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# AFTER HIGH SCHOOL: What is Next?

The transition from **high school** to the **next chapter** is one of the **major changes** in the lives of youth. This **transition** consists of **several changes** that could possibly include:



Geographical Relocation

Discovering new opportunities to grow

Making and losing friends



Establishing independence



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What happens during this phase?

DURING **ADOLESCENCE**, ESPECIALLY AS WE EXPERIENCE **MAJOR TRANSITIONS**, WE BECOME **MORE INDEPENDENT** AND LEARN TO:



Manage health, finances, and careers



Learn to regulate emotions




Form and express opinions



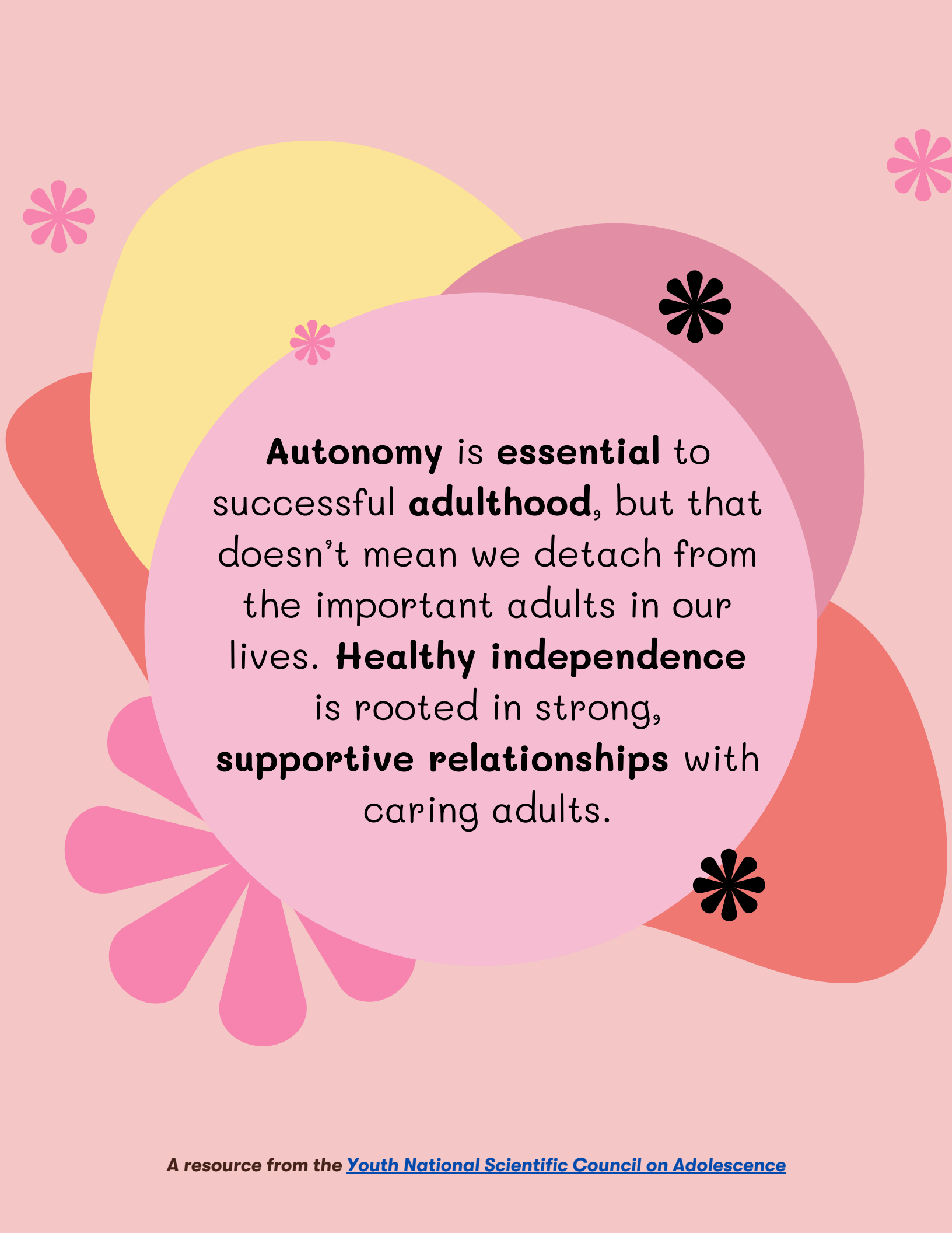
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What do we need during this phase?



\* Despite the **increasing autonomy** we experience during this transition, we still want the **support** of the **adults** in our lives.

\* According to a message survey, **1,400** 14- to 24-year-olds revealed that they want **adult guidance** in regards to **deciding** their **path** in **life**.



**Autonomy** is **essential** to successful **adulthood**, but that doesn't mean we detach from the important adults in our lives. **Healthy independence** is rooted in strong, **supportive relationships** with caring adults.