

Adolescent Developmental Turning Points

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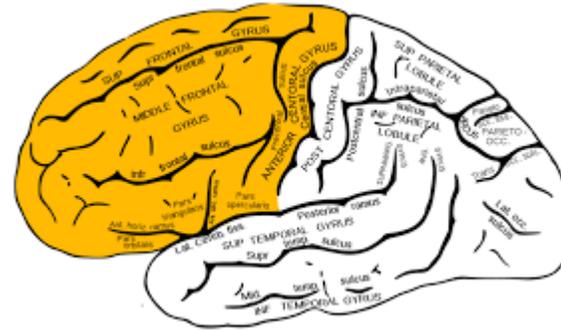
Outline

- ▶ Developmental changes and tasks
- ▶ Transition to adulthood today
- ▶ Developmental challenges and vulnerable adolescent populations
- ▶ Plans and achievements in adolescence affect outcomes in young adulthood!

Developmental Changes and Tasks

- ▶ Biological and physical changes
- ▶ Cognitive changes
- ▶ Social changes

- ▶ **Eccles & Gootman - Six Developmental Tasks**
 1. Shift in relationships with parents
 2. Exploration of new roles
 3. Development of intimate relationships
 4. Identity formation
 5. Setting future goals and taking steps to achieve goals
 6. Acquiring the skills and values needed to be a successful adult



Transition to Adulthood Today

- ▶ Transition to adulthood more gradual than before
 - ▶ Economic instability
 - ▶ Higher education
 - ▶ Increased life expectancy
 - ▶ Changing roles of children



Challenges for Vulnerable Populations

- ▶ Many social services end or are decreased at adulthood, although the need continues
- ▶ Further services provided in adulthood might be inadequate or expensive
- ▶ Low-income and Minorities
 - ▶ Fewer resources available or family support provided
 - ▶ Less likely to be a part of social institutions, such as universities

Overcoming Challenges

- ▶ Successfully overcoming these challenges depends on:
 - ▶ Assets of individual
 - ▶ Social support available
 - ▶ Setting in which individual encounters challenges



Overcoming Challenges

- ▶ Strong relationships with family and friends are key to successful transitions
- ▶ Community programs should address:
 - ▶ Education
 - ▶ Opportunities to mentor younger adolescents and take on leadership roles
 - ▶ Educational and/or career goals

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