Adolescence Case Study

[Author Name(s), First M. Last, Omit Titles and Degrees]

[Institutional Affiliation(s)]

Author Note

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Adolescence is considered as the roller coaster ride it has several unexpected turns and twists which can be anticipated to a great extent. It is at the same time both a scary and exciting part of life. All the adolescents’ challenges may seem similar but the experience of each individual is different from the other. It is the period when the individual produces several biological changes and gain new experiences(Carron & Bailey, 1974). In this case study, I have collected data of Michael Clarke and determined his developmental status which includes physical, cognitive, social and environmental development.

# Introduction

Michael Clarke is a sixteen year old boy he lives in a town his whole life. He is now in the category of adolescents’ development and he weighs about 205 pounds. Although his BMI range is 96 percentile according to his age but he didn't seem worried about his obesity in the interview(Carron & Bailey, 1974). His step-father William worked as a charted accounted and run his own business. He also has two half-brothers but both are younger than him.

# Physical Development

Clarke is an active member of football and basketball club. He used to enjoy work out and he had athletic achievements such as he was awarded with player of the week title in football while he got 110% award in basketball when he was in freshman year at high school. It is also reported by the life span development that US adolescents exercise less and eat more fast food. It is reported that Clarke eats fried food twice a week(Carron & Bailey, 1974). But he exercise 5 days a week as well. It can be seen that Clarke has significantly developed various pubertal characteristics. He has a maximum growth in height, facial hair growth and voice changes are also detectable(Murray et al., 2010). Although Clarke did not remember when exactly these changes begun but according to him when he was around 13 years old he noticed changes in his voice and he noticed growth of facial hairs when he was 15 years old. It is also reported by life span development that the signs of puberty appear in boys at 13.5 years. In respect to the pubertal characteristic Clarke physical growth is good.

# Cognitive/Language Development

 Recently, Clarke has completed his high school sophomore year. But according to him, he found school boring. Although, his favourite thing related to school is socializing while he dislikes doing work. Regardless of his feelings regarding school he still acquires good grades and he excelled in academics in school. When Clark was in 5th grade he scored excellent in every subject and he participated in various talent programs organized by Universities(Murray et al., 2010). Throughout his school, he got various academic distinctions he got achievement certificates in Algebra II and English II. The professional goals of Clarke are to pursue his career in law.

He also has the ability of egocentrism as he entered the room he grabbed everybody's attention through his voice loudness. He also has the invincibility scene but he used to behave in a safe behaviour which includes avoidance of car rides and wearing seat belt. Although he never wears a helmet while roller coasting and biking(Murray et al., 2010). Adolescents develops the quality of decisions making and critical thinking ability. When I asked decision making questions from Clarke he made wise decisions. When he was asked what did he consume alcohol or marijuana his answer was no.

# Social and Emotional Development

Before analyzing the social and emotional development of Clarke it must be kept in mind that he belongs to a separated family. His mom took divorce from his father when he was 5 and he lives with his mother and step-father but he also used to visit his birth father once every month. Clarke has good relations with his parents and half-brothers. According to him, he can talk about everything with them without worrying. He always takes moral advice and guidelines from his parents(Murray et al., 2010). He says that he is very close to his family and all the family members are important for him. Friends also have a huge role in Clarke's life, he used to take his friends advice while doing school work and other activities.

It can be observed that he is well developing his identity. He already knew which career path he is going to follow which is law most probably(Murray et al., 2010). He also has a strong belief in Christianity and his relationship identity is single. His interest is participating in sports, listening to music, using the internet, hanging out with family and friends. Although when he was asked to tell about the adolescents' issues he reported nothing.

# Family and Home Factors

 When Clarke was 5 years old his parents got divorced and then he was adopted by his step-father. Now, he lived with his adopted dad and mom. He also has two half-brothers who are younger than him about 5 and 6 years. Although these factors did not affect on Clarke's development as he used to visit his birth father and have good relation with his both parents.

# Summary

Clarke although was unsure about his future career but he also shown the probability of becoming a lawyer. He also valued his religious beliefs and moral values I believe that he is a role model for his younger brothers.

**References**

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