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## **Growing up to be fearful? Social evaluative fears during adolescence**

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## Stellingen

1. Evidence that suggests that fears of social evaluation are increasing during adolescence is accumulating (this thesis).
2. To fully understand the public speaking experience it is necessary to take into account phases *before* delivering the speech (this thesis).
3. Including multiple biological parameters better informs our understanding of stress in social-evaluative situations (this thesis).
4. Thinking of social fear as a unitary construct makes it difficult to effectively study its developmental pattern (this thesis).
5. Understanding of normative development of social fears can further our understanding of deviant development and the onset of social anxiety disorder.
6. Like psychosocial development during adolescence, the measurement of this development is characterized by challenges.
7. Unfortunately the impromptu speech is the holy grail of public speaking studies.
8. The idea that all adolescents are easily persuaded by their peers follows from an exceptional and unwarranted focus on deviant development during this time.
9. Researchers of adolescence should not be discouraged by subtle changes in means, as these might still reflect substantial changes in experience.
10. Dumbledore's advice to Harry Potter would be a great credo above all high school entrances, "We must try not to sink beneath our anguish, Harry, but battle on". (JK Rowling).