

Recitation A

Changing YOUR Future

Being a teenager can be difficult, but it can also be exciting. You're becoming more independent and making your own decisions. You're also learning to take risks and solve problems better than before. Changes are happening everywhere in your body and in your brain.

Though you can't see the changes in your brain, they're affecting how you become an adult. At this time in your life, there is a process going on inside your brain that makes it work faster and better. Imagine that your brain is like a big road map. When you were a child, as you learned new things, your brain made many roads going to different places. By the time you become a teenager, the most important places on the map have many different roads going to them. Now your brain's job is to make that map more efficient. To achieve this, it removes the roads that you don't need and works to make the other roads faster.

As a result, your experiences as a teenager affect the way that your brain grows. For example, if you spend hours playing video games, what skills do you use? You learn that you must move your hands in specific ways to achieve a result on the screen, right? As you learn those skills, your brain remembers the roads that you used regularly to get the result you wanted. Over time the roads get more efficient and your skills improve. So playing video games could be preparing you for a career as a fighter pilot or even as a brain scientist.

This is a great time for you to practice new skills and to discover what you're good at and what you love doing. Go out and try different activities. Remember that with everything you do, you're changing your brain for the future.

(304 words)