

4th Conference on Emerging Adulthood
Atlanta, GA – October 29-30, 2009
Innovative Sessions

BLANCK, Terese, & ANDERSON, Judith

College to Career, Inc., Maple Grove, MN

The Perfect Storm: Higher Education, Emerging Adulthood, and the Entry-Level Workplace

Society is facing a major shift in demographics with the largest generation aging and experiencing retirement and life choices that reduce their time in the workforce. The youngest generation is still acquiring direct personal experience around identity, intellectual understanding and basic work competencies after they graduate from college causing a serious gap in workforce ready entry-level talent. Emerging adults require critical experiences not found consistently in the halls of higher education or the workplace. Yet, these organizations are a vital part of preparing and developing 18-28 year olds for life. Society faces the perfect storm where action is required now.

HAGEN, John, PACYNSKI, Steven, PASHAK, Travis, HOWARD, Kyle, & SPRANG, Christian

Department of Psychology, University of Michigan

Successful Coping and Learning in College Students

Two complementary projects are covered in this “innovative session.” The first is a program of research on how assets contribute to successful development in college students, both academically and personally. The research draws from positive psychology and developmental assets theory. The second, still in an early-stage, involves examining teaching/learning strategies and environments at the undergraduate level. Specifically, our undergraduate psychology course was taught in the University of Michigan’s new LearnLab. This state-of-the-art facility allows us to study ways students pay attention and learn and provides an arena for learning interventions designed to foster positive assets.

HANSON, Joel

Summit Lodge Recovery Center

Accelerating Healthy Maturation in Young Adult Substance Abusers Through Experiential Therapies

Many at-risk young adults demonstrate maturational delay. At our chemical dependence/psychiatric RTC most such clients started drug and/or alcohol use in their early teens. They tend to lack age-appropriate social, interpersonal and emotion-regulating skills.

Traditional didactics and cognitive behavioral approaches are helpful, but have their limits. These clients are often deficient in learning skills and study habits. Some have concentration, focus or learning disorders. Many programs such as ours are seeing very productive results using experiential approaches with this population. Equine therapy, hiking solos, object lessons, Gestalt-like spontaneous role play, etc. are kinetic, memorable events that can become artificially induced "corrective emotional experiences". We will introduce to the attendees some of these tools, of course, by doing them!

HOROWITZ, Ava, & BROMNICK, Rachel

Department of Psychology, University of Lincoln

Debating the Markers of Adulthood: Lessons from Discursive Psychology

The main aim of the session is to encourage attendees to think of adulthood as a topic that is intrinsically interactional and ripe for rhetorical analysis. Through the use of role-play and discussion, attendees will explore how markers of adulthood are used argumentatively within everyday contexts. An example of research targeting interactional data will then be presented (the "micro-lounge method"). The session will culminate in an evaluation of the potential contribution of discursive psychology to the study of emerging adulthood.

KAUFMAN, Judith, DAVIS, Christian, CHU, Carol, SMITH, Matthew, MARKOWITZ, Sara, & CARROLL, Elizabeth

Department of Psychology, Fairleigh Dickinson University

College 101: A Boot Camp for Adulthood: Personal and Environmental Factors

As more than 70% of our nation's high school graduates attend some form of higher education, the college campus is an ideal vehicle for studying those factors which facilitate or challenge the transition to adulthood. Results of a comprehensive questionnaire, distributed to 750 diverse college freshmen, along with interview and case study material were analyzed. Participants will have the opportunity to be college freshmen and complete portions of the survey material so that perceptions can be compared to the results of the study. Presenters will focus on issues of relationship to family and perceptions of parenting, ethno-cultural connections self-expectations, stress and coping, self-care, and engagement with the college campus were examined in relation to their impact on transition and successful adjustment. Active audience participation, along with relevant case material and illustration will enhance the research findings.

LIBENSON, Daniel¹, AARON, Rabbi Scott¹, & FEIGELSON, Rabbi Josh²

¹Newberger Hillel at the University of Chicago

²Fiedler Hillel at Northwestern University

Ask Jethro: Two Chicago Campus Initiatives to Reach and Assess Jewish Emerging Adults

Understanding and tracking the moral and religious development of Emerging Adults is critical to both their self-definition and academic understanding of the population. New and innovative ways have to be developed to create comfortable and trusting interactions for college emerging adults with solid role models and moral voices from specific faith traditions. Hillels at both the University of Chicago and Northwestern University are engaged in distinct experiments to make meaningful and supportive relationships with unaffiliated Jewish emerging adults who do not regularly connect with these or other Jewish institutions. This session will interactively demonstrate their methodologies and their basis in emerging adulthood theory

MARSHALL, Anne¹, BEGORAY, Deborah², RAWDAH, Nabiha¹, LAWRENCE, Breanna¹, & GUENETTE, Francis¹

¹Department of Educational Psychology and Leadership Studies, University of Victoria

²Department of Curriculum and Instruction, University of Victoria

The Possible Selves Mapping Process: Research and Practice to Facilitate Transitions for Emerging Adults

As they transition into adulthood, young people face decisions about relationships, postsecondary education, work, and lifestyle. They need concrete strategies to navigate these transitions successfully. One strategy involves *Possible Selves*, a future-oriented form of self-concept that comprises goals, aspirations, and fears. We have developed a *Possible Selves Mapping Process* that assists young people to identify priorities and make informed decisions about their future. In this interactive session, we explain and demonstrate Possible Selves concepts and mapping. We also engage the audience in a brief Possible Selves Mapping exercise to illustrate its potential applications in clinical and research settings.

SMITH, Stephen, DINSMORE, Kelly, & WRIGHT, Thomas

Rosecrance, Inc.

Meeting Them Where They Are At: Adjusting Residential Substance Abuse Treatment to Meet the Needs of Today's Emerging Adults

Emerging adults are a key population of substance abusers in need of treatment. They use in heavier amounts and engage in greater risk taking behaviors than other age groups. Using approaches that include education, client and family testimonials, group interaction and open

discussion we will work to enlighten and increase an understanding of the importance of adjusting substance abuse treatment to meet the needs of emerging adults. At Rosecrance we have been working closely with the emerging adult population in a focused group since January of 2007 and feel it is imperative that treatment providers begin adapting their programming to meet the needs of this population.

THOMAS, Tami¹, & STEPHENS, Dionne²

¹Center for Nursing Research, The Medical College of Georgia

²Department of Psychology & African Diaspora Studies, Florida International University

Hip-hop, Health, and HPV: Using Media to Increase HPV Vaccination Uptake

National incidence rates of cervical cancer are disproportionately higher in African American women and Hispanic women. Health education communication for emerging adults in these groups has historically been filled with challenges. Often frameworks used are not racially or culturally appropriate, leading youth to ignore or disengage from educational efforts (Baldwin et al, 2008; Pistella& Bonati, 1998). This presentation will draw upon findings from a pilot study on HPV vaccination uptake in young women ages 18 to 24. The benefits of Hip Hop for practitioners who understand a culture in which racial/ ethnic minority women's sexual identities are processed will be discussed.

VAGNONI, Elizabeth¹, & UPSTILL, Carin²

¹RBI Creative Consultants

²Foundation for Healthy Living

Estrangement Between Emerging Adults and their Parents: Using New Media to Discuss the Consequences of Overindulgence and Narcissism

Anecdotal evidence suggests estrangement between emerging adults and their parents is rising (Sichel, 2004, Coleman 2007). Leveraging web communication led to the creation of a social network specifically to discuss possible causes of estranged relationships. The site compliments a video documentary that explores the emotions of estranged families. Parents express, that over-indulging kids and catering to their whims, may have contributed to creating narcissistic children, willing to estrange themselves from their families. This project explores creating media formats that may provide new windows into research and case studies, to help identify factors leading to estrangement between parents and emerging adults.