



ERASMUS + VET STRATEGIC PARTNERSHIP IENE 8 - EMPOWERING MIGRANT AND REFUGEE FAMILIES WITH PARENTING SKILLS

Bite sized Learning Tool no. 1.4

BECOMING AN ADULT

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BECOMING AN ADULT



Becoming an adult is a process.

This is universal but may differ in societies and/or cultures.

Adolescence is more than physical changes. Adolescence is understood in broader terms that encompass psychological, social and moral dimensions as well as the strictly physical aspects of maturation.

EMERGING ADULTHOOD



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- **Emerging adulthood** it is a stage between adolescence and young adulthood.
- It is a time for seeking one's defined role.
- **Adulthood** is a distinct period demographically, subjectively and identity exploration.

FEATURES OF EMERGING ADULTHOOD

1. The age of identity explorations

One is trying different possibilities, they develop a more definite identity, including an understanding of who they are, what their capabilities and limitations are, their beliefs and values.

2. The age of instability

Emerging adults may move out of their house, may experience instability in education, work and relationships.

3. The self-focused age

Emerging adults focus on themselves as they develop the knowledge, skills and self-understanding they will need for adult life.

4. The age of feeling in-between

Feeling not adolescent but not fully adult.

5. The age of possibilities

It tends to be an age of high hopes and great expectations. (Arnett, 2019)

SOME WAYS TO IMPROVE PARENTING SKILLS



- Setting limits and be consistent with discipline
- Enhance/reward positive action/behaviour
- Effective communication
- Boosting child/adolescent self-esteem
- Be a role model
- Be flexible
- Show that love is unconditional
- Make time for the child/adolescent/young adult
- Know one's own needs and limitations as parent