Millennial/developmental info

- Matures
- Boomers
- Gen-Xers
- Millennials

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<tr>
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<th>Matures</th>
<th>Boomers</th>
<th>Gen-Xers</th>
<th>Millennials</th>
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Three criteria for adulthood

- Accepting responsibility for self
- Making independent decisions
- Being financially independent


Emerging Adulthood: 18 to 25(ish)

- Identity Exploration
- Are Self-focused
- Often “feel in-between”

Characteristic of Traditional Age Students (Millennials)

- Developmental
  - Identity
  - Independence
  - What can I do (competence/career)
  - Who will I be with (relational)
  - Dualistic thinking

- Generational
  - Special
  - Sheltered
  - Team-oriented
  - Pressured
  - Optimistic
  - Menu-driven thinking
  - Confident
  - Connected
  - Open to change

Characteristics of the Millennial Generation

- Special (lots of parental involvement)
- Sheltered (baby on board)
- Team-oriented (desire for structured activity & used to being in groups)
- Achieving (very smart- “probably most all-around capable teenage generation...”)
- Pressured (To make the right choices, etc...)
- Optimistic (self-efficacy vs. self esteem)
National Trends

- Decrease in emotional coping and interpersonal skills
- Increases in disruptive behavior
- University counseling centers experiencing increase in students with serious psychological concerns
- 85-90% of violent behavior and sexual assault is alcohol related

National College Health Assessment (NCHA) Survey: Selected Findings

Academic Impacts: Within last 12 months factors reported affecting academic performance, i.e., received incomplete, received lower grade on exam or important project.

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</thead>
<tbody>
<tr>
<td>Alcohol Use</td>
<td>13.60%</td>
<td>11.80%</td>
<td>13.40%</td>
<td>11.60%</td>
<td>8.20%</td>
<td>6.40%</td>
<td>4.40%</td>
</tr>
<tr>
<td>Other drugs use</td>
<td>2.40%</td>
<td>2.90%</td>
<td>2.30%</td>
<td>2.80%</td>
<td>.80%</td>
<td>1.90%</td>
<td>1.80%</td>
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<tr>
<td>Anxiety/Depression</td>
<td>/5.0%</td>
<td>/5.0%</td>
<td>/5.0%</td>
<td>/5.0%</td>
<td>/5.0%</td>
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<td>/5.0%</td>
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<tr>
<td>Internet use &amp; computer games</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>12.30%</td>
<td>6.80%</td>
<td>8.50%</td>
<td>11.60%</td>
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<tr>
<td>Stress</td>
<td>24.30%</td>
<td>%</td>
<td>%</td>
<td>20.20%</td>
<td>19.60%</td>
<td>22.90%</td>
<td>25.40%</td>
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