



Autonomy, relatedness, and competence support transitions during mid-adolescence.

During mid-adolescence, young people who have greater autonomy in making choices about what they want to do, and where, are more likely to have greater self-esteem and social support.

Close peer relationships based on a mutual give-and-take during mid-adolescence can buffer anxiety and provide support, allowing young people to explore future options, such as career choices.

Young people who feel hopeful and encouraged about their competence are more likely to enjoy and master new skills during the transition into post-secondary education.

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Transitions chapter in *Youth Who Thrive: A review of critical factors and effective practices for 12-25 year olds*. [PDF]

