

## 17 & 18 Years Old:



### ***Social and Emotional Development***

- Is becoming more open and receptive to adult advice; may actually request it on occasion.
- Has more self-confidence; is less likely to be influenced by peers or rely on them for approval.
- Has better emotional control but still exhibits a range of moods and occasional impulsive behaviour.
- Seeks intimate relationships based more on shared interests than pure romantic desire
- Sees him or herself as part of a much larger world; continues to redefine personal values and beliefs about social roles and civic responsibilities; seeks out opportunities to become involved in community programs.
- Continues to refine a self-identity based more on realistic goals and cultural ideas and less on idealistic notions ("I want to be a famous musician, but it's going to take a lot of hard work and dedication").
- Understands and is more likely to accept responsibility for own behaviours.



### ***Growth and Physical Characteristics***

- Undergoes few changes in basic physical development; has almost reached adult maturity.
- Experiences small increases in height, weight, and bone mass; males continue to grow taller until their early twenties; girls have achieved their full adult height.
- Enjoys good health and few illnesses.
- Experiences a high rate of injury, death, and disability due to irrational decisions and impulsive behavior.



### ***Motor Development***

- Reaches peak muscle mass.
- Continues to develop muscular strength into the early twenties, especially males.
- Achieves precise finger dexterity and hand-eye coordination; manipulates computer and video games with great skill.
- Movements are now coordinated and controlled.



## **Speech and Language Development**

- Uses recall, logic, and abstract thinking to solve complex problems.
- Begins to rely on analytical thinking more often when planning and problem-solving than in the past; identifies and evaluates potential solutions although does not always reach a rational decision.
- Shows some gender differences in cognitive abilities; girls tend to achieve higher verbal skills; boys may excel in science and mathematics. However, these differences are becoming less significant as more opportunities and support are equalizing skill acquisition across genders.
- Continues to make impulsive decisions and illogical choices that sometimes make adults wonder. Remember: adolescent brains are still undergoing development and maturation in the areas responsible for emotional control and decision-making.



## **Perceptual-Cognitive Development**

- Uses correct grammar and more elaborate sentence structure; is able to critique own written work.
- Articulates complex ideas, varying the style according to the situation.
- Continues to expand vocabulary; adds words that are more advanced, sophisticated, and abstract.
- Participates heavily in social networking; uses Internet slang and shortcuts masterfully to converse (text) with friends ("b/c", because; "g2g", got to go; "sbrd", so bored; "meh", whatever; "PAW", parents are watching).
- Understands and uses figurative language: "He jumped as high as the sky," "She was as quiet as a mouse," "The walls have ears."

### References:

Marotz, L. & Allen K. (2013) *Developmental profiles: Pre-birth through adolescence* (Instructor's Edition). Belmont, CA: Wadsworth, Cengage Learning.