

# Contents

|   |     |
|---|-----|
| Preface   Why We Wrote This Book .....              | 4   |
| Guide   How To Use This Book .....                  | 6   |
| 1. Young Adult Success... Loading? .....            | 8   |
| 2. Life Skills – What's in a Name? .....            | 24  |
| 3. Are We More Alike Than Unalike? – Identity ..... | 44  |
| 4. Your Development .....                           | 64  |
| 5. Your Psychosocial Brain .....                    | 82  |
| 6. Thinking about Thinking .....                    | 108 |
| 7. Bamboo or Brick? – Resilience .....              | 134 |
| 8. How To Help Yourself .....                       | 156 |
| 9. Young Adult Success: It's YOUR Challenge .....   | 176 |
| Acknowledgments .....                               | 196 |

Young Adult Success is a book about lifelong learning. It is a self-access resource aimed at 16-30 year olds, though it also provides teachers, parents, and care-givers opportunity for reflection and understanding. It explores life skills, personal development, psychology, thinking, resilience and social and emotional learning. Each chapter contains Challenges that ask the reader to explore themselves, test their understanding and help them to apply these concepts to their own life experience.