

Emerging Adulthood

Chapter 11

Biosocial Development

- ❖ Everything is at optimal level!
- ❖ Some childhood ailments like asthma are outgrown
- ❖ Serious diseases not apparent until later
- ❖ Want to be pregnant now?
- ❖ HIV on the rise!
 - ❖ Men with men: 46.7%
 - ❖ Needles: 16.9%
 - ❖ Hetero: ~ 16%

Risk Taking!

- ❖ What's the MOST riskiest thing you've done?
- ❖ Positive risk?
 - ❖ Going to U, moving, starting a business
- ❖ Negative risk?
 - ❖ This age – most accidents than ALL other ages
- ❖ Unprotected sex with new partner
- ❖ Driving fast (with, without seatbelt)
- ❖ Drugs? Alcohol?....?????

Drug Abuse

- ❖ Combining legal and illegal substances
- ❖ Abuse: drug that harms physical, cognitive, psych well-being
- ❖ Binge drinking: 5+ drinks/occasion
- ❖ Abusers....addicts
- ❖ Do you need X to "feel good"?
- ❖ Social group?
- ❖ Going against authority makes it more "thrilling"

Drug Abuse

- ❖ Drug abuse MORE common among college/U than those who don't further ed
- ❖ Why?
- ❖ What do you do if you know someone is abusing???

Postformal Thought

- ❖ Problem finding, not just solving
- ❖ Think back to high school and a problem you faced
 - ❖ Would you do anything different?
 - ❖ New thoughts/solutions/choices?
- ❖ Not as impulsive as youth

Stereotyping

- ❖ Prejudices even at young age
- ❖ Stereotype threat: "threat in the air"
- ❖ Thought that others hold unspoken prejudices against one's social group
- ❖ Those thoughts provoke anxiety, undermine cognition
- ❖ Anxiety will hijack cognition, disrupt memory, logic etc.

Stereotyping

- ❖ Can interfere with life
- ❖ E.g., won't do X because may not be accepted by others
- ❖ BUT!
- ❖ Stereotype boost!

Ethnicity Identity

- ❖ What's your ethnicity?
- ❖ What are your family/culture's traditions? Beliefs?
- ❖ Now at U, any difference?

Vocational Identity

- ❖ Let's do some advising now ☺
- ❖ Forget "degrees", what's your perfect job in 5 years?
- ❖ What are you doing everyday?
- ❖ "Forget title of job" BUT focus on everyday tasks
- ❖ What are you good at? Strengths???
- ❖ Weaknesses/challenges?
 - ❖ How can you improve this if need it for future?

Vocational Identity

- ❖ Resume: FORGET high school stuff!
- ❖ How are you *unique* compared to your classmates who will graduate with you?
- ❖ Work experiences?
- ❖ Volunteer
- ❖ Shadow people
- ❖ Look in job ads....what looks exciting/interesting?
- ❖ Connections, connections, connections!

Vocational Identity

- ❖ Think outside of the box!
- ❖ Create your own opportunities
- ❖ Find ways to give you "insight" into your future
- ❖ Thesis/no thesis?
- ❖ Grad school right after? Wait?
- ❖ Delaying 1 or 2 years vs. 40 years of work!
- ❖ HAPPINESS

Erikson: Intimacy vs. Isolation

- ❖ Desire to share one's personal life with X
- ❖ We are social beings, need to connect with others
- ❖ Need intimate friends, family, and romance to "self-expand" (close human connection)
- ❖ No?
- ❖ Not only lonely but ↑ sick, feel tired, eat and drink too much

Romantic Partners

- ❖ 2008: marriage
 - ❖ Women = 29.1 yrs
 - ❖ Men = 31.1 yrs
- ❖ 3 primary types of marriages (~ 1/3 each)
 - ❖ Arranged
 - ❖ Limited pool (e.g., ethnicity, religion)
 - ❖ Your choice
- ❖ Living together (common-law)
- ❖ What are your TOP 3 criteria?