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Chapter 1 : Stage-crisis view - Wikipedia

This curriculum guide provides high school students with specific tools to develop insights, attitudes and life skills they need to meet life's challenges and covers critical health and family life topics. It is part of a series designed to provide educators with the curricular tools necessary to.

In order to do so effectively, he must differentiate between the life course and the life cycle. The life course, as he sees it, is the chronological process of living; from the beginning of life until the end. The life cycle on the other hand, is the common sequence of stages that every person undergoes during their life cycle. Although specific experiences may vary, the life cycle is common to all people and each person progresses through the same set of stages. Each stage, or era, is marked by specific changes and tasks that contribute the development of adulthood. A transition stage occurs when two eras overlap and assists in facilitating a smooth transition from one part of life to the next. Levinson refers to this era as the "formative years," by which a person undergoes unique experiences that assists in both development and the preparation for adulthood. The pre-adulthood stage entails the most rapid physical growth; as manifested by the initial change from infancy to childhood, followed by childhood to adolescence, and finally adolescence to adulthood in the later years. This ongoing formation of independence not only aids in individualization but is also critical to survival because it ultimately prepares one for the onset and course of adulthood. At this point, physical growth and development are complete and independence is fairly well established. Individualization is becoming more prominent because one is now better suited to make decisions in preparation for their future. An important concept relating to this era is the modification of relationships; by which a person increasingly distances themselves from their family in order to solidify their transition into adulthood. Upon termination of the transition stage, maturity is established and one is fully prepared to enter the adult world. Although incorporating great amounts of both energy and satisfaction, this phase also entails a lot of stress due to the abundance of change. The 20s and 30s are typically a period of great pleasure, as many new experiences, relationships and aspirations are being pursued. People begin to set and obtain goals for their future as well as make critical life decisions; such as those involving an occupation, love and family. Although both exciting and central to adulthood, these decisions can often be very stressful. Towards the end of the era, those who had children early may be experiencing the stresses associated with their children entering adulthood and the resulting relationship changes that coincide. Some may also be taking on the added responsibility of caring for their elderly parents. Overall, the early adulthood era is characterized by a great deal of both rewards and costs. Levinson believed that the character of living changes greatly between the two stages; beginning during early adulthood and progressing at various degrees throughout the transition and into middle adulthood. Due to the drastic life changes one undergoes within the middle adulthood transition, one often faces a crisis period. Levinson believed that during this transition, one must develop compassion, acceptance and love otherwise they will become burdened by both internal and external conflict. This is especially important when dealing with the stresses associated with the onset of leaving the youthful years and entering middle-age. Unlike the previous stages however, Levinson believed that the onset and duration of the following eras are determined by significant events such as retirement, disease states, and various physical changes. Although experienced at different times and to various extents, these events trigger the reality that one is entering old age and thus becoming a senior member. Stanley Hall, who examined adult development and aging and published the book "Senescence: The Last Half of Life", in For example, in examining the midlife crisis stage, Levinson studied 40 men who were in the same age cohort, meaning they were all middle-aged. Much of the original research suggesting that the midlife crisis is a normal part of life is confounded and anecdotal, has not been replicated, and was not longitudinal. By using interviews to gather information about subjects, Levinson did not manipulate or control for any variables, which makes it difficult to draw definitive conclusions about the validity of his findings. Further, Levinson conducted his research in the 1950s and 60s, a time in which second-wave

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feminism was in full swing and women were revolutionizing their roles at home and in the workplace. Levinson states that some eras occur without substantial life alterations due to external events and are thereby not marked by "rites of passage". This has sparked controversy because "rites of passage" are not definitive; they are determined by each society and based on what each determines to be significant. It does, however, entail many implications for cultural psychology including studies of various societal "rites of passage" and their effect on development. For instance, during counseling or therapy, someone from a later era may become a mentor to someone from a younger era. Through studying these relationships, it has been found that both the mentor and the mentee benefit, however in different ways and to various extents.

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Chapter 2 : The Education Dilemma: | Robert Dickie

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Perhaps you were class president in high school. Or perhaps you were a member of the honor society. You could have graduated in the top percentile of your graduating class; perhaps you were even valedictorian. Maybe you were in the honors program or the International Baccalaureate program. You start college with a clean academic slate, along with a lot of independence and a myriad of critical decisions as you begin the transition into adulthood. The decisions that you make and the actions you take during this first year of college will have a major impact on the rest of your college experience. This article is not meant to scare you or take away any of the joy, excitement, and anticipation you feel about going to college. This article is all about the things you need to do to not only survive your first year of college, but to thrive in college. And many of the tools, skills, and habits that you can develop if you take this article to heart can not only be used to help you succeed in college, but in your future career as well. The first few weeks on campus are extremely critical for all new students. It is during this time that you make critical decisions that will have an effect on the rest of your life. Some of these 25 tips are critical during your first weeks, while the others are meant for longer-term guidance and survival. Whatever you do, be sure to be yourself and try to enjoy your college experience as much as possible. Go to all orientations. Do you really need to go on yet another campus tour? Get to know your roommate and others in your residence hall. The people you live with, most of whom are going through similar experiences and emotions, are your main safety net – not only this year, but for all your years. You may change roommates after the first semester or you may stay roommates for all four years – just take the time to get to know your fellow first-year students. In high school, the teachers tended to lead you through all of your homework and due dates. In college, the professors post the assignments – often for the entire semester – and expect you to be prepared. Buy an organizer, use an app, or get a big wall calendar – whatever it takes for you to know when assignments are due. Find the ideal place for you to study. It may be your dorm room or a cozy corner of the library, but find a place that works best for you to get your work done – while avoiding as many distractions as possible. Maybe, but sleeping in and skipping that 8 am class will be tempting at times. Become an expert on course requirements and due dates. Professors spend hours and hours preparing course syllabi and calendars so that you will know exactly what is expected of you – and when. One of the lamest excuses a student can give a professor: Meet with your professors. Speaking as a professor, I can assure you there are only upsides to getting to know your professors, especially if later in the semester you run into some snags. Professors schedule office hours for the sole purpose of meeting with students – take advantage of that time. Get to know your academic adviser. This is the person who will help you with course conflicts, adding or dropping courses, scheduling of classes for future semesters, deciding on majors and minors. This person is a key resource for you – and should be the person you turn to with any academic issues or conflicts. College life is a mixture of social and academic happenings. Get involved on campus. A big problem for a lot of new students is a combination of homesickness and a feeling of not quite belonging. Consider joining a select group and be careful not to go overboard – student organizations, clubs, sororities or fraternities, or sports teams. Strive for good grades. Another obvious one here, right? Remember the words of the opening paragraph; while good grades could have come naturally to you in high school, you will have to earn them in college – and that means setting some goals for yourself and then making sure you work as hard as you can to achieve them. Take advantage of the study resources on campus. Just about all colleges have learning labs and tutors available. Make time for you. Be sure you set aside some time for activities that help you relax and take the stress out of your day or week. And give your brain a break. Take responsibility for yourself and your actions. Being an adult means taking responsibility for everything that

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happens to you. Make connections with students in your classes. One of my best students said his technique in the first week of classes was to meet at least one new person in each of his classes. It expanded his network of friends and was a crucial resource at times when he had to miss a class. Find the Career Services office. It may have been easy in high school to wait until the last minute to complete an assignment and still get a good grade, but that kind of stuff will not work for you in college. Give yourself deadlines and stick to them. A lot of problems first-year students face can be traced back to an illness that kept them away from classes for an extended period of time that led to a downward spiraling effect. Get enough sleep, take your vitamins, and eat right. And without mom or dad there to serve you a balanced meal, you may be tempted to go for those extra fries or cookies. Learn to cope with homesickness. Find a way to deal with those feelings, such as making a phone call or sending some email home. Stay on campus as much as possible. And why not take advantage of all the cultural and social events that happen on campus? Seek professional help when you need it. Most colleges have health and counseling centers. Keep track of your money. The average credit card debt of college grads is staggering. College is all about learning. Be prepared to feel overwhelmed. Expect to have moments where it seems a bit too much. As one student says, be prepared to feel completely unprepared. Take advantage of your network of new friends and professors, have fun while learning as much as you can, and get the most out of your college experience. Know that when the time comes to begin looking for your first internship or full-time job, LiveCareer has your resume and cover letter writing needs covered. Use our resume builder and cover letter builder to craft top-notch documents in no time at all, or work from our resume examples and cover letter examples, all of which are organized by job title and industry. Hansen is founder of Quintessential Careers, one of the oldest and most comprehensive career development sites on the Web, as well as CEO of EmpoweringSites. He is also founder of MyCollegeSuccessStory. Hansen is also a published author, with several books, chapters in books, and hundreds of articles. Hansen is also an educator, having taught at the college level for more than 15 years. Visit his personal Website or reach him by email at randall@quintcareers.com.

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Chapter 3 : 25 Tips to Help You Survive and Thrive Your Freshman Year | LiveCareer

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It is methodically organized by semesters and terms with an easy-to-follow routine from dawn to dusk. We are given preplanned course work and told if we follow the plan, it will result in a degree high school and college. Much to our surprise, real adulthood is confusing, nonlinear, and demanding. No one has planned it for us, and there seems to be a different point of view on everything we encounter. We strive for success in our careers while trying to hold on to a sense of self identity and still find a moment for ourselves. We are pulled into a myriad of community, church, and charitable events. Pulled to the extreme; we have no margin and the marathon of mid-life continues. Have you felt this way? At times I have dreamed of going back to the easy days of college to enjoy the simpler life that I did not fully appreciate at the time. For many of us, education was the bedrock of our lives “ everything revolved around it. We then enter adulthood and that routine becomes a relic of the past. However, in this new global economy, things change so rapidly that education cannot be relegated to a period of our youth. We must find a way to weave this into our schedules on a regular basis. It is the best insurance policy we have for the future. Much like buying home, life, and auto insurance is a given in our lives, education and self-development must be the same for our careers. Crafting a tailored education plan is important, but looks different for each person. No matter what your goal, these are the four things you need to consider as you build an education plan for success. There may be opposing views on education but there is a right answer. Silicon Valley investor Peter Thiel, a graduate of Stanford University and co-founder of PayPal, has said he believes a college education is overrated. So, he started the Thiel Fellowship, encouraging students to drop out of school to start a business. This expert agrees it is a waste of time and money. So, who is more right? The answer is simple. If you, your spouse, or your child is a Bill Gates, Mark Zuckerberg, or Steve Jobs “ considered genius by their peers with a billion-dollar idea in hand that will change the world “ then a college education is probably not needed. Those are the types Peter Thiel is giving fellowships to by the way. For everyone else, a formal education is going to be the safest and surest way to a steady life. This does not necessarily mean a college education. Everyone needs to be a life-long learner. How we acquire those skills can be adjusted based on our goals. Experts say the next big bubble is education debt Many of us were impacted by the Great Recession precipitated by the stock market crash in Experts are starting to agree that the next big crisis we are facing is in the education sector with the rising cost of tuition and student loan debt. The cost of education has grown to be seventeen times the average rate from ! Most American families cannot afford this without government aid, scholarships, and student loans. Unlike other forms of debt, student loan debt cannot be discharged in bankruptcy. Although the big bankers like to have grace and forgiveness granted to them, they are not ready to do so for the average American family. As a wave of students graduate with debt and are unable to find the good middle class jobs they were promised, there is growing resentment that the system is not working. The reality is that many colleges and degree programs are not teaching and preparing students for the new economy. The world has changed but many colleges have not kept pace. Today, taking on student loan debt is one of the riskiest decisions a person can make. That being said, like any investment, it may also produce the best payout. Higher education is an investment “ you must choose wisely and consider all your long-term options. Make a plan based on facts Before you or any family member make a decision about any degree program, crafting a well-thought out plan for success is critical. Put simply, what are your goals? More importantly, what will you be good at? What will you love doing every day for the rest of your life? What have you been designed to do? These are important questions, and if answered properly before you start school, you can save tens of thousands of dollars. Based on changing majors and courses of study it now takes roughly six years for most students to graduate college. If a student enters a program with a clear plan in mind and does not spend time changing majors, getting a

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degree in four years and even in three years is possible. I highly recommend taking a Career Direct assessment and having a trained consultant explain the personalized in-depth report. This assessment is designed to help people discover how God uniquely crafted them. It analyzes skills, talents, personality, and values to help them understand what careers and degree programs will most likely help them achieve purpose and success. Many Christian colleges around the country use this assessment for all incoming freshmen to help them get on the right career path. Thousands of mid-career professionals who are unhappy in their jobs also use this as they look for a pivot. You can read more about the science behind it at CareerDirect. As many colleges and universities have been slow to change, new companies are leveraging technology to bring world-class education to everyone. This will increasingly pressure the education system to keep up. This democratization of education is being brought to us by companies like EdX. They have developed massive open online courses MOOCs to allow a person to take courses and get certifications online for free! You can do it at home on your computer and get a certification that you passed the class! Astro Teller, a Google executive, was lecturing a class at Stanford and said that most of what students are learning today in college will be obsolete in 10 years. He said the key was to learn how to learn and then how to quickly leverage that knowledge in your career. As we navigate the challenges of adulthood we may not have an easy-to-follow plan like we did in our youth. With some self-discovery and intentional planning, we can craft a plan that will help us and our family have success in our careers. Continued lifelong education will be the cornerstone of career advancement and success.

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Chapter 4 : NPR Choice page

Entering Adulthood: Balancing Stress for Success: A Curriculum for Grades by Susan J. Hart. (Paperback) We see that javascript is disabled or not supported by your browser - javascript is needed for important actions on the site.

Developmentalists categorize this life stage as people between ages 35 to 64, and they maintain that healthy and unhealthy lifestyles and attitudes are the main concerns for those in this age group. Physical Changes For those in middle adulthood, aging is inevitable. By age 64, visible signs are apparent, such as gray and thinning hair, wrinkles, the need for reading and bifocal eyeglasses, and some hearing loss. Internally, changes are taking place as well, with some decline in the major organs, including the lungs, heart and digestive system; additionally women undergo menopause sometime between the ages of 42 and 55. Developmentalists call these forms of aging primary, meaning that the changes are inevitable and happen to everyone regardless of race, ethnicity, culture or socioeconomic class. Secondary aging, however, is the result of unhealthy behaviors, such as smoking, drug use, unhealthy eating, alcohol abuse, obesity and lack of exercise. Death rates for this age group remain relatively low, although the two major illnesses that do affect the health and mortality of this age group are heart disease and cancer: For females ages 65 and over, the leading cause of death is cancer. Researchers have proven, however, that exercise alone reduces the risk of almost every serious illness in middle adulthood - especially heart disease and cancer. Add healthy eating and the elimination of tobacco and alcohol use to middle-age lifestyles, and major illnesses can literally be halted altogether. And exercise slows many primary aging changes too, such as the physiological changes taking place within the vital organs. These researchers have found that negativity caused by stress or conditions such as depression or anxiety can even eventually lead to chronic physical conditions in otherwise healthy bodies. However, psychological researchers, particularly the work of K. Warner Schaie and his study called the Seattle Longitudinal Study, have proven that hypothesis incorrect, proving that some aspects of intelligence, such as vocabulary skills, actually increase until about age 70. Two researchers during the 1950s, Raymond Cattell and John Horn, identified two categories of intelligence - crystallized and fluid intelligence. These researchers argued that fluid intelligence, or the ability to process new concepts and facts quickly and creatively, including abstract reasoning problems, independent of previous education or learning, peaks in adolescence and then starts a gradual decline between the ages of 30 and 40. On the other hand, crystallized intelligence, or the stored knowledge gained from experience and education, becomes higher as people age. Facts like mathematical or chemical formulas, vocabulary size and history dates are all examples of crystallized intelligence. And researcher James Flynn has shown that each new generation of IQ test takers scores higher than previous generations. Researchers point to better education, nutrition and health as contributing factors. To the contrary, middle adulthood is a time when many people have acquired a particular vocational expertise that makes them uniquely more qualified and capable than younger adults. This means that many in midlife are at the height of their careers, which also means increased job responsibilities. Career pressures combined with other changes taking place in their lives requires the ability to adequately juggle personal and professional responsibilities. Those in this age group typically need to simultaneously manage a variety of family issues including children at various ages of development, aging, ill parents and financial concerns and worries. But by middle age, many individuals are better at handling the stresses of life. Through experience, flexible thinking, higher levels of intuition and adaptability, and the support of friendships that have been nurtured over the years, this age group typically conquers these challenges artfully and with expertise. And by adequately managing major life stressors, many individuals gain a sense of empowerment and confidence. However, those who do struggle with middle-age stressors generally find that such stressors can negatively impact their overall health - especially as they get older and enter older adulthood. Alcoholism and overeating are examples of negative approaches to problem-solving, that are particularly relevant to this age group. In fact, according to the U. S. Centers for Disease Control and Prevention, the obesity prevalence for men and women aged 65 years increased to

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Emotional Changes Just about everyone has heard of the "midlife" crisis. Supposedly this is a time of great emotional upheaval, anxiety, and drastic changes in behavior. Most middle-aged individuals say that they are in meaningful intimate relationships, including those who have been married for several years. For those who divorce and remarry, many report satisfying intimacy although most report that remarriage brings a new set of challenges. And developmentalists have found that most people in this age group have less problems with their children and also better relationships with their own parents. If studying personality and how it affects behavior sounds intriguing, or if you find how people grow and change in their middle adulthood years fascinating, you should consider a career in developmental psychology. Also, learn more about the psychology career licensing processes and what the requirements for licensure are:

Chapter 5 : Susan J. Hart | Open Library

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Chapter 6 : Middle Adulthood Development

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