



# Understanding and supporting adolescent development: More than one direction

5 August 2015

## Program

0830 – 0900 Registration

0900 – 0910 **Welcome and introduction**

Professor Kate Steinbeck, Medical Foundation Chair in Adolescent Medicine, Academic Department of Adolescent Medicine, The University of Sydney

0910 – 0940 **Understanding the teenage brain of today**

Professor Rhoshel Lenroot, Chair of Infant, Child and Adolescent Psychiatry School of Psychiatry, University of New South Wales

0940 – 1010 **Being socially aware: Implications for mental health in adolescence**

Associate Professor Adam Guastella, Principal Research Fellow Psychiatry, School of Medical Sciences, Brain and Mind Research Institute

1010 – 1045 **MORNING TEA**

1045 – 1115 **iGeneration: healthy youth development in the digital age**

Dr Andrew Campbell, Senior Lecturer in Psychology, Faculty of Health Sciences, The University of Sydney

1115– 1145 **What are the barriers to young people's motivation and what can we do about it?**

(Materials on the download corner [www.lifelongachievement.com](http://www.lifelongachievement.com) will be available till 2 September 2015)

Dr Andrew Martin, Registered Psychologist and President of the Educational Psychology Division of the International Association of Applied Psychology

1145 – 1200 **Voice of youth**

Myriam Alana Brown and Braedyn Brown; young leaders, Youth Insearch

1200 – 1230 **Panel discussion**

Facilitated by Chairperson on the day

Panel will include all program speakers