

HDFS 313 Module 3: Learning Materials

Readings

- Readings from Understanding Human Development: Prenatal Through Adolescence: chapter 13, chapter 14 (section 14.4), skim sections 10.3 & 11.5 on middle childhood.
- Recommended reading for Flourishing During Emerging Adulthood Reflection:
 - [Nelson, Larry J., Nathan A. Jorgensen, and Adam A. Rogers. "I Think, Therefore I Do": Cognitions Related to Flourishing in Emerging Adulthood', in Laura M. Padilla-Walker, and Larry J. Nelson \(eds\). Flourishing in Emerging Adulthood: Positive Development During the Third Decade of Life, Emerging Adulthood Series \(New York, 2017; online edn, Oxford Academic, 18 May 2017\)](#)

Additional Resources

Please explore the additional resources as time and interest allow.

- Reading: Blakemore, S. (2008). The social brain in adolescence. *Nature Reviews. Neuroscience*, 9(4), 267-77.
<https://doi-org.oregonstate.idm.oclc.org/10.1038/nrn2353>
- Reading: [Gotlib, Miller, J. G., Borchers, L. R., Coury, S. M., Costello, L. A., Garcia, J. M., & Ho, T. C. \(2022\). Effects of the COVID-19 Pandemic on Mental Health and Brain Maturation in Adolescents: Implications for Analyzing Longitudinal Data. Biological Psychiatry Global Open Science. <https://doi.org/10.1016/j.bpsgos.2022.11.002>](#)
- Reading: [The Developing Adolescent Brain](#)
- Video: [Brain Changes during Adolescence](#) (6:30)
- Video: [The Workings of the Adolescent Brain](#) (3:14)
- Video: [Inside the Teenage Brain](#) (2002; 55 min; Somewhat dated video, but still informative)
- Video: [Fight, Flight, Freeze—Anxiety Explained for Teens](#) (2:42)
- Website: [The Turbulent and Adaptable Teen Brain](#)
- Website: Interactive map of the human brain
- Website: [3-D Brain](#)
- Website: [Teens and the Changing Brain](#) (a collection of resources about the changing brain, including the role of hormones in brain changes)