

## Segment 4

I'd like to highlight a handful of social skills and psychological capacities that we found to be helpful as young people make the transition into adulthood. First, learning how to adapt and be resilient in the face of changing circumstances, disappointments and failures, developing clearer and a more differentiated set of goals. This rests on learning individual strengths, limits and interests. It rests on identifying available options and ways to leverage them and to be able to set goals that are good and realistic match to your abilities. Match is especially important and it's shaped by input from parents, teachers, mentors, and adult peers. Sense of purpose, having a spark. Something that fuels passion and meaning and gives a shape to your plans. This too, rests on having at least some opportunities for self-exploration. The capacity for intimacy and close social relationships. A central task of the early adult years is learning how to build relationships that are characterized by trust, self-disclosure, closeness, commitment and concern. Achieving intimate relationships is really a gateway to adult development. This is not only about romantic relationships but it's about relationships of all kinds. Learning how to form and, especially, how to maintain all kinds of relationships. Learning about intergroup relationships. This is an especially important feature in our diverse world. Young people have to understand and be able to relate to people like them but also to recognize that they are just one of many subgroups in the larger society. They must be open too and have relationships with members of other groups in order to expand their feelings and their attitudes, in order to gain cultural knowledge and in order to build empathy for other kinds of people. Reflective capacity, this means having some self-awareness and the ability to take the perspectives of other people and to take these perspectives into account before we act. One must learn to analyze one's motives and experiences and extract lessons to shape future goals, decisions and behaviors. Self-regulation, the ability to control one's impulses and one's emotions in order bring them into compliance with the expectations in social settings. We know that this is a highly predictive trait of many positive outcomes in childhood and in adolescence but it's probably no less important in adult life.