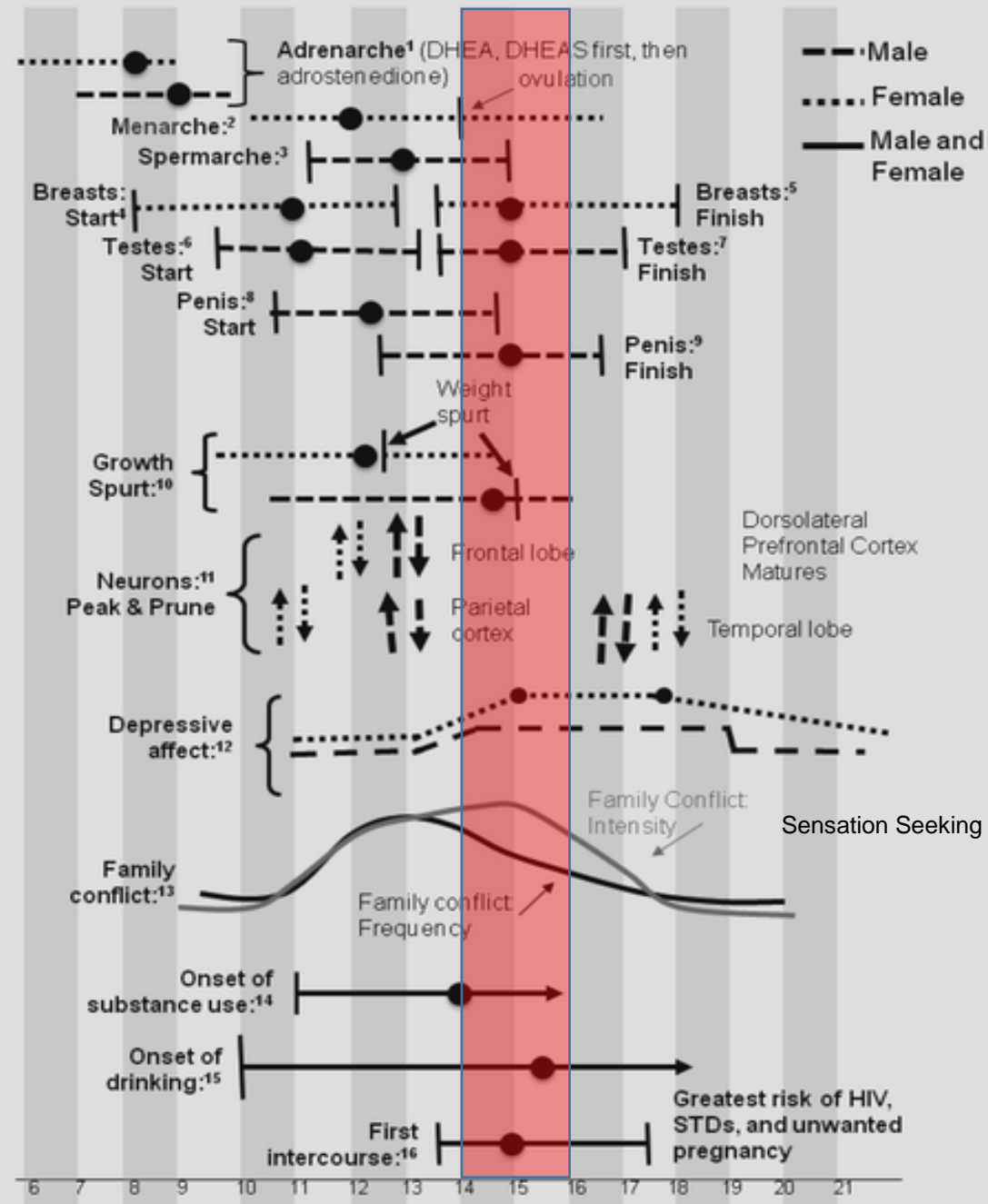


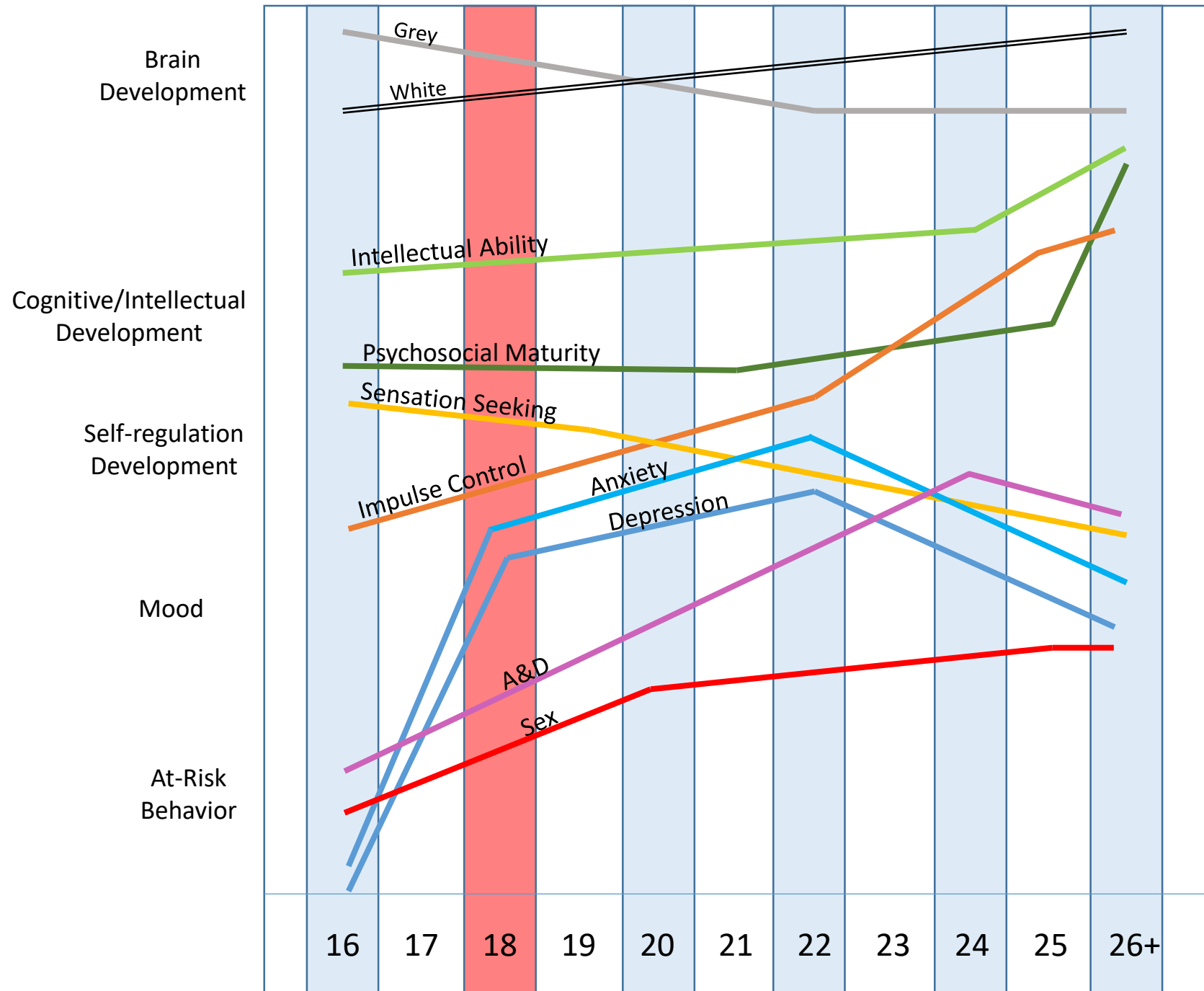
The background of the slide features a dramatic sunset scene. On the right side, a dark, jagged silhouette of a cliff edge is visible. Several people are captured in mid-air, jumping off the cliff towards the left. The sky is filled with soft, golden light from the setting sun, with wispy clouds catching the light. The overall mood is one of freedom, transition, and taking a leap.

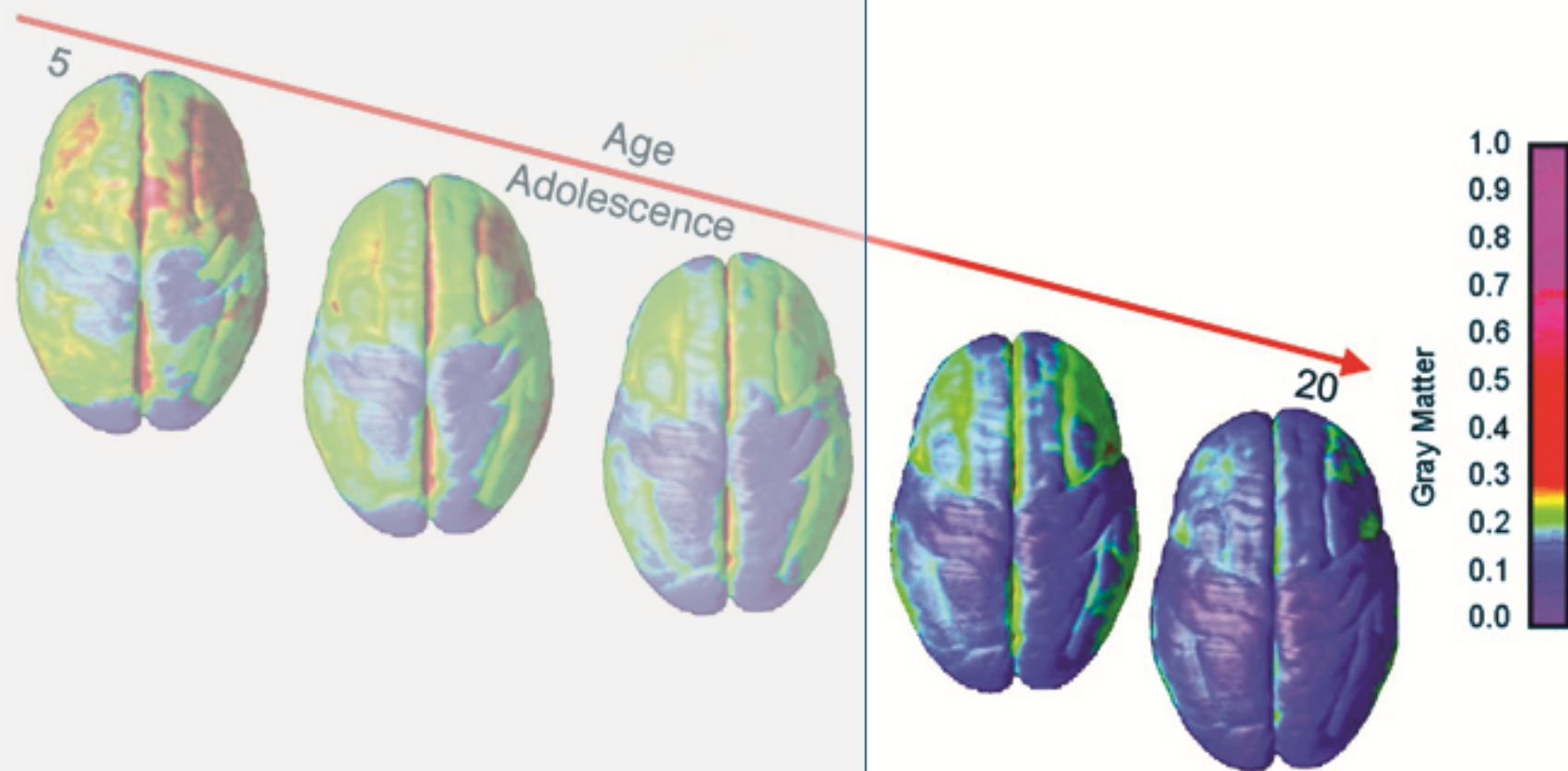
Making The Leap

Preparing Teens for the Transition
From High School to College

James G. Wellborn, Ph.D.







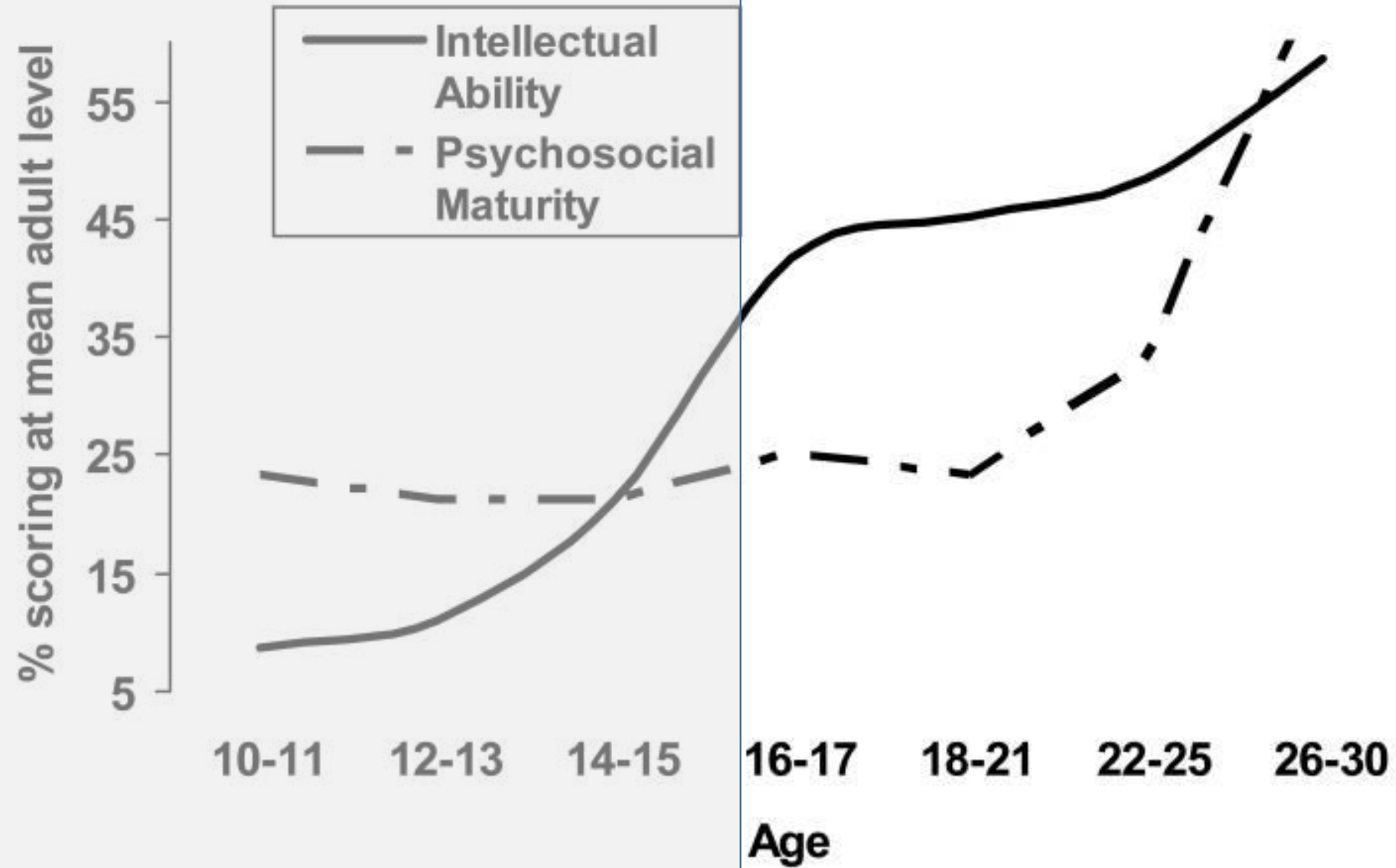


Figure 1. Proportion of individuals in each age group scoring at or above the mean for 26- to 30- year-olds on indices of intellectual and psychosocial maturity. From [Steinberg et al., 2007](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2396566/).
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2396566/>

Characteristics of Formal Operational Thought

Abstract

Adolescents think more abstractly than children. Formal operational thinkers can solve abstract algebraic equations, for example.

Idealistic

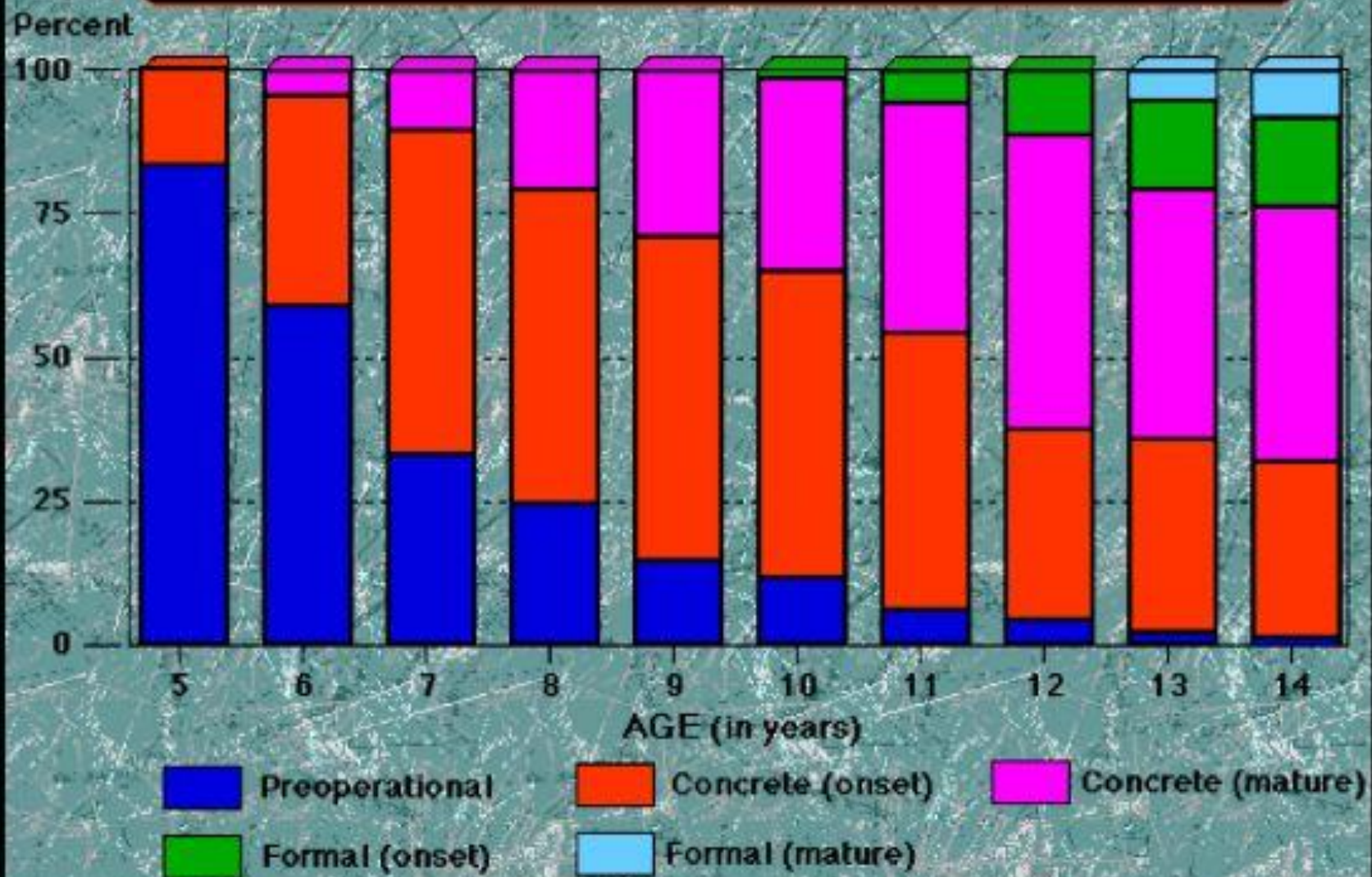
Adolescents often think about what is possible. They think about ideal characteristics of themselves, others, and the world.

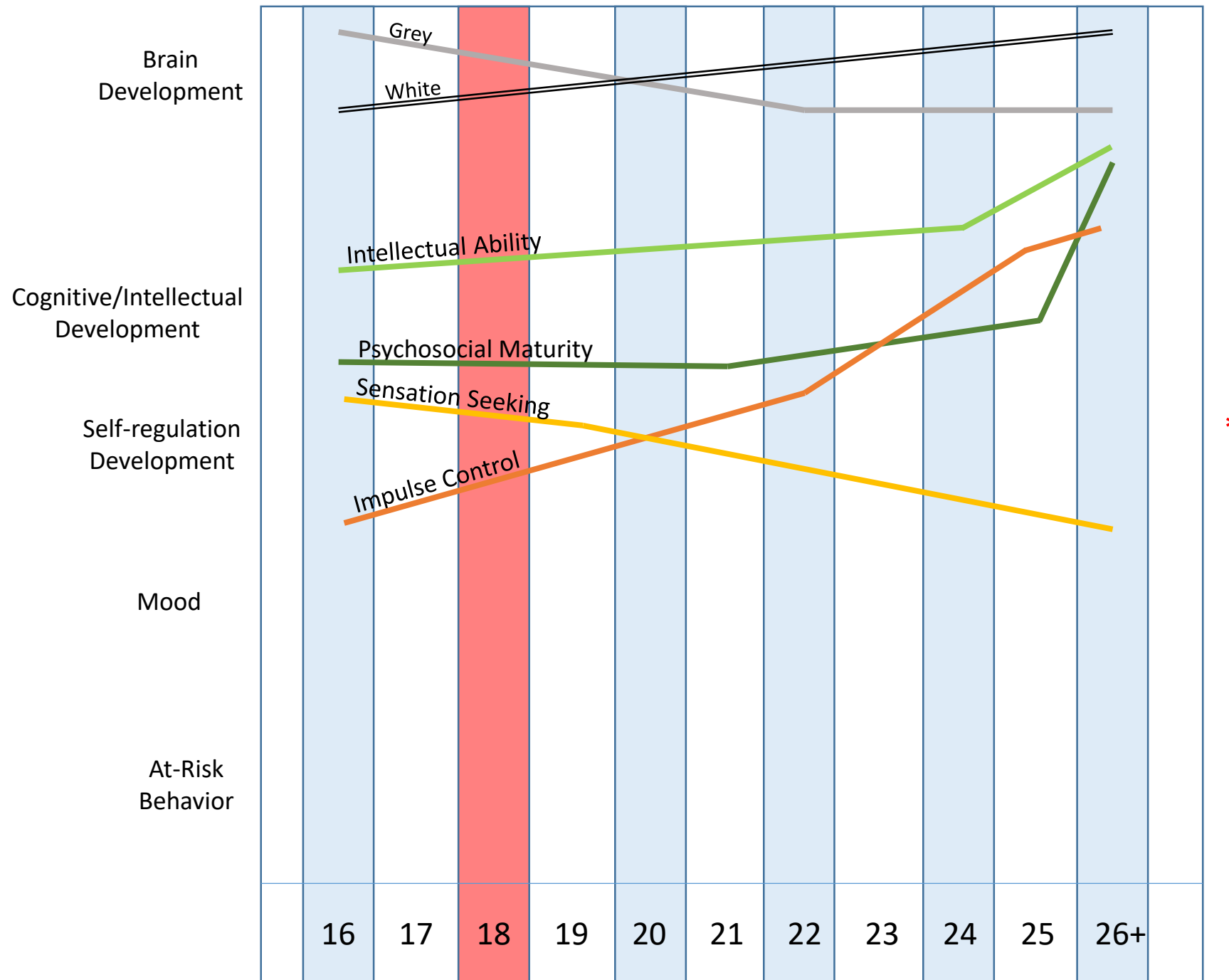
Logical

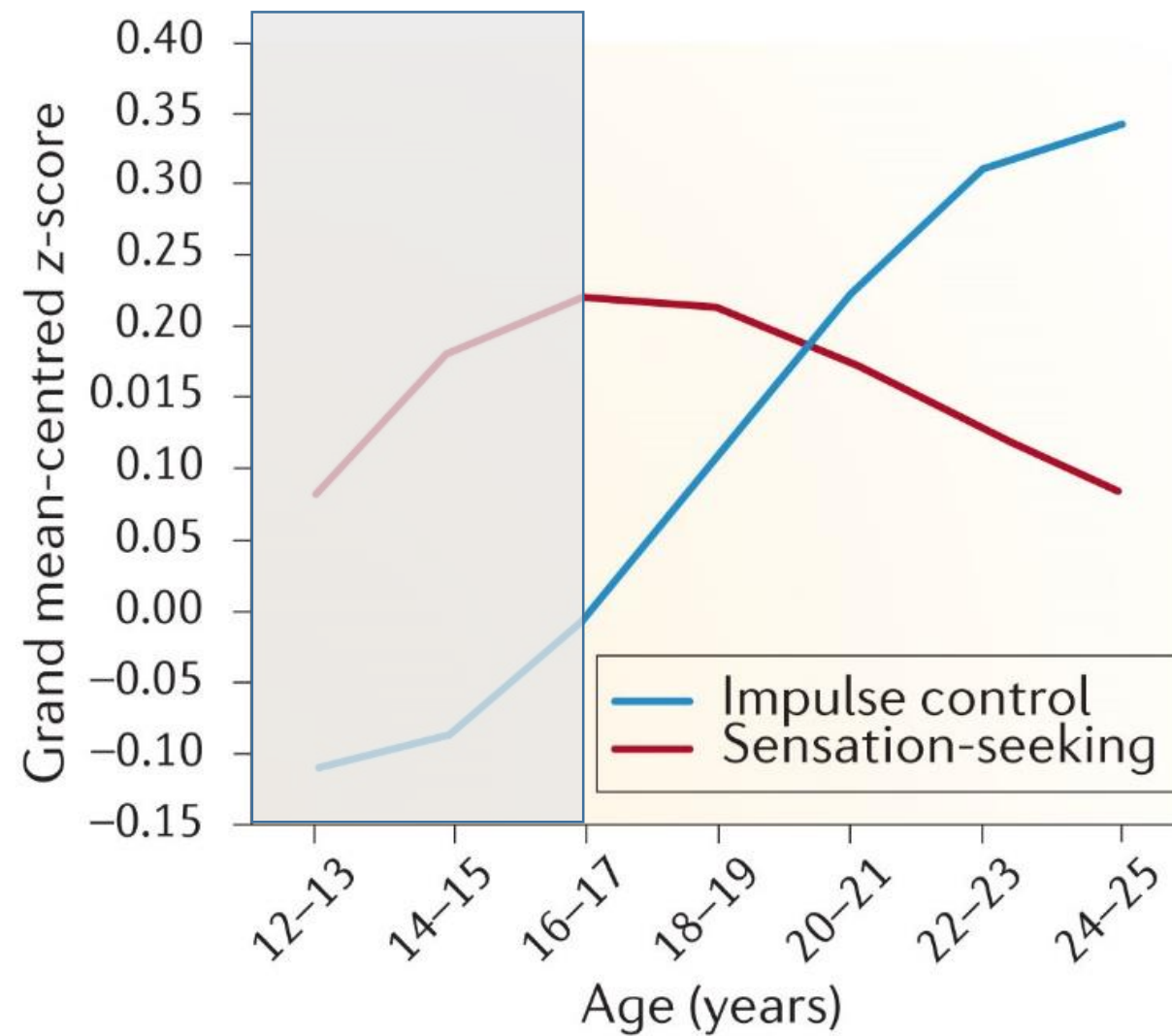
Adolescents begin to think more like scientists, devising plans to solve problems and systematically testing solutions. Piaget called this type of logical thinking hypothetical-deductive reasoning.



Percent of Students in Piagetian Stages

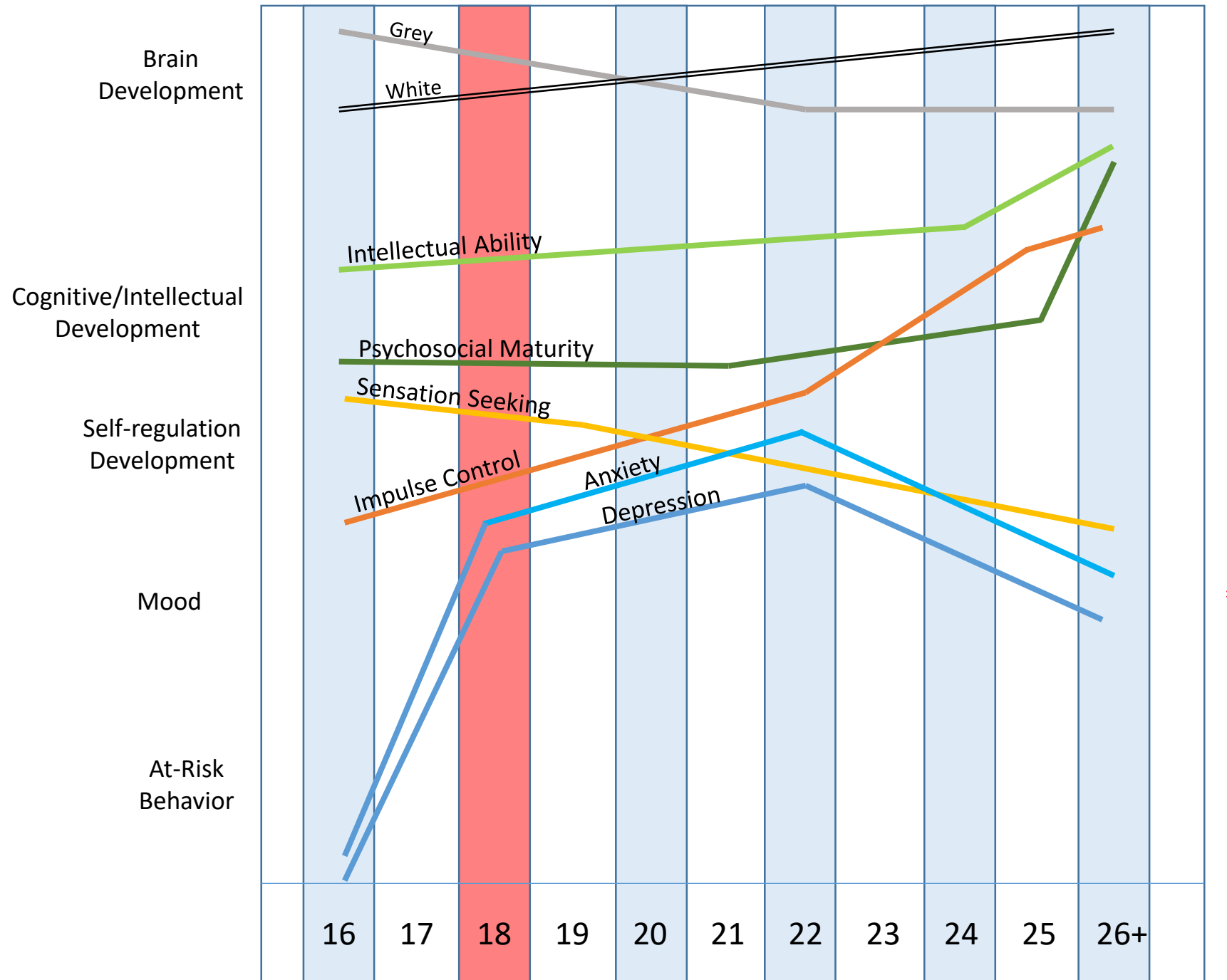






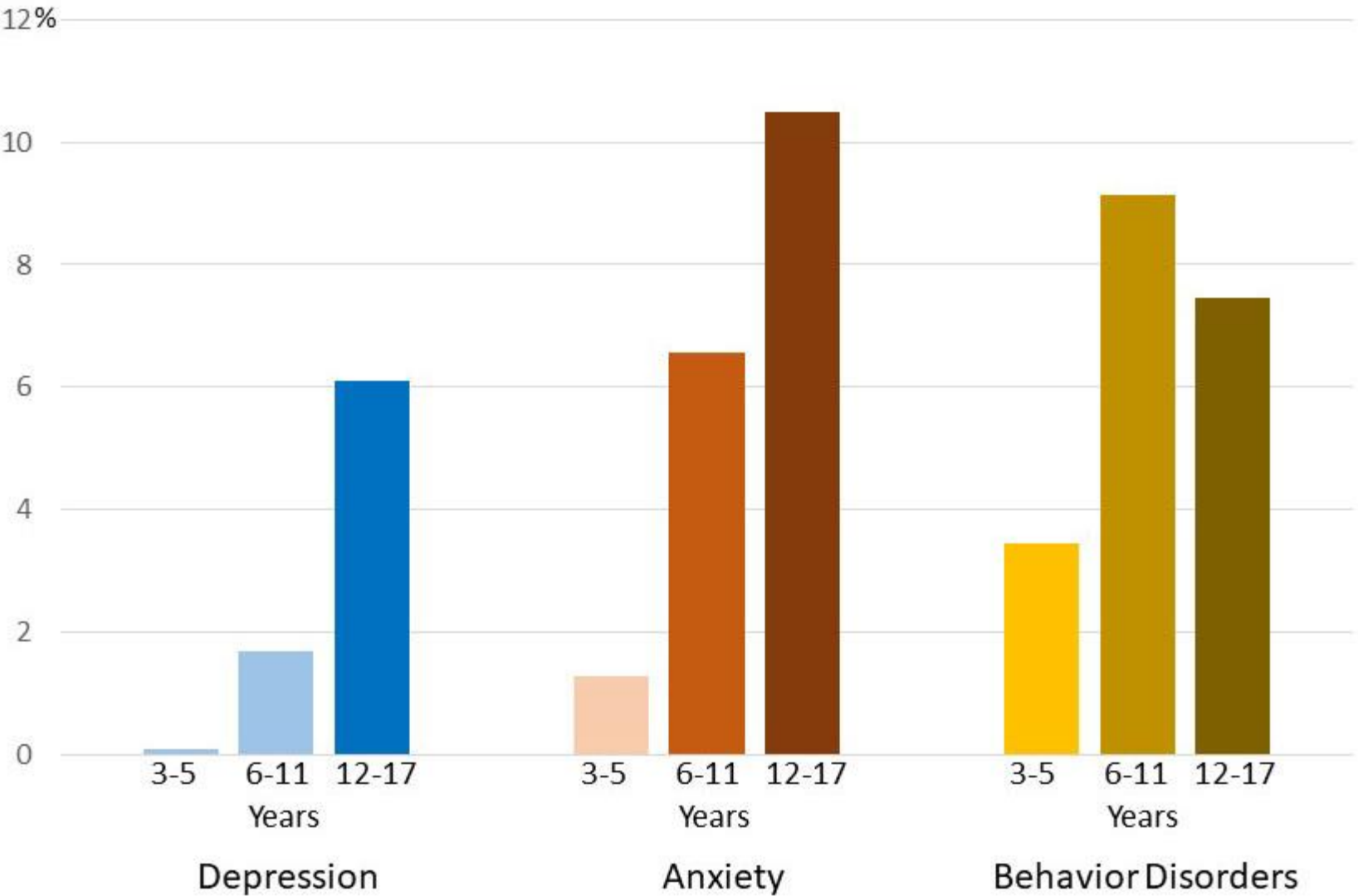
Nature Reviews | **Neuroscience**

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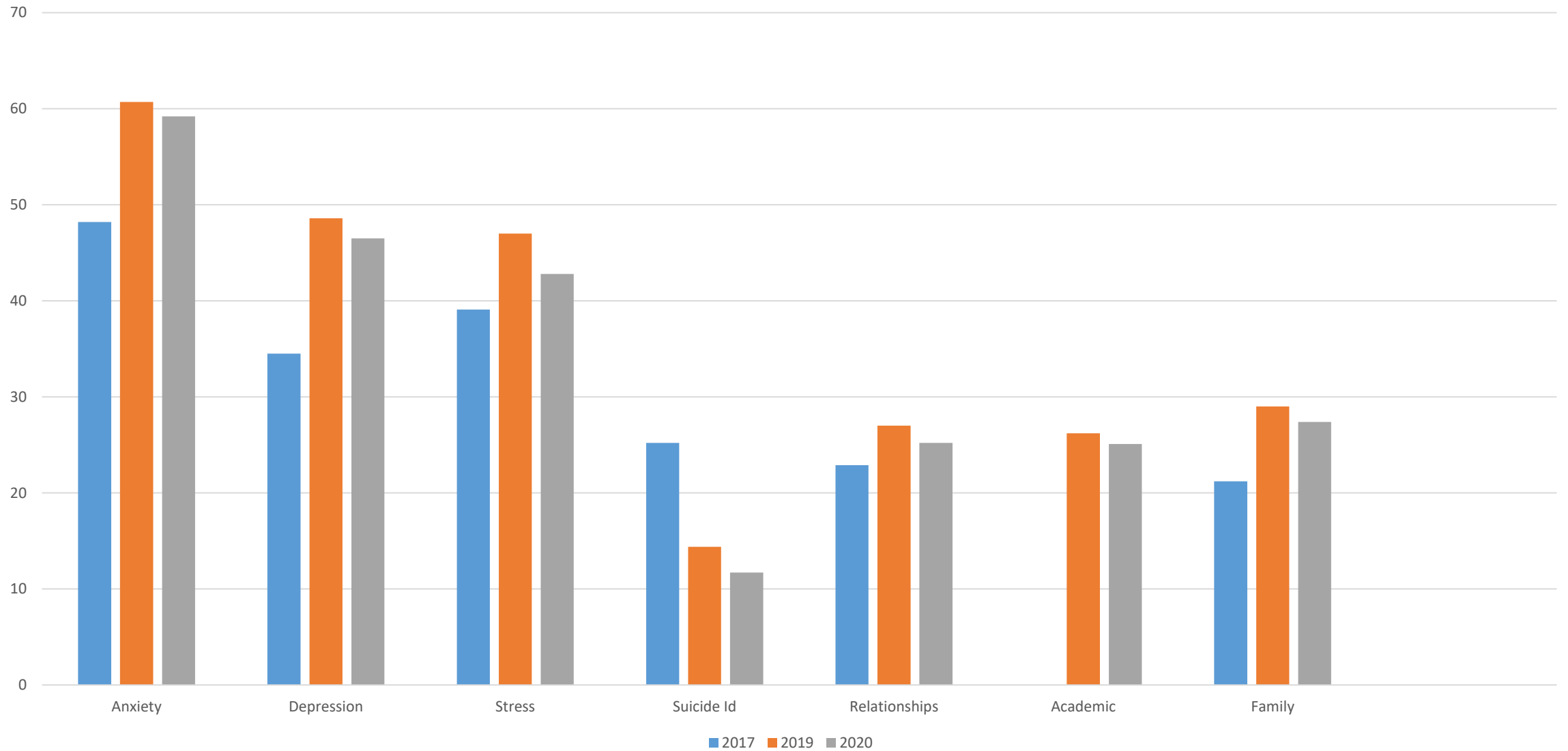


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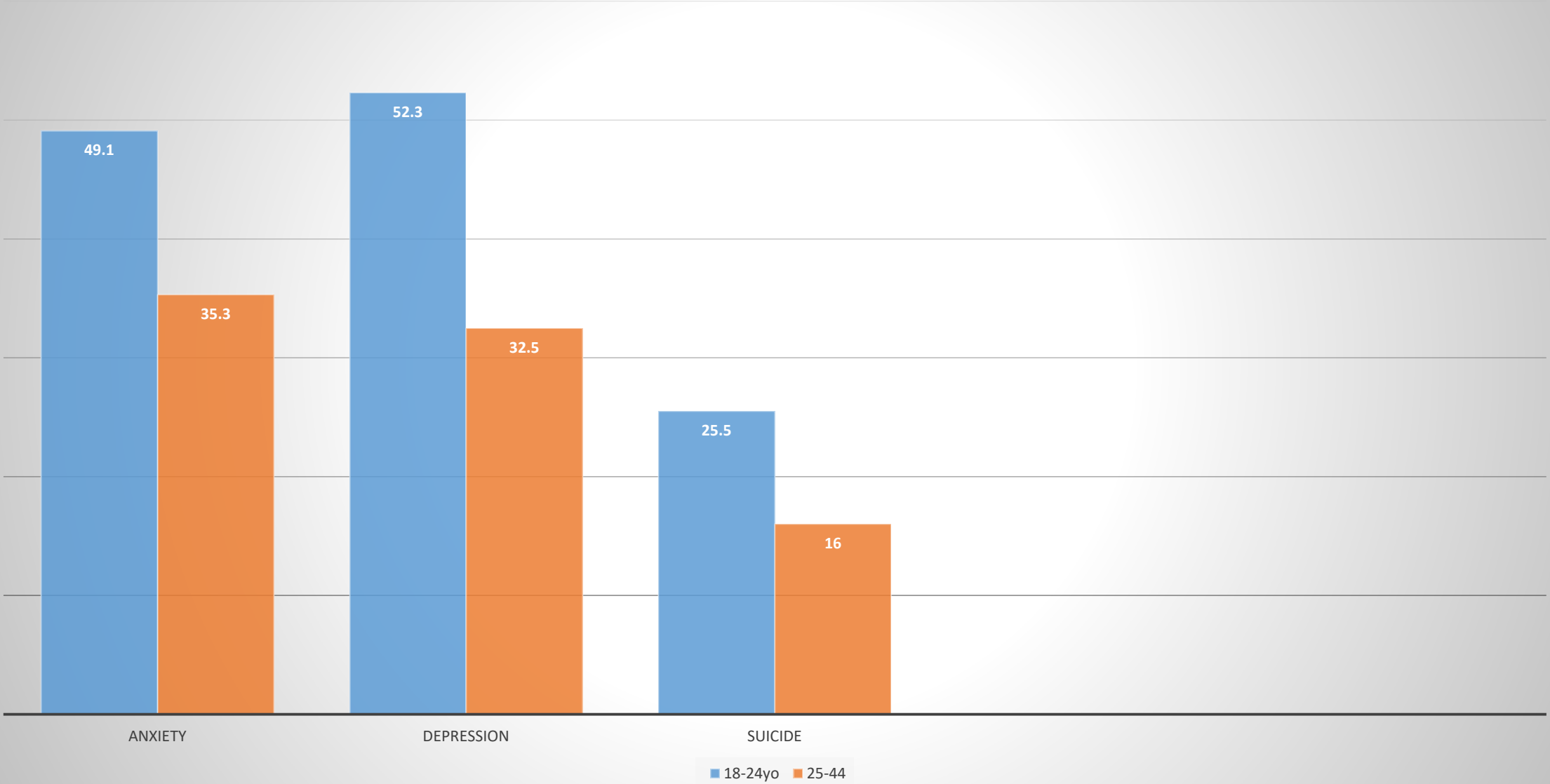
Depression, Anxiety, Behavior Disorders, by Age



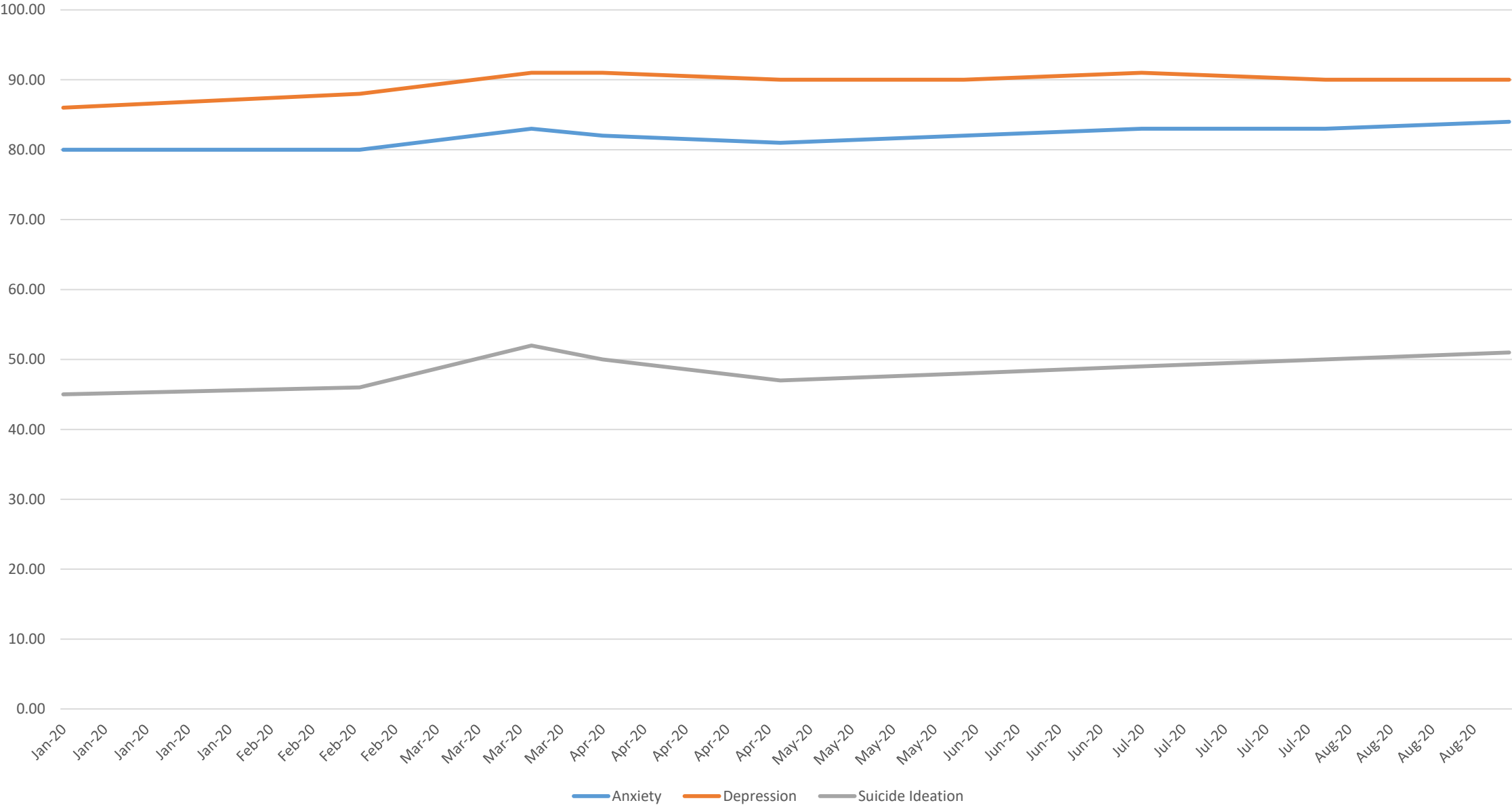
College Counseling Center Presenting Complaints

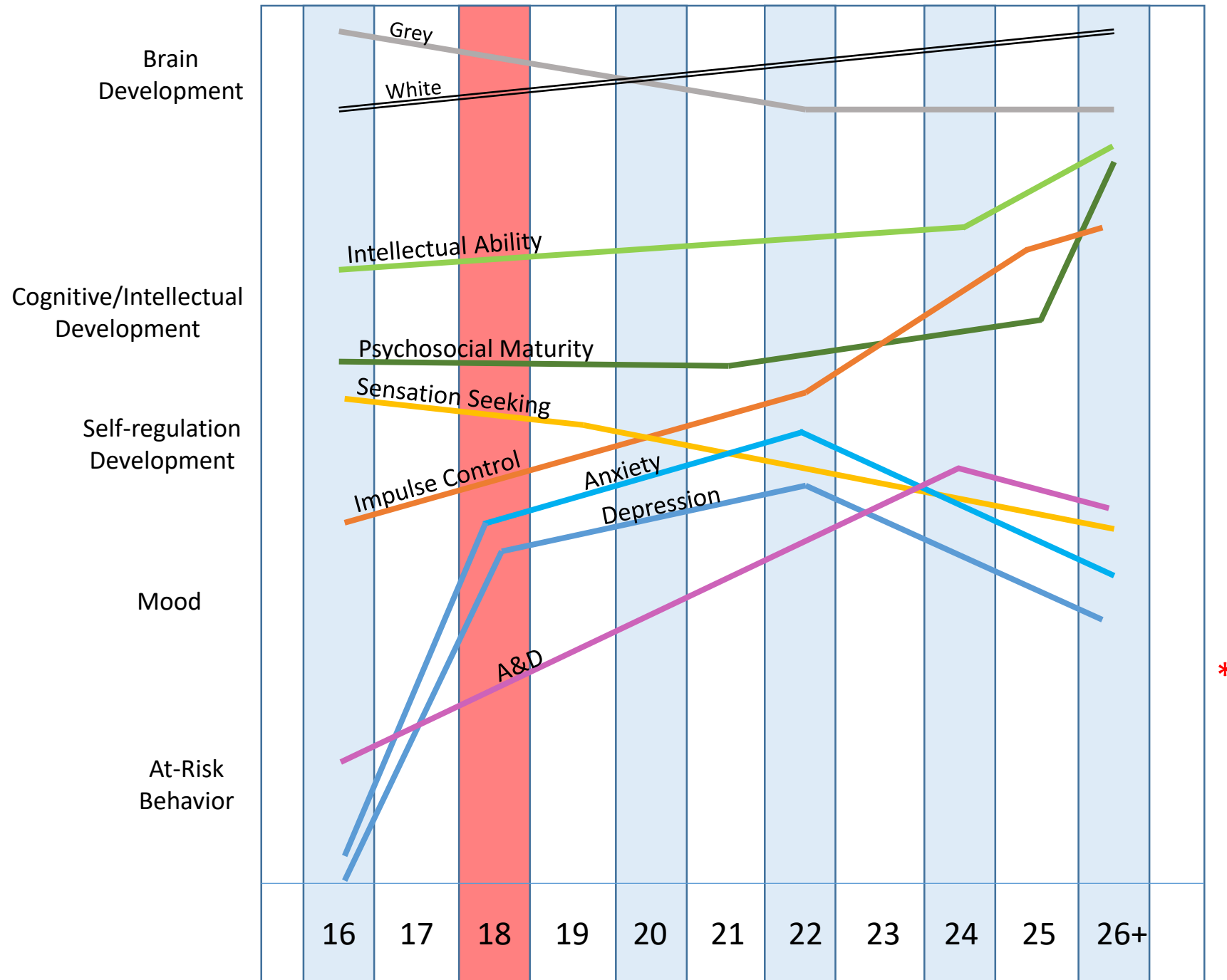


CDC June 2020



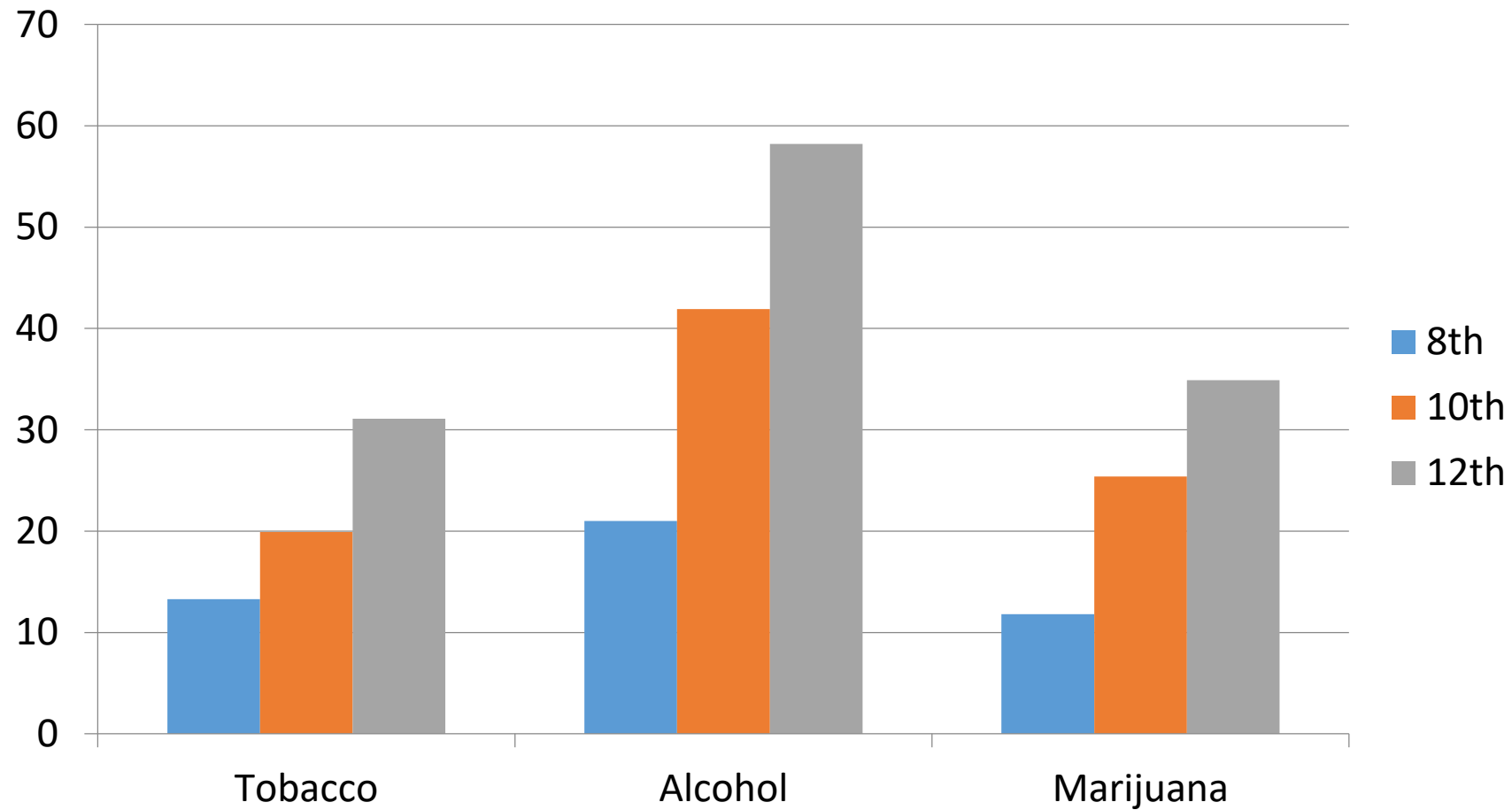
11-17 yo Mental Health Screenings



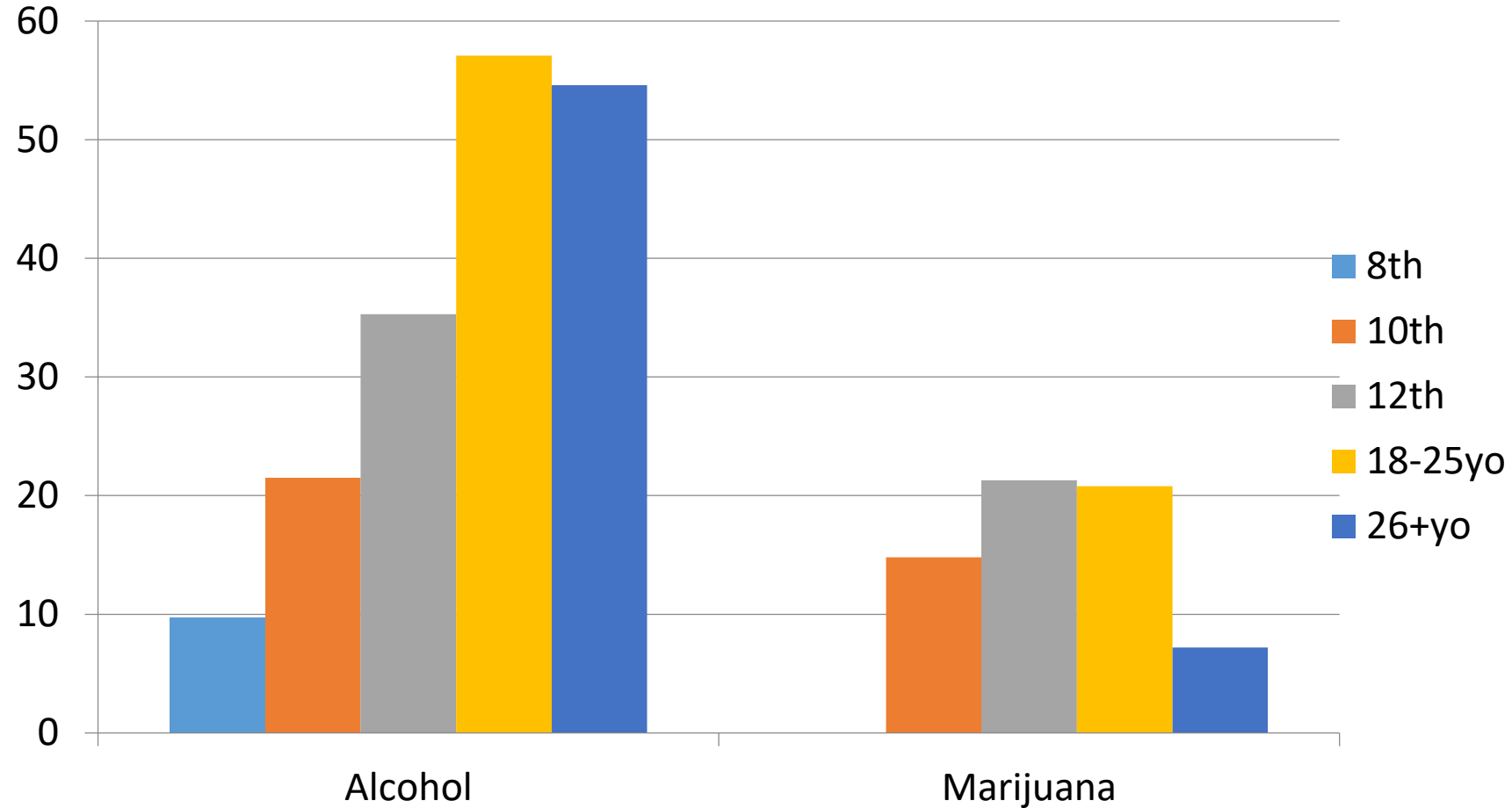


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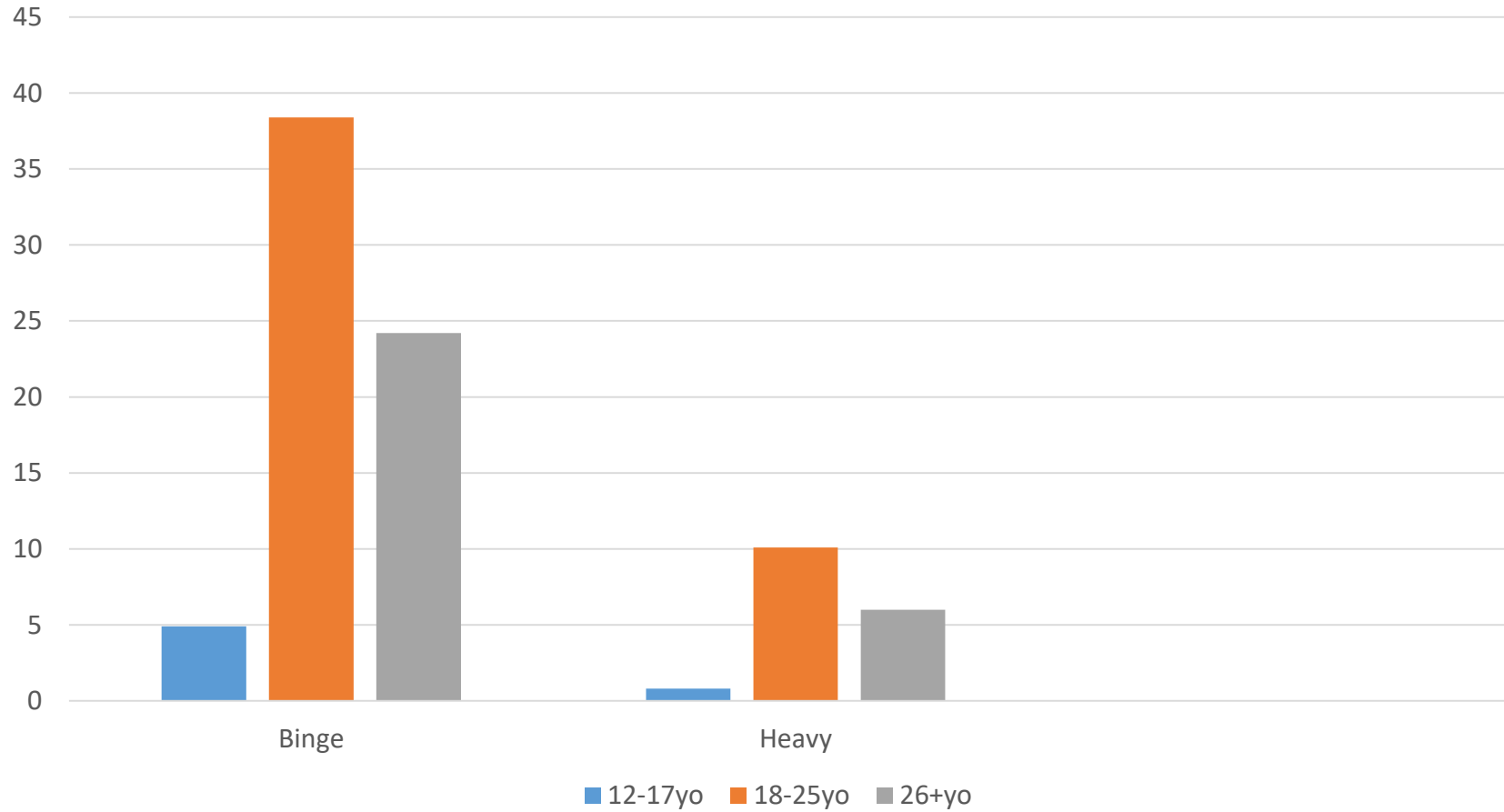
Annual Substance Use

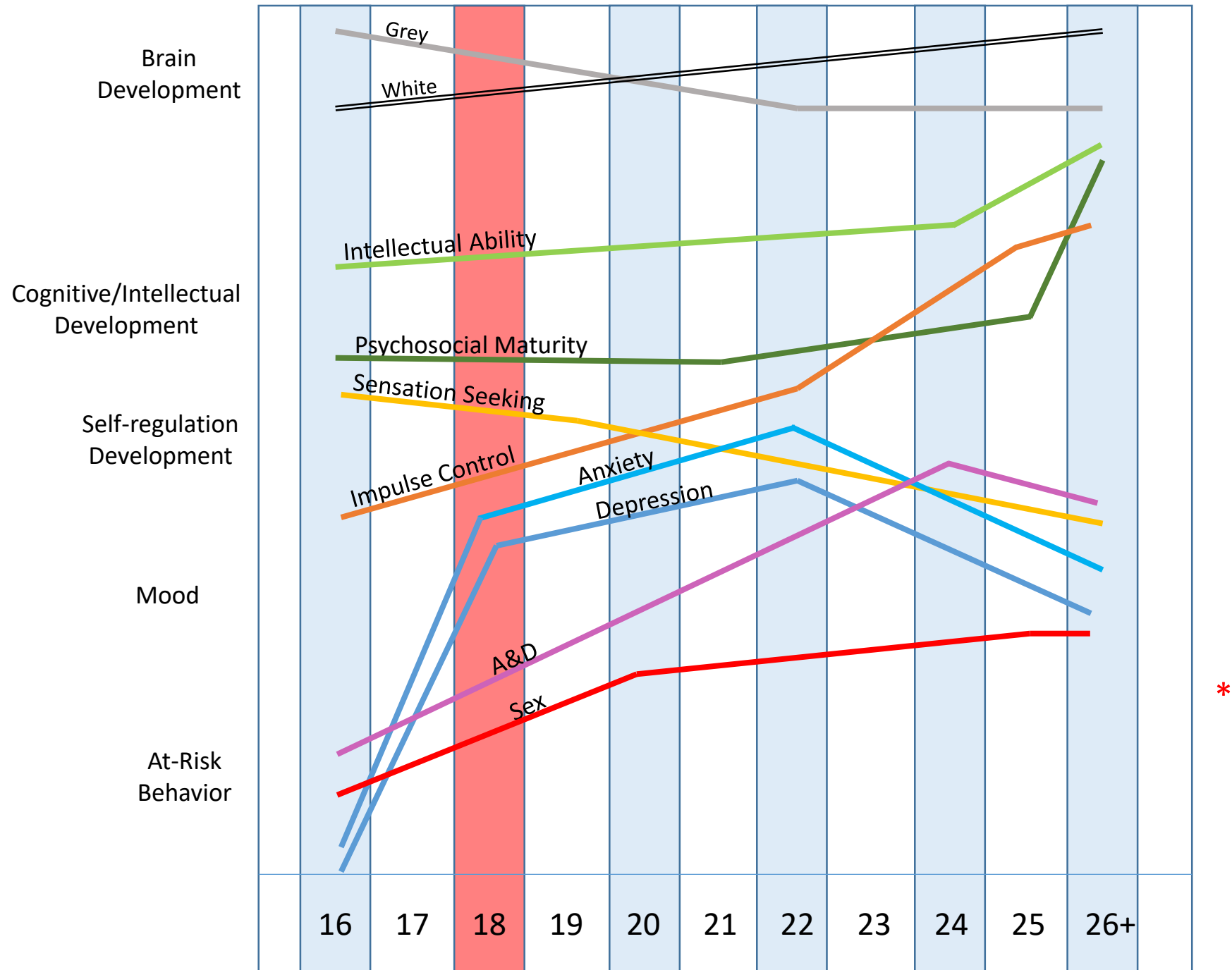


30 Day Substance Use



Binge (5+ drinks)
Heavy (5+ Binge days)
Alcohol use in Past 30 days

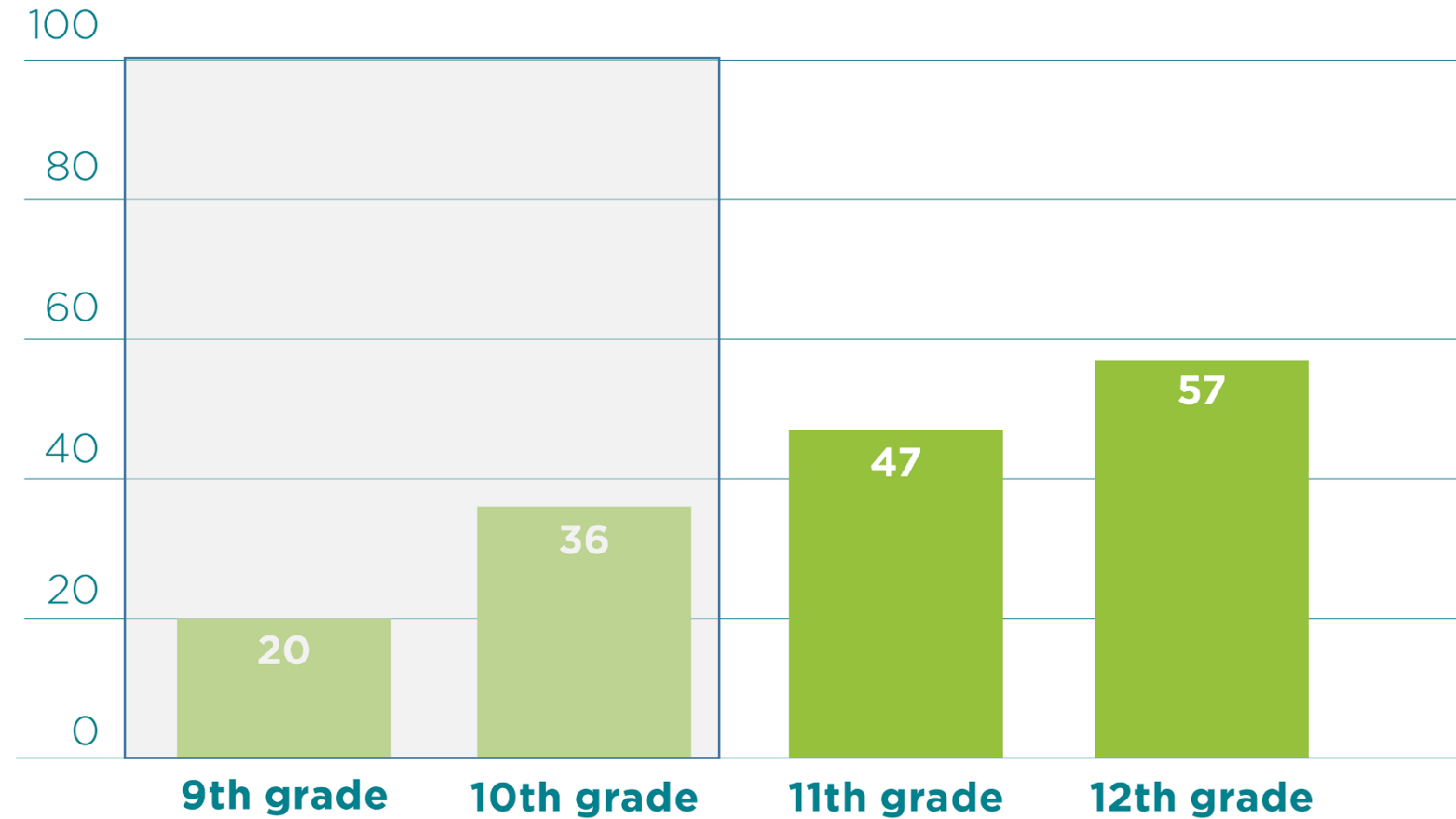




*

By the time they are in 12th grade, the majority of U.S. high school students have had sexual intercourse

% of students in 2017 who have ever had sex

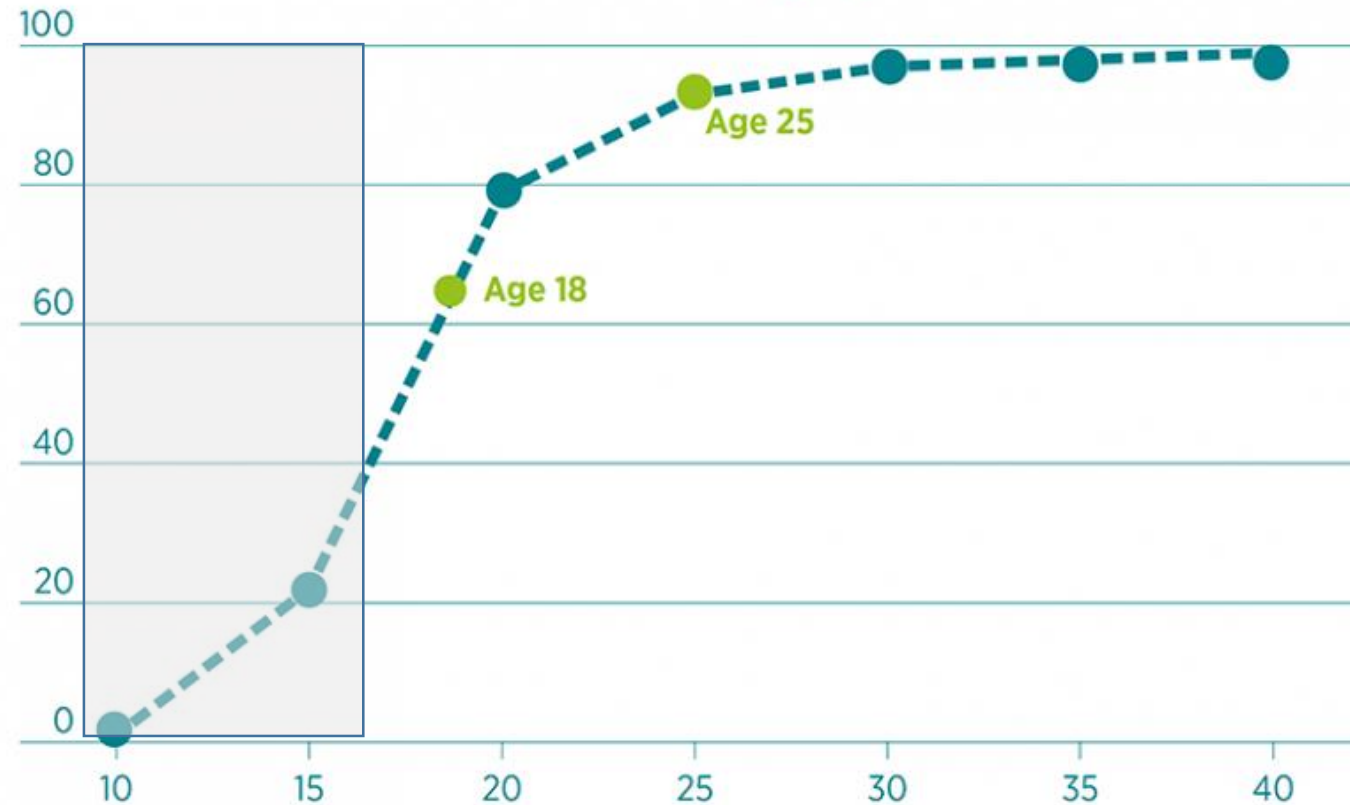


SOURCE: [guttmacher.org](https://www.guttmacher.org)

SEXUAL INTERCOURSE AMONG YOUNG PEOPLE IN THE U.S.

Sex is a natural part of being human, and 65% of 18-year-olds and 93% of 25-year-olds have had sexual intercourse

% of individuals who have had sexual intercourse, by age



www.guttmacher.org



SCAFFOLDING

SCAFFOLDING

- Structure
- Monitoring
- Choice
- Accountability
- Character



“You’re A Young Adult Now”

STRUCTURE	Low
MONITORING	With Cause
CHOICE	Freedom
ACCOUNTABILITY	Kid (with Parent)
CHARACTER	Integrity

LIFE SKILLS



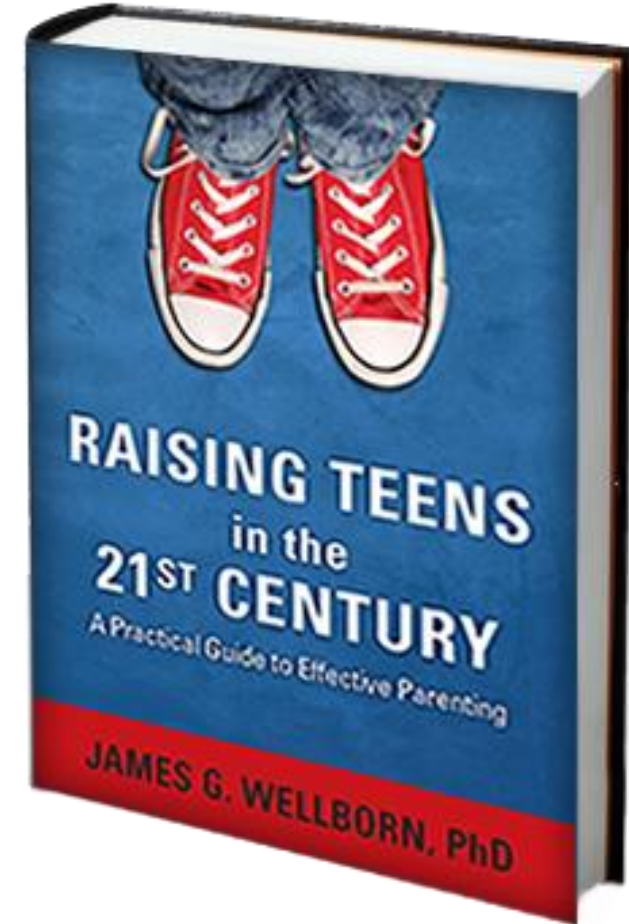
- ✓ Money Management
- ✓ Communal living skills
- ✓ Setting their agenda
- ✓ Social Skills
- ✓ Independence
- ✓ Self discipline
- ✓ Decision making
- ✓ Living with integrity
- ✓ Spiritual beliefs

Parenting Approaches

- Lots of talking, even more listening
- Practice freedom
- Practice responsibility
- Goal setting and planning
- Short term consequences and then reset privileges
- Time management

Resources

- www.DrJamesWellborn.com
- www.JamesGWellbornPhD.com
- <https://drjameswellborn.com/books/booklets/>
- **Parenting Teens Newsletter**
www.drjameswellborn.com/newsletter
- **Blogs**
www.DrJamesWellborn.com
click on the “Articles” tab



Presentation Evaluation

www.drjameswellborn.com/survey

