



Homeschooling High School

Thought Provoking & Intellectually Stimulating

With Blair Lee M.S.

Brain Development: Years 14-19

- Not a continuation of middle school
- Synaptic Pruning & Myelination
- Enhanced coordination
- Maturation of prefrontal cortex
- Advanced reasoning and decision-making skills
- Improved impulse control
- Emotional regulation matures



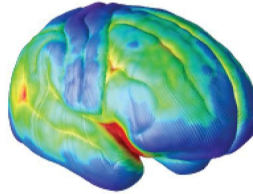
- How humans make sense of sensory information.
- Bottom-up = responding directly
- Top-down = using preexisting information
- More strategic and contextually driven
- Benefits reasoning around ethical dilemmas and multiple perspectives
- It is still maturing



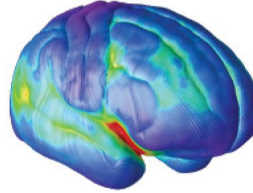
Top-Down Processing

Brain Growth

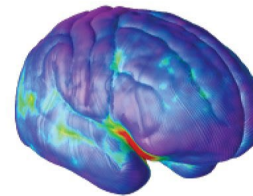
- Age 12: Gray matter diminishes as synaptic pruning increases.
- Age 16: The prefrontal cortex (front) and cerebellum (back) have developed. Connections that are regularly used have been protected through the process of myelination.
- Age 20: The development continues and will do so for some time.



Age 12



Age 16



Age 20

— Less
Developed

More
— Developed



Later Stage Puberty



- **Estrogen, progesterone, and testosterone** intensify the activity of the reward system, explaining the increased risk-taking behavior and heightened excitement for social activities of this age cohort.
- **Amygdala** = the brain's emotional hub
- **Sex Ed**



Identity Formation

- Who do I want to be when I grow up
- Heightened self awareness
- Testing different identities
- The pressures that come with graduation

WHO

AM

I?





Homeschooling High School: Academics



Cognition

- Higher order thinking and interdisciplinary connections
- Technology and cognition
- Long-term memory improves
- Teens can handle more information
- Teach critical thinking skills
- Mindset Matters
- Cognitive functioning and stress
- LET THEM SLEEP!



Critical Thinking

- Definition and Importance of Critical Thinking
- Components of Critical Thinking
- Developing Critical Thinking Skills
- Media Literacy and Information Evaluation
- Use it at home





Embrace the Eclectic & Academic Benefits of High School

- Have fun with it
- If it is important to learn, teach it!
- Choose a philosophy and plan that leads to a breadth of learning.
- Allow for a focus on interests and passions.
- College or career goals



Executive Functioning Skills

- Organization and time management
- Effective communication
- Greater autonomy and responsibility
- Note-taking
- Cultivate resilience





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Life Skills

- Financial Literacy
- Cooking
- Technology literacy



THANK YOU!

Blair Lee

www.SEAHomeschoolers.com

- Author of books on science and learning
- Educator
- Public Speaker
- Community Organizer



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