

Ages & Stages: Adapting for Seniors

Typical social
behaviors for
14-18 yr-olds

**How they
Act**

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Strategies to
support
social
development
of
14-18 yr-olds

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Typical
cognitive
behaviors for
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**How they
Learn**

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Social Characteristics of 14-18 year-olds:

- Developing their self-identity - what makes them unique
- Continues to want more freedom from parental control and the power to make some of their own decisions
- Exploring the different roles, especially that of a mentor or teacher for younger youth.

Supporting social development of 14-18 year-olds:

- Provide opportunities to explore people's different values, abilities, uniqueness
- Encourage youth to take on leadership roles and mentor younger youth
- Provide opportunities for youth to decide which groups they want to be in

Cognitive Characteristics of 14-18 year-olds:

- Able to multi-task
- Able to mentor and teach younger youth
- Able to plan a whole event- especially at the District or State level
- Can apply critical thinking and problem-solving skills to National Contest opportunities
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Supporting cognitive development of 14-18 year-olds:

- Engage teens in District and National activities, teams, projects, etc.
- Encourage teens to demonstrate mastery in their project work by teaching or mentoring younger youth with similar interests.
- Empower teens to lead and plan a wide range of activities

These flashcards were developed by
Dr. Heather C. Kent, 4-H Regional
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Extension District.

You can print them two-sided, cut them
out, and keep them on a lanyard for quick
reference.

For more tips and strategies for working
with Juniors and other age groups, visit
the 4-H in the Panhandle Blog.

<https://nwdistrict.ifas.ufl.edu/4hn/>