

Information Brief

Focus on Families

MAJOR DEVELOPMENTAL TASKS OF ADOLESCENCE

A number of researchers and psychologists have identified what they believe to be some of the major tasks that need to be accomplished during adolescence. These tasks include:

Separation - transforming relationships with parents from a parent-child relation to parent-adult (child) relation; taking the initiative for structuring one's own activities.

Identity - developing a sense of self, answering the question "Who am I?" dealing with individual abilities and skills, assets and limitations.

Behavioral Control - developing self-regulation of one's own behavior, taking responsibility for the consequences of one's actions.

Achievement - focusing energies to develop skills and abilities; realistically preparing for the future and self-support.

Intimacy - developing friendships with the same and opposite sex; expanding one's ability to be for open and honest with others.

Moral Development - formulating a set of beliefs and values as a guide for ethical behavior; developing a philosophy of life that can be communicated to others.