize that parents are not perfect; increased conflict with parents Increased influence of peer group Desire for independence Moodiness
Middle Adolescence Approximately 14-18 Years of Age	Puberty is completed Physical growth slow for girls, continues for boys	Continued growth of capacity for abstract thought Greater capacity for setting goals Interest in moral reasoning Thinking about the meaning of life	Intense self-involvement, changing between high expectations and poor self-concept Continued adjustment to changing body, worries about being normal Tendency to distance selves from parents, continued drive for independence Driven to make friends and greater reliance on them, popularity can be important issue Feelings of love and passion
Late Adolescence Approximately 19-21 Years of Age	Young women, typically, are fully developed Young men continue to gain height, weight, muscle mass, and body hair	Ability to think ideas through Ability to delay gratification Examination of inner experiences Increased concern for future Continued interest in moral reasoning	Firmer sense of identify Increased emotional stability Increased concern for others Increased independence and self-reliance Peer relationships remain important Development of more serious relationships Social and cultural tradition regain- some of their importance