

**“Dear Dr. EA”  
Applied Development Psychology**

Dear Abby has nothing on Dr. EA when it comes to giving solid advice to emerging adults about anything and everything they need guidance on in their lives. This assignment asks you to demonstrate your understanding of emerging adult development and to apply your knowledge as Dr. EA. Sit back in your office chair and read us one of your best letters from an emerging adult and the advice that you were able to give after having taken this course on adolescent and emerging adult development.

1. Give the letter a title:

For example: “Bipolar love”

2. Write out the “problem:”  
(100-200 words)

Example:

Dear Dr. EA,

I am writing to you because only you can help someone as messed up as I am. I have a great boyfriend waiting for me in my hometown. I went to college and he stayed in our hometown to work with his father and to wait for me until I finished college. He knows me like no one else, he knows everything about my family, my childhood, and we have all the same friends. But, I am terrible. My roommate’s best friend, Colin, here at college, likes me. When I think about him, I know that I like him too, more than I should. But I can’t tell anyone. But I don’t know if I can be with my boyfriend from home forever. I feel like we’re growing apart and now I can’t tell him everything about what’s going on with me. When I tell him, he’s jealous and he thinks everything I do is out to get him. I feel like Colin really gets me. He’s happy when I go out on the weekends with him and our friends and keeps telling me I should break-up with my boyfriend from home. Is he right? Should I? I think I am crazy. Maybe I’m bipolar. Who should I be with?

Respectfully,  
Bipolar

3. Channel Dr. EA and respond to the letter  
(400-500 words)

Dear Bipolar,

[Write a response to the “problem” based on what you have learned in this course on adolescent and emerging adult development. Recall the primary premise of *psychoeducation*, teaching individuals about their “problems” helps empower

them to make decisions and cope more effectively with their situations that are complex and unique. Be cautious not to “teach” them what you have been taught directly. Rather, you are charged with the task of distilling and translating course information to respond to the “writer.”]

Happy to advise,  
Dr. EA

Submit the document via email to Dr. Tanner no later than April 19<sup>th</sup> at 5 pm via email. The subject line of the email should follow this format: Dear Dr EA\_yourlastname\_title of letter. No late assignments will be accepted.