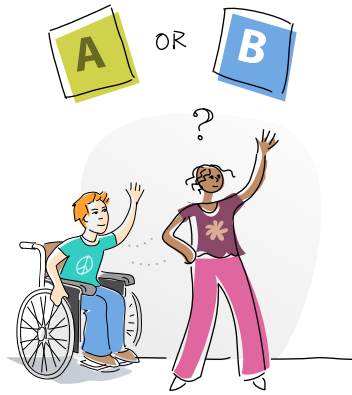




### Example: Improving relatedness in mid-adolescence.



Providing opportunities for young people to make decisions about what they want to do and how they want to go about various tasks helps them develop self-driven goals. During the transition out of high school, self-driven goals lead to greater well-being and help young people make plans for their lives.

Back

Next Transition

#### Resources

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

