



**UNIVERSITY OF THE
INCARNATE WORD.®**

**BEHAVIORAL HEALTH
SERVICES**

Agenda

Introduction

Transition from college to adulthood

How you can provide support

Final thoughts

Transitioning from College to Adulthood

Autonomy: Emotional and Behavioral Components

- Emotional Autonomy refers to becoming free of childish emotional dependence on adults.
- The adolescent brain undergoes profound changes until the age of 25, which will influence behavioral and emotional development.
- Emerging adults are not only trying to navigate the transition to adulthood, but the continuing development and understanding of themselves and who they will and want to become.

Transitioning from College to Adulthood

Symptoms of depression – with the uncertainty of what lies ahead, it is normal to feel depressed or go through the grieving process of what they are leaving behind (e.g., friends, college, resources).

Lack of support structure and resources to provide guidance

Developing and understanding new responsibilities (e.g., paying bills, rent/mortgage, managing bank account, etc.)

Uncertainty with what their future holds (e.g., job, graduate school, family, friends, etc.)

What Can You Do?

Parents tend to foster an overdependence or lack of support and/or guidance. The key is finding a balance in how you can provide appropriate support for your child through this transition.

Allow for them to fail but be willing to use those opportunities for growth and development.

Share your Perspective – the challenges and successes

Be patient but persistent – allow them to find themselves but be supportive and encouraging as they look for professional and personal opportunities.

Validate their concerns

Allow them to be where they're at – avoid judging, comparing others, and setting too high of expectations.



What can you do?

Remind them of their strengths and resilience.

Ask them how you can be helpful and what they need from you.

Respect them as adults – it can be hard to not feel like we need to take back control over their lives when they are back home but respect their adulthood and allow them to learn from their choices.

Be willing to compromise – it can be difficult to negotiate when your child's needs and wishes don't align with yours for their future.

Be willing to communicate – your child will experience a mixture of feelings, so it is important to normalize those feelings. Be present and don't think you have to give advice or “fix” the situation.



Thank you