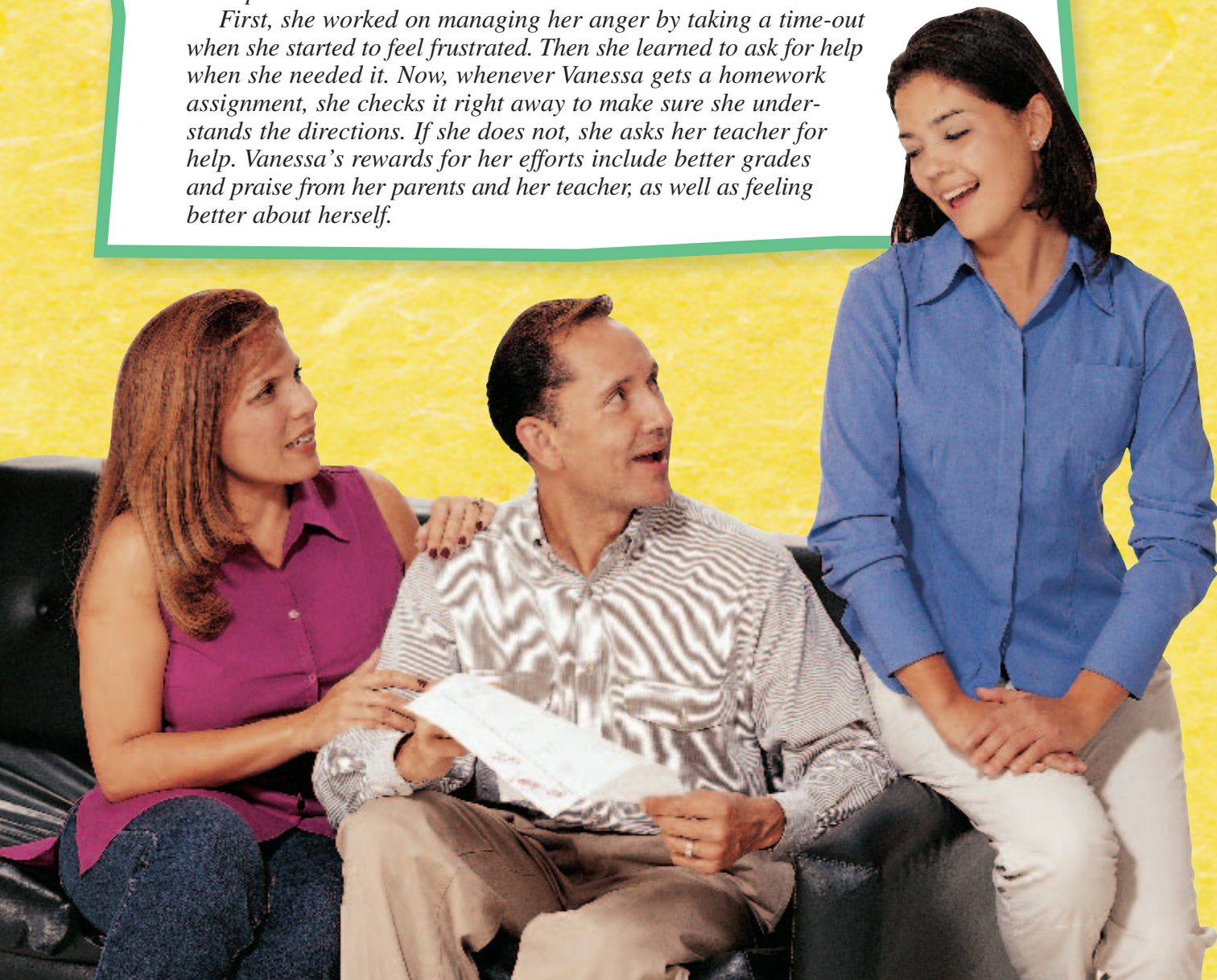


Model

During your teen years, you will complete many developmental tasks. The chart on the next page lists some of these tasks. You can think of these tasks as long-term goals that you must reach in order to become a healthy, mature adult. Read about how Vanessa used goal setting to accomplish a developmental task—learning to solve problems in an adult way.

Vanessa used to get upset when she could not figure out how to do something. If she could not do a homework assignment, she would rip her paper to bits. As a result, her grades dropped. Vanessa realized that she had to find positive solutions if she wanted to pass her classes, so she set a goal of learning to solve problems better.

First, she worked on managing her anger by taking a time-out when she started to feel frustrated. Then she learned to ask for help when she needed it. Now, whenever Vanessa gets a homework assignment, she checks it right away to make sure she understands the directions. If she does not, she asks her teacher for help. Vanessa's rewards for her efforts include better grades and praise from her parents and her teacher, as well as feeling better about herself.



Practice

Read about Anthony, a teen who is having difficulty with one of his developmental tasks.

Anthony has always been tall for his age. Now that he has reached his growth spurt, he is much taller than anyone else in his class. Sometimes his friends and classmates tease him about his height. Anthony feels embarrassed that he stands out so much in a crowd. Sometimes he walks around with his shoulders slumped to make himself appear shorter.

1. Which developmental task is causing problems for Anthony?
2. What short-term goal could he set to work on this task?
3. What other people might be able to help Anthony?

Apply/Assess

On a sheet of paper make a chart like the one shown below. In the first column, list the eight developmental tasks of adolescence. In the second column, list signs in your life that you are succeeding at a particular task. Use the third column to list signs that you are having trouble with a task.

Based on your sheet, determine which of the eight tasks seems to be most difficult for you. Set a short-term goal that will help you succeed at this task. On a separate sheet of paper, use the steps for goal setting to show how you could achieve this goal. Name some people who could help you work toward your goal.



Goal Setting

1. Set a specific goal.
2. List the steps you will take.
3. Get help and support from others.
4. Evaluate your progress.
5. Reward yourself.

Self-Check

- Did I identify the developmental task I most need to work on?
- Did I list the steps I can take to achieve my goal?
- Did I name people who may be able to help me with this goal?

Developmental Tasks	Signs of Success	Signs of Difficulty
1) become more independent 2) learn more about yourself 3) define your values 4) learn how to reason and solve problems in an adult way 5) accept your body 6) gain a masculine or feminine view of yourself 7) form more mature relationships with people of both genders 8) develop an interest in your community	I tutor younger students after school.	Almost all my friends are the same gender as I am.