



### Example: Improving competence in late adolescence/early adulthood.



During the transition from education to workplace, young adults have increasing responsibilities and new tasks. Offering opportunities for young adults to explore options and build planning skills during this transition can be very useful. The ability to choose and effectively pursue goals that reflect one's interests is critical, particularly for individuals who had low competence and/or adverse life conditions as adolescents.

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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]

