How to: Learning the things you need to know in emerging adulthood

Tanner's (2006) conceptualization of emerging adulthood uses a developmental systems lens to articulate a three-stage process of *recentering* as the primary task of the transition to adulthood. The first stage is the transition from adolescence to emerging adulthood that involves a weakening of ties with "contexts of dependence" which, in turn, motivate individuals to focus on gaining self-sufficiency. Establishing self-sufficiency is the task of emerging adulthood proper (stage 2) during which individuals engage in exploration of roles, experimenting with different configurations of roles, and creating relationships with roles that contribute to increases in self-sufficiency. The third and final stage is marked by obligations to roles and others, requiring individuals to provide for both self and others. In sum, individuals recenter from a stage of life during which others were responsible for them to adulthood, to a stage when power-dynamics shift and individuals are required to do foe themselves much of what others did for them in the past.

At a practical, every-day level, emerging adults must learn a variety of self-care and self-maintenance tasks. These tasks involve both emotional and psychological needs (e.g., caring for an intimate partner during a period of stress), as well as practical life tasks (e.g., folding clothes). *How do emerging adults learn all of these things in a short period of time?* As a college student, what is one thing that you had to learn how to do for yourself over the past year or past few years? Lend your expertise to other emerging adults. Teach them, through your writing, how to do something that was a challenge for you. Provide instructions and compassion.

Organize your "how to" into four segments:

- 1. Provide a title: How to.....

 By (put your name here)
- 2. Why you should learn to... [50-100 words]
- 3. How to [400 to 500 words; outline the "how to" using bullets where applicable]
- 4. Resources [Include any helpful resources]

Email your "How to..." to Professor Tanner no later than 5pm on May 10th. The subject line of the email should read: How to [fill in your topic here]_yourlastname. No late assignments will be accepted.