



PHYSICAL MILESTONES

- Development of muscle mass and body composition; increased strength and endurance.
- Enhanced coordination and fine motor skills; refinement in sports and other physical activities.
- Continued physical growth, often with boys experiencing growth spurts and girls reaching physical maturity.

COGNITIVE MILESTONES

- Greater awareness of one's own learning processes; ability to reflect on strategies for studying and problem-solving.
- Increased motivation and ability to handle challenging academic material; may begin to plan for future education and career paths.



SOCIAL MILESTONES

- Exploration of romantic relationships deepens, with a focus on emotional connections.
- Friendships become more intimate; strong influence of peer groups on identity and decision-making.
- Exploration of social roles and identities.



EMOTIONAL MILESTONES

- Increased awareness of how emotions influence behavior and relationships.
- Enhanced capacity for empathy, understanding diverse perspectives, and forming meaningful relationships.
- Improved ability to manage emotions, cope with stress, and navigate challenging social situations.

