

Section 1.1 Growing and Changing

CHAPTER

1

Learning About Yourself

Directions As you read, list details about the types of changes that occur during adolescence. Use a chart like the one below.

Changes that Occur During Adolescence

Physical	Social and Emotional	Intellectual	Moral

Section 1.2 The Balancing Act

CHAPTER

1

Learning About Yourself

Directions As you read, identify the four areas you need to manage for a balanced life. Use a graphic organizer like the one below to organize the information.

