

1 The video explores the concept of adulthood and how it is defined by brain development and cognitive development. However, it does not mention the impact of culture and society on the definition of adulthood. Different cultures have different coming-of-age ceremonies, and societal expectations can also influence when someone is considered an adult. For example, in some countries, 18-year-olds are allowed to drink alcohol and join the military, while in others, they are not. The video could have explored how cultural and societal factors shape our understanding of adulthood.

2 The video discusses the idea of lowering the voting age to 16 and explores the concept of adulthood. The video presents two ways to define adulthood: brain development and cognitive development. Brain development involves a reduction in gray matter and an increase in white matter, allowing for more balanced, forward-thinking decisions. Cognitive development measures the ability to complete mental tasks at the same efficiency as older adults. The video concludes that there is no exact age or moment in development that we can point to when determining adulthood.

3 The video argues that 16-year-olds are not mature enough to make decisions with national consequences, but research shows that teens perform just as well on tests that assess reasoning, problem-solving, and critical thinking as older adults. Therefore, 16-year-olds should be allowed to vote. Additionally, the video suggests that the brain's journey is far from finished and that various experiences continue to reshape its connections throughout your lifetime. Therefore, it is possible that adults may not be fully mature until their thirties or forties.