

# Module 5: Life Span Development


## Topic 4 Content: Young Adulthood

### Introduction

**Bulletin Board**

**Introduction**

Click the notes on the bulletin board to examine some facts about young adulthood. Close out this note or click next to continue.



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# Module 5: Life Span Development


## Topic 4 Content: Young Adulthood

### Physical Condition

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**Physical Condition**

Muscle strength, stamina, visual acuity, and reaction time are all at their peak during young adulthood. Additionally, cognitive abilities such as mental speed are also at their height.



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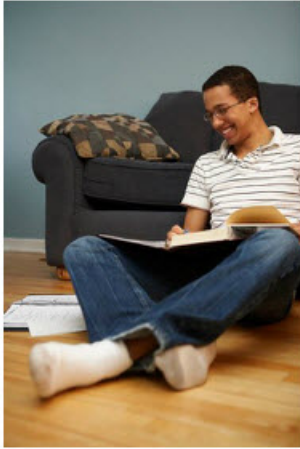
## Topic 4 Content: Young Adulthood

### Emerging Adulthood

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#### Emerging Adulthood

Developmental psychologists created the term “emerging adulthood” to describe many young adults who are not fully independent, due to economic realities or other reasons. For example, these young adults might be between jobs or going back to school for additional education, and continue to live with their parents. Young adults typically strive to become fully independent.



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### Milestones

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**Milestones**



A path toward adulthood begins as adolescence ends. The years of young adulthood are marked by some fairly significant decisions, such as career, mate, and children.

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## Topic 4 Content: Young Adulthood

### Career and Relationships

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**Career and Relationships**

Beginning a career or a job is a typical initial developmental task toward independence. Single people often feel a desire to find a mate, or if already married, might decide to start a family. Often the thirties are considered a time when people “settle down” into family roles, which may involve raising and providing for children.



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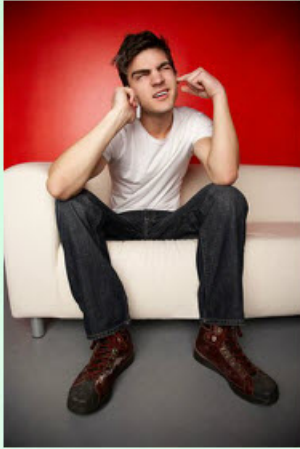
### Topic 4 Content: Young Adulthood

#### Age Thirty Transition

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#### Age Thirty Transition

Once people enter their thirties, they often reevaluate the path they chose in their twenties, and question decisions they made. Developmental psychologists refer to this as the "Age Thirty Transition."



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