

Insight into the Teenage Brain: The Neurobiology Underlying Characteristic Teenage Behavior



**Tuesday, September 5th, 2017
6:30 pm
(doors open at 6:00 pm)**

**Carmel High Performing Arts Center
3600 Ocean Ave, Carmel-By-The-Sea**

Carmel Unified School District in collaboration with the Carmel Public Library Foundation is honored to host Dr. Adriana Galván as part of our 2017-2018 Parent Speaker Series. Dr. Galvan will discuss her research that aims to uncover the neurobiology underlying characteristic teenage behavior, with an emphasis on the effects of stress and sleep deprivation. Dr. Galvan will share her research goal which is to understand the opportunities and vulnerabilities that accompany adolescent brain and behavioral development.

[Adriana Galvan, PhD.](#) serves as the Director and Principal Investigator of the Developmental Neuroscience Laboratory with an expertise in adolescent brain development. Dr. Galvan is an Associate Professor in the Department of Psychology and Brain Research Institute at the University of California, Los Angeles.

Using brain imaging technology Dr. Galvan has uncovered the effects of daily stress, sleep deprivation, risk vs. reward, and drug and alcohol use on the adolescent brain and behavior. At this event she will present her most recent findings, discuss the implications for parent-child interactions, and describe how to better help adolescents navigate the challenging transition from childhood to adulthood from a neurobiological research perspective.

Life is stressful for today's teens who report they experience stress in patterns similar to adults, and during the school year report stress levels even higher than those reported by adults. Dr. Galvan will present insights and discuss ways to handle these challenging times during the question and answer period immediately following her presentation. Earlier in the day she will be presenting for the students of Carmel High School.



Carmel Unified School District

