

# UNDERSTANDING TEENAGERS

BY : IRENA CONSTANTIN

A WORKSHOP FOR PARENTS, TEACHERS, MIDDLE-  
SCHOOL PRINCIPALS, COUNSELLORS, SOCIAL  
WORKERS AND PROFESSIONALS WHO DEAL WITH  
TEENAGERS

DATE : 11TH FEB 2017

TIME: 10 - 11.30 AM

FEE: \$75/PERSON OR  
\$100/COUPLE



Scott Psychological  
Centre



Teenagers have a deep need to define themselves and to clarify who they are. As they lose their pre-adolescent identity, they are desperate for a new one. Because teenagers often don't know clearly what they want or what they can do, they like to try and explore many different things. This helps them to discover what feels right and works best for them. This search can lead to (in best case) a constructive or (in worst case) a destructive behavior.

Even though most adolescents come through this transitional age well, it's important to understand some of the risk factors such as suicidal thoughts, propensity to commit crimes, drugs/alcohol and risky sexual behavior that can result in serious consequences.

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## **FACTORS LIKE GENES, CHILDHOOD EXPERIENCE AND ENVIRONMENTAL INFLUENCES CAN SHAPE BEHAVIOR.**

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The more we learn, the better we may be able to understand the abilities and vulnerabilities of teens and give them the best support and guidance needed.

In this Workshop you will have the opportunity to exchange and discuss your own experiences in dealing with teens, learn different coping strategies and skills on how to support your teenager best and gain knowledge about why teenagers behave the way they do.



Ms. Irena Constantin



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Occupational & Educational Psychologist

Ms Irena Constantin is a Occupational & Educational Psychologist who completed her M. Phil (lic. Phil) at the University of Zurich, Switzerland and has specialized in Applied Psychology.

Ms Constantin has had extensive experience in dealing with learning and socio-emotional difficulties experienced by teenagers and young adults having worked in International Schools in India and Singapore.

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