


TRANSITIONING TO ADULTHOOD



WHO DO YOU WANT TO BE?



As young adults, we constantly ask ourselves this question, especially as we transition into adulthood. As we explore ourselves in search of the answer to this question, young adults need the following:

The power to say: "This is who I am"



Role models and positive feedback



Access to resources



Freedom to decide our identity



Check out the tips on the next page and learn more in the CDA articles linked in our bio!



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Tip 1

Talk to Others

Where am I going to live? How do I find a job? Should I get a pet? Who do I want to be? All these questions and more flood our brains when entering adulthood. On the surface, it can look as though everyone else has adulting figured out, but the truth is, everyone is going through similar struggles. Try talking to a friend about your challenges. You likely will find comfort and inspiration in each other.


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Tip 2

Be Open to Failure

At this point in our lives, we can likely identify at least a few things we know we are good at. While it might seem safer to stick to what we already know, trying new things and sometimes failing at them is an essential part of figuring out who we are. Remember to embrace those moments of failure, rather than shying away from them.





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Tip 3

Ask for Help

During the transition to adulthood, we are all itching for more freedom and independence. While that may appear to be fun and exciting, it also comes with various challenges. Even though we are exercising more responsibility and independence, don't forget that there are caring adults still willing to help.