

How the **MIND** of a **MIDDLE SCHOOLER** works



Middle school students typically have an attention span of **10-12** minutes.

The brain growth that occurs between the ages of **10-15** is the 2nd greatest in human life.

Teens learn best through **interaction** and activity.



Adolescents misinterpret emotions and instructions up to **40%** of the time.



Middle schoolers retain **5-7** bits of information at a time.

Adolescents need **9+** hours of sleep per night to function best.

