**Physical Characteristics**

* Some Grade 10 students are still in a stage of extremely rapid growth and experience a changing body image and self-consciousness.
* Grade 10 students are able to sit still and concentrate on one activity for longer periods than previously but still need interaction and variety.
* Generally, adolescents require more sleep than the average adult, so they may come to school tired, as a result of part-time jobs or activity overload.

**Cognitive Characteristics**

* Grade 10 students are increasingly capable of abstract thought and are in the process of revising their former concrete thinking into fuller understanding of general principles.
* Grade 10 students are less absolute in their reasoning, more able to consider diverse points of view. They recognize that knowledge may be relative to context.
* Many basic learning processes have become automatic by Grade 10, freeing students to concentrate on complex learning.
* Many Grade 10 students have developed specialized interests and expertise and need to connect what they are learning to the world outside school.

**Moral and Ethical Characteristics**

* Many Grade 10 students are working at developing a personal ethic, rather than following a prescribed set of values and code of behaviour.
* Many Grade 10 students are sensitive to personal or systemic injustice. They are often idealistic and impatient with the realities that make social change slow or difficult.
* Grade 10 students are shifting from an egocentric view of the world to one centred in relationships and community.
* Grade 10 students tend to have high standards for adult competency and consistency and are resistant to arbitrary authority.

**Social Characteristics**

* Many Grade 10 students continue to be intensely concerned with how peers view their appearance and behaviour. Much of their sense of self is still drawn from peers, with whom they may adopt a “group consciousness,” rather than making autonomous decisions.
* Peer acceptance is often more important than adult approval. Adolescents frequently express peer identification through slang, musical choices, clothing, body decoration, and behaviour.
* Crises of friendship and romance can distract students away from academics.
* Although Grade 10 students may have an aloof demeanour, they still expect and welcome a personal connection with the adults in their lives.

**Psychological and Emotional Characteristics**

* It is often important for Grade 10 students to see that their autonomy and emerging independence are respected. They need a measure of control over what happens to them.
* Many Grade 10 students need to understand the purpose and relevance of activities, policies, and processes. Some express a growing sense of autonomy through questioning authority. Others may be passive and difficult to engage.
* Students at this stage may be more reserved, aloof, and guarded than previously, both with adults and with peers.
* Students with a history of difficulties in school may be sophisticated in their understanding of school procedures and resistant to efforts to help.
* Grade 10 students often have a clearer sense of identity than they have had in previous years and are capable of being more reflective and self-aware.