

ADOLESCENT DEVELOPMENT

Developmental Milestones of
the Middle School Years

DEVELOPMENTAL MILESTONES FOR MIDDLE-SCHOOLERS

- Physical
- Cognitive
- Language
- Social and Emotional

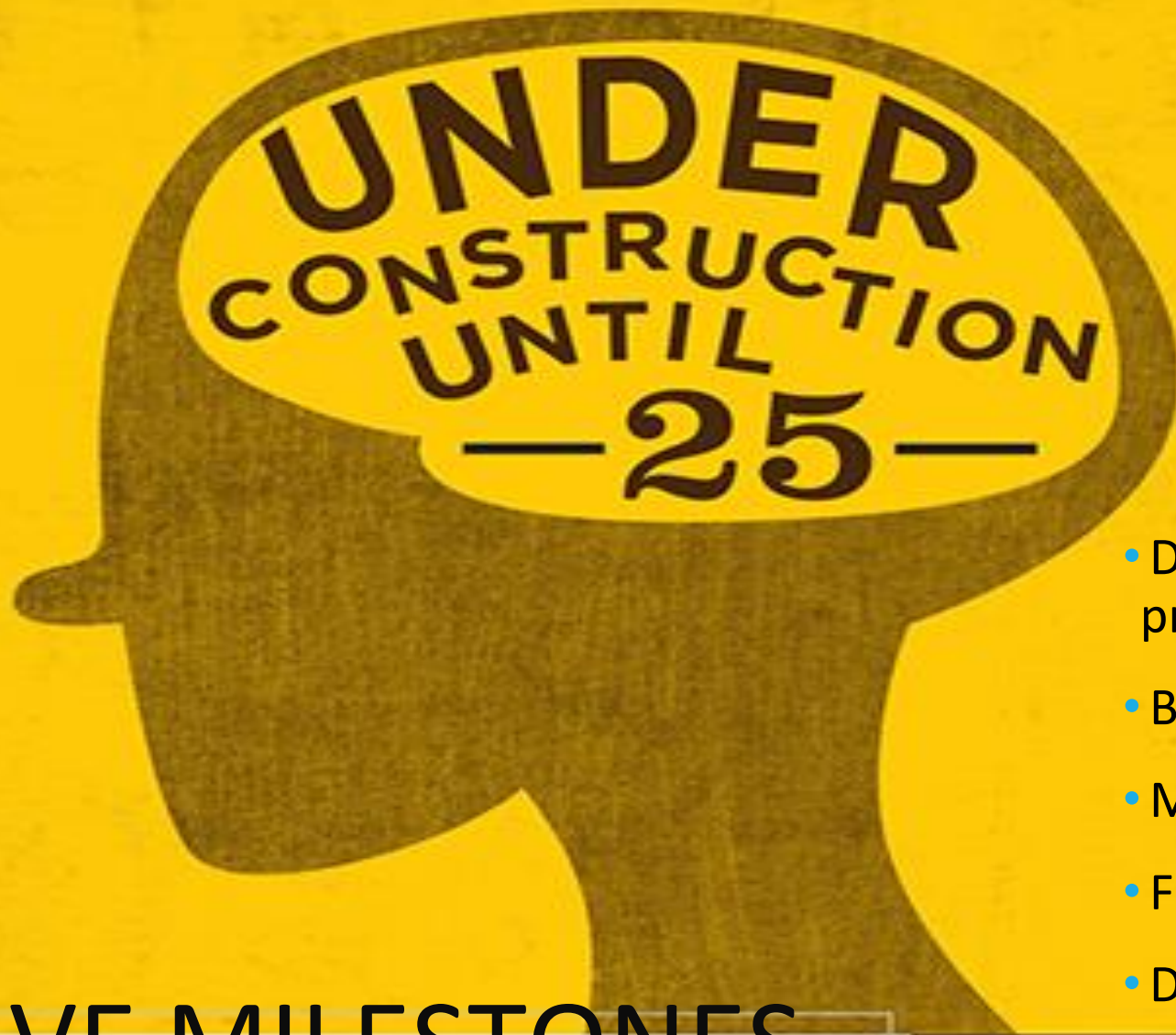


© Can Stock Photo



PHYSICAL MILESTONES

- Coordination
- Additional Rest
- Body Growth vs. Brain Growth
- Fine motor and Gross Motor Movements



- Development of thinking and problem-solving skills
- Begin to question things
- Memorization
- Flexible thinking
- Desire to contribute

COGNITIVE MILESTONES

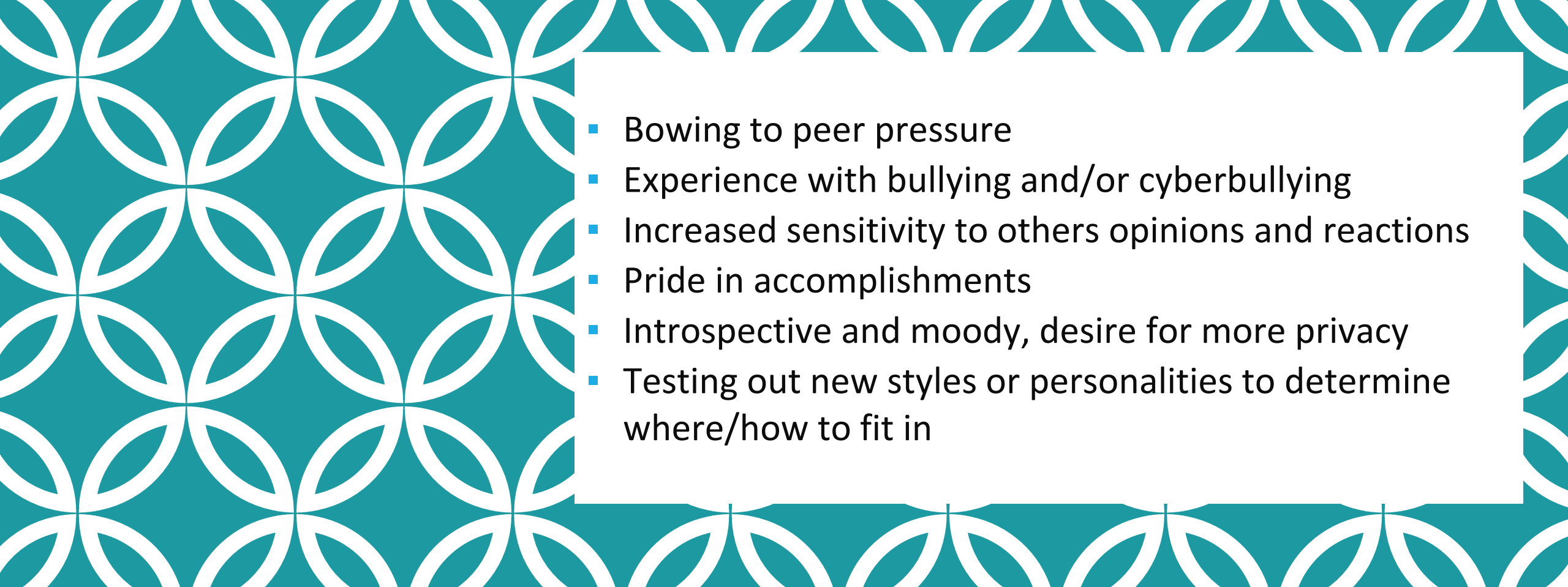
Parents Make a Difference.

• Develop basic set of values
bnparents.org

LANGUAGE MILESTONES

A cartoon illustration featuring three stylized human figures. The central figure is yellow with a wide, happy smile. To the left, an orange figure is shown in profile, looking towards the yellow figure. To the right, another orange figure is shown in profile, looking towards the yellow figure. The background is white. A light blue speech bubble is positioned over the right side of the yellow figure, containing a list of language milestones. A thin blue line connects the top of the yellow figure's head to the title 'LANGUAGE MILESTONES'.

- Verbal and Non-verbal
- Use of metaphors, slang, text speak
- Increased interest in debates, discussions, arguments
- Expanded vocabulary
- Writing as a form of personal expression

- 
- Bowing to peer pressure
 - Experience with bullying and/or cyberbullying
 - Increased sensitivity to others opinions and reactions
 - Pride in accomplishments
 - Introspective and moody, desire for more privacy
 - Testing out new styles or personalities to determine where/how to fit in

SOCIAL-EMOTIONAL MILESTONES

Communicating with your Middle School Student

First, take a breath and remind yourself that adolescence is a phase and it will pass!

- Listen
- Validate their feelings
- Show trust
- Don't be a dictator
- Give praise
- Control your emotions
- Do things together
- Be observant
- Ask open ended questions



"Here's the deal: we call the shots when you're young, you call the shots when we're old, and everything in between is a non-stop battle for control."



Schools and Parents Working Together

Role of the School Counselor

School counselors are vital members of the education team and maximize student success.

Help all students:

- apply academic achievement strategies
- manage emotions and apply interpersonal skills
- plan for postsecondary options (higher education, military, work force)

Appropriate duties include providing:

- individual student academic planning and goal setting
- school counseling classroom lessons based on student success standards
- short-term counseling to students and referrals for long-term support
- collaboration with families/teachers/ administrators/community for student success
- advocacy for students at individual education plan meetings and other student-focused meetings
- data analysis to identify student issues, needs and challenges



Citations

Ehmke, R., & Child Mind Institute. (n.d.). Tips for Communicating With Your Teen. Retrieved from <https://childmind.org/article/tips-communicating-with-teen/>.

Home: American School Counselor Association (ASCA). (n.d.). Retrieved from <https://www.schoolcounselor.org/>.

Morin, A. (2019, August 30). Developmental Milestones for Middle-Schoolers. Retrieved from <https://www.understood.org/en/learning-attention-issues/signs-symptoms/developmental-milestones/developmental-milestones-for-typical-middle-schoolers>.