

# Adolescent Developmental Turning Points

Dr. Alexander T. Vazsonyi, Adrian Weldon

Presented by Gabriela Ksinan Jiskrova

University of Kentucky

# 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

# References

- ▶ Berlin, G., Furstenberg Jr., F. F., & Waters, M. C. (2010). Introducing the issue. *Transition to Adulthood*, 20(1), 3-18.
- ▶ Brock, T. (2010). Young adults and higher education: Barriers and breakthroughs to success. *Transition to Adulthood*, 20(1), 109-132.
- ▶ Child Welfare Information Gateway. (2003). *Helping youth transition to adulthood: Guidance for foster parents*. Washington, DC.
- ▶ Eccles, J., & Gootman, J. A. (Eds.). (2002). *Community programs to promote youth development*. National Academies Press.
- ▶ Flanagan, C., & Levine, P. (2010). Civic engagement and the transition to adulthood . *Transition to Adulthood*, 20(1), 159-180.
- ▶ Keller, T. E., Cusick, G. R., & Courtney, M. E. (2007). Approaching the transition to adulthood: Distinctive profiles of adolescents aging out of the child welfare system. *The Social Service Review*, 81(3), 453-484.
- ▶ Narula, S. K. (2014, April 1). The myth of working your way through college. *The Atlantic*. Retrieved from <http://www.theatlantic.com/education/archive/2014/04/the-myth-of-working-your-way-through-college/359735/>.
- ▶ Osgood, D. W., Foster, E. M., & Courtney, M. E. (2010). Vulnerable populations and the transition to adulthood. *Transition to Adulthood*, 20(1), 209-232.
- ▶ Poole, S., & Snarey, J. (2011). Erikson's stages of the life cycle. In *Encyclopedia of Child Behavior and Development*, 599-603. Springer US.
- ▶ Ranta, M. (2015). *Pathways to adulthood: Developmental tasks, financial resources and agency* (Doctoral dissertation). Retrieved from Jyeskyle studies in education, psychology and social research.
- ▶ Settersten Jr., R. A., & Ray, B. (2010). What's going on with young people today? The long and twisting path to adulthood. *Transition to Adulthood*, 20(1), 19-42.
- ▶ State Adolescence Health Resource Center. (2000). *Developmental tasks and attributes of late adolescence/young adulthood*. Minneapolis, MN.
- ▶ Terzian, M. A., Moore, K. A., & Constance, N. (2014). Transitioning to adulthood: How do young adults fare and what characteristics are associated with a lower-risk transition. *Bethesda, MD: Child Trends*.
- ▶ Zarrett, N., & Eccles, J. (2006). The passage to adulthood: Challenges of late adolescence. *New directions for Youth Development*, 2006(111), 13-28.