## STAGES OF ADOLESCENT DEVELOPMENT

<table>
<thead>
<tr>
<th>Stages of Adolescence</th>
<th>Physical Development</th>
<th>Cognitive Development</th>
<th>Social-Emotional Development</th>
</tr>
</thead>
</table>
| **Early Adolescence** | **Physical**
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** | **Physical**
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** | **Physical**
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 |