



Autonomy, relatedness, and competence support transitions during late adolescence/early adulthood.

During late adolescence, young adults who are encouraged and supported in their autonomy are more likely to feel like they have the energy to take on increasing independence.

Mentoring/Relationships continue to be important.

Academic competence, social competence with peers, appropriate conduct, and coping ability are associated with successful transitions into adulthood.

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Resources

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

