

TRANSITIONING INTO ADULTHOOD & MANAGING NEW STRESS



RESOURCES COPING

- REFRAME STRESS
- OPTIMISM
- PROACTIVE STRESS

SOCIAL SUPPORT IS KEY



NEW ROLES

ACADEMIC DEMANDS

NEW RELATIONSHIPS

EXPLORATION

SELF-DISCOVERY

IDENTITY DEVELOPMENT

AWARENESS
"WHAT IS MY MOTIVATION FOR THIS?"



JUNCTURE IN THE ROAD



UNSCRIPTIVE

PASSION



REMAIN COMMITTED

PERSEVERANCE

BUILD RESILIENCE

WORK WITH YOUR STRENGTHS

REMAIN OPTIMISTIC

AMBIGUITY

PERIOD OF RISK
57% STABLE, LOW DEPRESSIVE SYMPTOMS



"RE-CENTERING" (Tanner 2016)

"STRESSED, UNCERTAIN," PERIOD OF RISK FOR COMPROMISED WELL-BEING

FULL TIME EMPLOYMENT STARTS LATER



DEMOGRAPHIC PERSONALITY & CONTEXTUAL FACTORS

AT THIS POINT THE "ROAD MAP" IS OVER



AUTONOMY

SELF CONGRUENCE
SELF REGULATION



UNCERTAINTY

"WHY WE DO WHAT WE DO"

VISUAL VERSA