08 Young Adulthood

Outline for Taking Notes Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The transition from adolescence to stages of adulthood is linked less to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

age (weeks, months, years) or specific biological events, and more to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ forces or events.

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ events that occur at relatively specific times and that are shared by most people. We rely upon culturally defined social milestones to mark adult development. These milestones are largely defined by choices of roles and relationships, the most important of which involve family and career.

3. The normative events associated with young adulthood are:

A. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from high school

B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ out of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ home,

 C. entering into a committed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

D. starting down a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_path

E. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ independence

4. Psychologist K. Warner \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_devoted his research to the study of cognitive development over the lifespan.

He called adolescence the period of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_… acquiring the ability of formal operational thinking.

He then defined young adulthood as the period for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The individual uses their intellectual ability to make decisions, solve problems, set and work toward the achievement of goals… such as careers or family objectives.

This is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_THOUGHT.

5. A difficult decision of that period and young adulthood is “What do I want to do after I graduate from high school?”

This illustrates that Erikson’s 5th stage of Psychosocial Development, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, may continue on as an unresolved issue for the young adult. Teens may go on to post-secondary education, or take a ‘year off’, some choose military service, while others enter the job market.

(Stage 1: Trust; Stage 2: Autonomy; Stage 3: Initiative; Stage 4: Industry)

6. Only about 85% of Americans have graduated with a high school diploma. Not having that diploma will have lasting consequences. Dropouts still have the option of getting the ‘equivalent’

of a high school diploma… the \_\_\_\_\_\_\_\_\_\_\_. The tests of General Educational Development (GED tests) require extensive preparation and the demonstration of a high level of high school knowledge and academic skills. The Nebraska GED is usually accepted by employers, colleges, and the military.

 7. Some young adults go straight from high school into the workforce. Most likely, they will need to accept entry-level jobs.

These are \_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_ positions, but doing these jobs well is critical to the success of the employer. Although there will probably be pay increases with good performance and longevity, and may be opportunities for advancement for good employees, the average worker with a high school diploma will make nearly $330 less per week than the average college graduate.

8. There are some advantages to working in entry-level jobs. There is no college debt. These are jobs paid by the hour (wages, not salary), so you may not be expected to work overtime, especially without extra compensation (like time and a half). These are also jobs you can ‘leave at work’ without taking work and worry home.

Many of these jobs, however, do not pay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such as paid time off or insurance.

9. There are 5 branches of military service that some high school or GED graduates choose to serve in:

\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_,

And \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_, as well as their respective Reserve and Guard units.

10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ service men and women train in boot camp, and may take advanced training.

To be an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you might receive a direct commission (like doctors), attend Officer Candidate School, join the Reserve Officer Training Corps (ROTC), or attend the Service Academies or Military Colleges (like West Point or the Air Force Academy).

First enlistments usually require 4 years of active duty; you can fully retire after 20 years. The military provides excellent benefits (insurance, tuition assistance, medical care, possible travel)

Joining the military should be ‘a calling’ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ the United States via the armed forces.

11. Post-secondary education options:

 A. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are when you work for another person, while learning a trade. An apprentice learns while on the job, from someone who already knows the job (a master craftsman), while getting paid but often without receiving any other education first. It is ‘on-the-job-training’. (examples - some electricians, health care, food service workers)

 B. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ school is a type of formal education. The length of that education varies according to the type of job you are preparing for. Some students take trade school or vocational classes while still in high school. Others wait until after they graduate from high school. Examples: Completion of these programs may provide you with a diploma, certificate, or license. To get a Class A CDL license (truck driver) you’d go to school for 4 weeks; nail technicians may go to classes for 10 weeks; florists might take classes for 3 weeks to 2 years.

 C. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Junior) Colleges are a type of trade/vocational school. Graduates earn an Associate degree, usually after completion of a 2-year program. Tuition is less and class sizes are often smaller than in 4-year schools; there are more non-traditional students (older than young adults); many classes are offered at non-traditional times, such as evenings. Credits earned may transfer to 4-year schools; curriculum is very focused on the skills a person needs to have for a specific course of study.

 D.. Attending a \_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_ college or university is the most expensive option for higher education.

There are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ schools (financed by student tuition and donations; usually

more expensive), or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ schools (financed by tuition and state taxes).

In Nebraska we have many \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ colleges, which focus on

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ studies; graduates receive a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ degree in either the Arts or Science. Not all liberal arts colleges offer all degree programs; some are very specialized. Liberal arts colleges often have smaller classes, good access to instructors, on-campus housing options, mostly traditional students, traditional class schedules, on-line classes, but limited advanced degrees (such as Masters and Doctorate programs).

 E. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tend to be the largest schools. They can also be

private or public. Many times the faculty splits their time between teaching and \_\_\_\_\_\_\_\_\_\_\_\_\_\_. A University may encompass numerous specialty ‘colleges’, such as the college of law, college of medicine, college of social sciences, etc… each offering specific curriculums and having specially trained teachers. University class sizes may be very large; access to help from the teachers or professors may be limited; mostly traditional students (18-24 year old), but there are many older students in the advanced degree programs; on-campus housing is available; on-line classes; class schedules may lack flexibility.

Many \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ degrees, i.e. Masters and Doctorate degrees, are likely available.

12. There are eight \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ institutions: Brown University, Columbia University, Cornell University, Dartmouth College, Harvard University, Princeton University, the University of Pennsylvania, and Yale University. The term Ivy League has connotations of academic excellence, selectivity in admissions, and social elitism. These prestigious institutions are also the most-expensive. With award-winning programs and faculty, these schools accept as few as 5% of those that apply. High School GPA’s and test scores count!

13. Paying for college should be seen as ‘an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’. Are you getting your degree for the sake of learning, or are you earning it to get a job and make a living? Do you expect ‘a return’ on your money? Are employers willing to pay you commensurately for your education?

14. Psychologist Daniel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ completed an intensive study of male adults, identifying ‘seasons of a man’s life’. He viewed young adulthood as the period of time man makes his entry into adulthood, pinpointing 4 different developmental tasks (which he later applied to women, as well). The 4 tasks are:A. Defining your life’s dream, B. Finding a trusted mentor who is supportive of your dream, advising you, without being authoritarian C. Developing a career, based on that dream and discovering your strengths and vulnerabilities, and D. Finding a partner with whom you can be emotionally intimate.

15. Sociologist Roger V. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ also developed a theory of adulthood. He agreed with Erikson that identity was the challenge of the adolescent/young adult period.In Gould's theory, identity formation begins between the ages of 16 and 22, when people are challenging the false assumption that they will always enjoy the safety of their parents. They must build an identity that their parents cannot control or dominate. He said that the first stage of young adulthood is:

* Developing independence
* Challenging their parents’ assumptions of the world
* Finding safety beyond the parents
* Developing a sense of family beyond their core family, and
* Dealing with issues related to physical development

 16. There are challenges of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from school to the workforce.

School

Work

1. One boss
2. Annual, quarterly, or monthly review
3. One or two weeks off a year
4. Infrequent promotion
5. No way to be perfect
6. Use different kinds of equipment/software
7. Form long-term relationships with

 coworkers

 8. Coworkers generally of all ages

 and levels of experience

 9. Maybe told what to do or maybe have

 to figure it out; must be self-motivated

 10. May have the same boss for years

1. Many teachers

2. Frequent evaluations (exams,

 report cards)

3. Summers off/ long holiday breaks

4. Annual promotion (junior to senior)

5. Can get perfect grades

6. Learn on one kind of

 equipment/software

7. Form short-term relationships with

 classmates

8. Fellow students generally of your

 age and experience level

9. Told what to do and when it's due

10. Can start fresh with a new

 teacher every semester or year

17. The majority of people must work and earn money to become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ independent… another one of those ‘normative events’ of young adulthood.There are many qualities that an employer will expect from an employee. Many of them would also apply to self-employment. If you can’t perform in this manner, you could lose your job, and your income. Qualities include:

 Work \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Examples - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Work \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Examples - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

18. Young adults, due to limitations of postformal thought and lack of experience with decision-making, often make financial mistakes that jeopardize their independence:

A. misunderstanding \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ use, and ending up in debt with large financing fees

B. not shopping around for the \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (avoid \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ purchases, and save in advance for large purchases instead of setting up payments

C. not preparing and following a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (especially limiting spending on non- essential items)

D. failing to realize how \_\_\_\_\_\_\_\_\_\_\_\_ purchases \_\_\_\_\_\_\_\_ \_\_\_\_\_\_

E. forgetting about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you set up from your bank account

F. opening an account with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ (without a formal, legal commitment, you may not have the ability to protect yourself financially)

G. not protecting your assets or income from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(having the right insurance)

H. not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the future

19. Entering into a committed relationship is one of cultural norms for young adults.

Erikson’s 6th stage of psychosocial development is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, entering into a committed relationship. Not achieving this can lead to feelings of isolation. Defined, intimacy means a close, familiar, and usually affectionate or loving personal relationship with another person.

Intimacy is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or two-sided. It may or may not include sexual intimacy. It may or may not end in marriage, which may depend on the laws of your state.

20. Physicist turned educator, Robert \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ theorized about different periods of the lifespan, and tasks that needed to be accomplished during each period. He applied his theory to educational practices, as well as becoming an authority on ageing. Havighurst devoted the first 3 tasks of his young adult stage to finding ‘love’. Developmental Tasks of Early Adulthood

1. Selecting a mate
2. Achieving a masculine or feminine social role
3. 3 Learning to live with a marriage partner
4. Starting a family
5. Rearing children
6. Managing a home
7. Getting started in an occupation
8. Taking on civic responsibility
9. Finding a congenial social group

21. There are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_benefits to being in a healthy, long-term close relationship with your family, a friend, or a partner. Many people can be just as happy and fulfilled without being part of a couple. Current health research shows healthy relationships correlate to lower blood pressure, less anxiety, less substance abuse, and even longer life.

Despite the stigma in some social circles that accompanies being \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, it’s important not to enter a relationship just to “fit in.” Being alone and being lonely are not the same thing. Staying in a bad relationship is unhealthy and emotionally draining.

22. When looking for a long-term partner, do not have a predetermined set of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such as appearance, how the relationship should progress, and roles each partner should fulfill. Expectations may be based on your family history, influence of your peer group, your past experiences, or even ideals portrayed in movies and TV shows.

23. Psychologist Robert \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ developed the Triangular Theory of Love.

He distinguishes between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (liking), \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (sexual attraction/passion that lacks true closeness), committed relationships (they lack passion

and closeness, but exist for other reasons), and complete, fulfilling love, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ love (that combines intimacy, passion, and commitment). A relationship encompassing two or more qualities is more likely to be long-lasting.

 

24. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is rarely static, but that doesn’t mean love or physical attraction is doomed to fade over time. As we age, both men and women have fewer sexual hormones but emotion often influences passion more than hormones, and sexual passion can become stronger over time.

But both men and women experience the same core emotions such as sadness, anger, fear, and joy,

but they sometimes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ their feelings differently.

You can’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ anyone. People only change the way they look, feel, and act if and when they have enough time, make enough effort, and want to change.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ doesn’t have to be negative or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. With the right resolution skills, conflict can also be an opportunity for growth in a relationship.

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ skills are key to developing and maintaining relationships!