

How Teens Make Decisions

Host: Hello, everyone! Welcome to The Dr. Brain Show. I'm your host, Joseph Emerson. Can you think back to a time when a friend upset you?

- 1) 여러분이 그 친구에게 분노에 가득 찬 문자메시지를 쓰기로 결심했다고 상상해 봅시다.

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You say some harsh things that you normally wouldn't say. You're so angry that you don't care.

- 2) 막 "전송"을 누르려는 찰나에, 여러분은 이것이 좋은 생각인지 생각합니다.

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Before you know it, you've sent the message anyway. Teens are more likely to make these types of decisions than adults.

- 3) 초대 손님의 도움으로, 우리는 왜 십대들이 모든 것을 충분히 고려하기 전에 행동하는 경향이 있는지에 관해 알아볼 것입니다.

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Now, here's our guest for tonight, Dr. Jenny Clarkson! Thank you for joining us, doctor!

Dr. C: Thank you for having me, Joseph!

Host: Dr. Clarkson, could you first tell us about how we make decisions?

Dr. C: Sure. It seems like we make decisions almost immediately, but our brain actually has to go through several steps before deciding anything. Neurons, which are special brain cells, make up different structures in our brains. These structures send signals to each other.

4) 그 구조들이 그 모든 신호들을 평가한 후에, 우리의 신체에 해야 할 일들을 전달하는 회신을 보냅니다.

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Host: I see. Does this process happen exactly the same way in everyone's brain?

Dr. C: People basically go through the same decision-making process, but there is a slight difference between teens and adults.

5) 과학자들은 뇌가 12살 즈음에 가장 큰 크기에 다다르기 때문에 그 무렵에는 뇌의 성장이 완료된다고 생각했습니다.

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However, studies show that some parts of the brain continue to develop until the early twenties. That means teens' brains are still maturing and not completely developed. This may be why teens seem to make risky decisions.

Host: Very interesting! Please tell us more about the relationship between their brains and their decision-making.

6) Clarkson 박사: 감정을 조절하는 영역은 미리 생각하고 위험 요소를 평가하도록 돕는 뇌 영역보다 먼저 발달합니다.

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7) 따라서 십대들은 그 영역에 대단히 많이 의존하게 되며, 이는 십대들이 의사결정을 할 때 이성보다 감정과 본능에 더 영향을 받는다는 것을 의미합니다.

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In other words, teens are usually not inclined to consider all the consequences of their actions, so they make choices that they end up regretting.

8) 진행자: 그렇다면 박사님 말씀은 십 대들은 뇌가 완전히 발달되지 않아서 감정에 기반을 둔 선택들을 하는 경향이 있다는 것이네요.

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Dr. C: That's right. However, this is not the whole story. Teen's brains are also going through other important changes. Their brains are constantly identifying and removing any weak connections between neurons. For example, if teens aren't reading, doing experiments, or solving problems, then the brain will get rid of the connections that are related to those activities. Once those are gone, their brains will put more energy into making other connections stronger.

9) 진행자: 그렇다면, 십대들이 참여하는 활동들이 그들의 뇌가 발달하는 방식을 형성할 수 있다는 말인가요?

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Dr. C: Exactly. This is why the types of activities teens choose to participate in are especially important. If a teen decides to play sports or learn an instrument, then the brain will strengthen those connections. On the other hand, if he or she choose to surf the Internet or play online games all day long, then those connections will survive instead.

10) 십대들이 좋은 습관을 기르려고 더 열심히 노력할수록, 그들의 뇌 안의 그러한 연결고리는 더욱 강화될 것입니다.

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Host: I see. Do you have any final comments for our viewers?

Dr. C: If we view the adolescent period as merely a process of becoming mature, then it's easy to dismiss it as a passing phase. However, we shouldn't look at the changes that occur in teens' brains only in terms of maturity.


11) 청소년기는 새로운 재능들이 생기도록 돕는 중요한 변화가 뇌에서 일어나는 시기이기도 합니다.

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12) 그러므로, 청소년기는 그저 견뎌내는 단계가 아니라 삶에서 그들이 많은 자질과 능력을 발달시킬 수 있고 그들의 미래를 설계하는 중요한 단계입니다.

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Host: Thank you for your insight, Dr. Clarkson! We hope the information you've shared will help our viewers at home make more reasonable choices in the future. That's it for The Dr. Brain Show tonight. Good night, everyone!

	<p>◇「콘텐츠산업 진흥법 시행령」제33조에 의한 표시</p> <p>1) 제작연월일 : 2018년 06월 12일</p> <p>2) 제작자 : 교육지대㈜</p> <p>3) 이 콘텐츠는 「콘텐츠산업 진흥법」에 따라 최초 제작일부터 5년간 보호됩니다.</p>
<p>◇「콘텐츠산업 진흥법」외에도「저작권법」에 의하여 보호되는 콘텐츠의 경우, 그 콘텐츠의 전부 또는 일부를 무단으로 복제하거나 전송하는 것은 콘텐츠산업 진흥법 외에도 저작권법에 의한 법적 책임을 질 수 있습니다.</p>	

정답

- 1) [정답] Let's imagine that you decided to write an angry message to that friend.
- 2) [정답] When you're about to push "send," you think about whether it's a good idea.
- 3) [정답] With the help of our guest, we'll learn why teens tend to act before thinking everything through.
- 4) [정답] After the structures finish evaluating all the signals, they will send out a response that will tell our body what to do.
- 5) [정답] Scientists used to think that the brain was done growing by the time you turned 12 since the brain reaches its maximum size around that age.
- 6) [정답] Well, the region that controls emotions matures faster than the part of the brain that helps you think ahead and measure risk.
- 7) [정답] Teens therefore rely on it heavily, which means they are influenced more by feelings and instincts than by reason when making decisions.
- 8) [정답] So what you're saying is teens are likely to make choices *based on their feelings since their brains are not fully developed.
- 9) [정답] So, do you mean that the activities teens are involved in can shape the way their brains develop?
- 10) [정답] The harder teens work at building good habits, the stronger those connections in their brains will be.

- 11) [정답] Adolescence is also a period when significant changes happen in the brain that help new abilities appear.
- 12) [정답] Therefore, adolescence is not a stage to simply get through, but an important stage in people's lives where they can develop many qualities and abilities, and shape their future.