Middle school is an opportunity to explore the structure of the brain, and one of the most important structures in middle school is the prefrontal cortex. This part of the brain, situated in the frontal lobe, is responsible for carrying out a variety of functions, including planning, organizing, and carrying out complex tasks. The prefrontal cortex is active during adolescence, which is the time when it is developing most rapidly. This is why it is so important for middle-school aged students to develop healthy habits, such as exercise and proper nutrition, that will help their prefrontal cortex develop.