

YOUNG ADULT DEVELOPMENT

Young Adulthood, ages 18-30, is full of transition. Some of the transitions are:

- Single to partnered
- School to work world
- Parents paying bills to paying own bills
- No children to children
- Married to divorced
- Relocation
- Death of family members or mentors
- From working to have own money to working as a career/vocation

Because there is much transition in the lives of young adults, there is a lot of variance in the context and life situation of each young adult.

Needs of Young Adults (ages 20-30)

- Development of **intimate relationships** – young adulthood is the time in life (Erikson's developmental stages) when we work out what intimacy is for us and what we need in intimate relationships. Many young adults think about partnering with another person for a long-term relationship
- To ask existential questions: **Why am I here?** What is my purpose?
- Need to **make one's mark** on the world
- Formation of **identity as an adult**, while remaining a member of the family
- Formation of **identity as an adult** in the work world
- **Places and Spaces** where they can be their true, authentic selves
- **Relationships** that allow them to be their true selves – searching for deeper friendships
- **Respect** from co-workers and other faith-journeymen, that their input, thoughts and beliefs are of value
- Opportunities to **live their values** and their faith in their communities and the world
- Desire to **serve others** and make the world a better place for all
- **Spiritual formation** that has more questions than answers

Leadership Development with young adults, then, can be effective when it helps young adults:

- Navigate the rapidly changing world in which they find themselves
- Build bridges of meaning between life and faith; chaos, change and spirituality
- Create space to ponder and discuss questions like: Why am I here? What is God?
- Make meaning of relationships and to define for themselves what healthy relationships are
- Find opportunities for them to live their faith (service opportunities)
- Find and create balance in all areas of their lives so that life is an integrated whole
- Create healthy independence in life in all areas: social, moral, emotional, financial