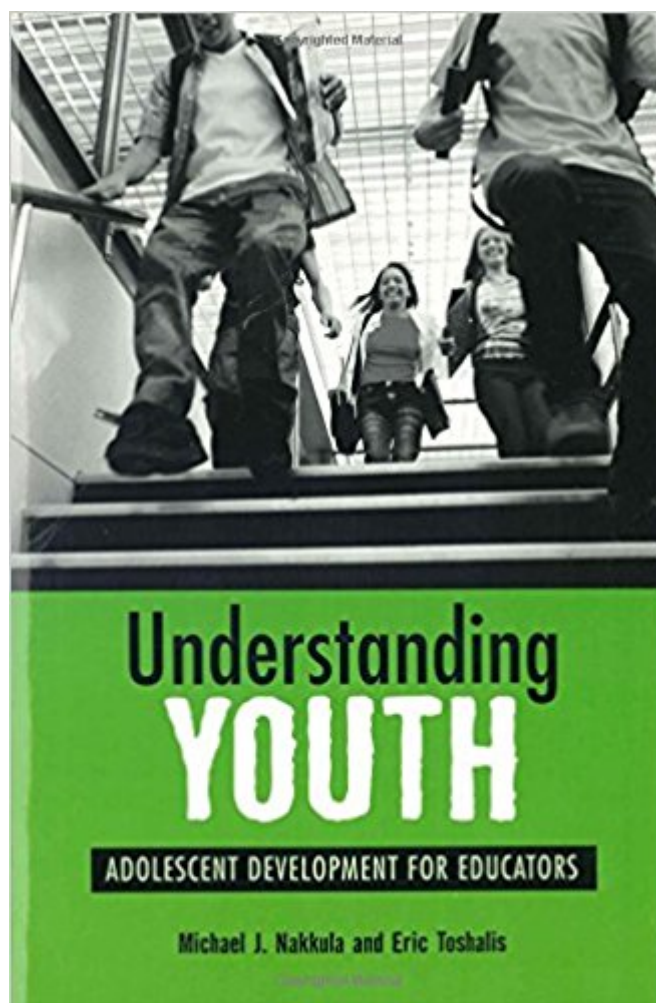


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# Understanding Youth: Adolescent Development For Educators



## Synopsis

Adolescent development research and theory have tremendous potential to inform the work of high school teachers, counselors, and administrators. *Understanding Youth* bridges the gap between adolescent development theory and practice. Nakkula and Toshalis explore how factors such as social class, peer and adult relationships, gender norms, and the media help to shape adolescents' sense of themselves and their future expectations and aspirations.

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## Customer Reviews

An excellent resource for educators, parents, and any adult who seeks to understand adolescents and the turbulence and confusion that often affects young people during this period of their lives. A poignant, insightful, and practical analysis. --Pedro Noguera, Professor, New York University

Nakkula and Toshalis organize what we have learned about the development of young people some of whom are presented in a series of individual portraits and chart ways that we can best serve them. --Theodore R.Sizer, Founder, Coalition of Essential Schools  
*Understanding Youth* really does understand youth! It is essential reading, especially for those who work with adolescents in challenging circumstances. --Nancy Hoffman Director, Early College High School, Initiative, Jobs for the Future

Research and theory in the field of adolescent development have tremendous potential to inform the work of high school teachers, counselors, and administrators. *Understanding Youth* bridges the gap

between adolescent development theory and practice. Nakkula and Toshalis explore how factors such as social class, peer and adult relationships, gender norms, and the media help to shape adolescents' sense of themselves and their future expectations and aspirations.

“Understanding Youth really does understand youth! It is essential reading, especially for those who work with adolescents in challenging circumstances.” • Nancy Hoffman, Director, Early College High School, Initiative, Jobs for the Future  
“An excellent resource for educators, parents, and any adult who seeks to understand adolescents and the turbulence and confusion that often affects young people during this period of their lives. A poignant, insightful, and practical analysis.” • Pedro Noguera, Professor, New York University  
“As a new teacher, I especially appreciate the clarity with which the authors outline the research [on adolescent development] and its implications for my teaching.” • Manuel Rustin, Social Science Teacher, John F. Kennedy High School, Sacramento, CA  
“Nakkula and Toshalis’s compelling analysis highlights the reciprocally transformative nature of relationships between adolescents and adults. Understanding Youth paints a fresh and nuanced picture of what’s going on in the lives of adolescents and how educators can promote their healthy development.” • Janice Victoria Ward, Associate Professor, Simmons College, and Author, *The Skin We’re In: Teaching our Children to Be Emotionally Strong, Socially Smart, and Spiritually Connected*  
“After almost twenty years in the counseling field, Understanding Youth challenged me to think anew.” • Maureen McColdrick, Student Support Coordinator, Edwards Middle School, Boston  
“Nakkula and Toshalis organize what we have learned about the development of young people—some of whom are presented in a series of individual portraits—and chart ways that we can best serve them.” • Theodore R. Sizer, Founder, Coalition of Essential Schools  
Michael J. Nakkula is a research associate at the Harvard Graduate School of Education, where he has taught courses on counseling, urban education, and adolescent development over the past fourteen years.  
Eric Toshalis is an instructor in education and an advanced doctoral candidate in Learning and Teaching at the Harvard Graduate School of Education

I have used this text successfully for three years in a pre-service teacher course focused on adolescent development. The case examples are very compelling and easily engage even the most reserved learner. I particularly like the coverage of theory in accessible, applicable forms; this is evidenced by the frequency of student citations of this text in an interview-based final paper for the course. Lastly, the book provides relevant ways for students to connect with their own adolescence

in productive, reflective efforts. I highly recommend this book to all teacher educators.

Awesome book! Super useful and very approachable information (easy to read, while still being information rich) about adolescents and this important transitional period in life. I would recommend this to any teacher of adolescents, and to parents wanting to be better informed about their children's inner lives and workings. I read it as part of an MAT class in adolescent development, and it was a great "textbook".

It was a helpful book, although very redundant. Everything that was packed into ten, fifteen pages could have easily been said in a couple. It is a book that is pretentious when the points were as simple as they could be without all that effort. Putting aside my thoughts of how it was written, it is a book helpful for educators.

I have recently finished a college final paper on adolescent risk taking behavior and this book was one of my primary resources. The development from a teenager to an adult takes time, patience and lots of teaching. We forget all the lessons we had to learn along the way. I think this book is a must read for educators at the middle and high school level. The suggestions for challenging youth are meaningful and could be very effective in classrooms. The examples make the points very easy to understand.

This book touches on all the key points in adolescent development and does so in a way that is thorough and accessible. It sheds some light on what might be going on "behind the scenes" of adolescent behavior, supporting all claims with a considerable number of psychological and developmental studies and reports. Progressing through stages and phases of adolescent development, Nakkula and Toshalis all the while weave tales of "real-life" teens into the text, illustrating vividly how these stages and phases might manifest themselves in reality.

This is a beautifully written and much needed book on adolescent development. Perfect for graduate courses, where there is a dearth of good texts on the topic. For my full review, go to [...]

Anyone teaching today must read this book. It is an incisive, on point, and relevant body of work.

It is too general to be useful

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