

**FIGURE 5.1** The graph shows the differences between the degree of focus and time of day for preadolescents (dotted line) and adolescents (solid line). Note that adolescents focus better later in the morning than preadolescents. Focus is an important component of cognitive function and recall during testing. Both age groups experience a drop in their degree of focus past the middle of the day, again later for adolescents.

