

《研究：青少年大脑与成年人不同的特殊连接》

导读:当研究人员查看青少年的大脑扫描数据时，发现大脑有两个区域在活动——海马体和纹状体，而成年人的大脑主要使用纹状体。



Teenagers are often portrayed as thrill-seekers, but research suggests their brains are wired to learn from their experiences, which makes them better prepared for adulthood.

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In a small study, they performed better than adults at a picture-based game and brain scans showed a higher level of brain activity.

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Researchers said the role of the hippocampus in the brain was key.

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And they said the findings could point to new ways of teaching teenagers.

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The research team, from Harvard, Columbia and California universities, set out to test whether adolescents' typical reward-seeking behaviour could also make them better at learning from good or bad outcomes.

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They asked 41 teenagers, aged 13 to 17, and 31 adults, aged 20 to 30, to play a game based on pictures while scanning some of each group's brains using MRI.

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In the game, the teenagers got more answers correct and memory tests showed they were also better at remembering the detail of why they chose the answers they did.

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The study said this meant they were better at learning from their experiences - which would equip them well for leaving home and gaining independence as adults.

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When they looked at the teenagers' brain scans, the researchers found activity in two areas of the brain - the hippocampus and the striatum - whereas adults mainly used their striatum.

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They said these connections between two important parts of the growing brain explained why they performed better.

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Juliet Davidow, a psychology researcher at Harvard University, said the findings could inspire new ways of teaching teenagers.

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"If you frame something positively, it could be the case that adolescents will remember things about the learning experience better.

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