**General Developmental Tasks of Early Adulthood**

Below are eight likely developmental tasks for adults from ages 20-30 years old. What are the major influences that foster the completion of these tasks? What would be evidence that the adult had accomplished the task? How does cognitive and physical development interact with the completion of these tasks? How might cultural influences play a role in timing and/or completion of each task?

1. **Courting and selecting a mate.**

Influences that foster completion:

Evidence of accomplished?

Relationship to Cognitive Development?

Relationship to Physical Development?

Impact of culture?

1. **Learning to adjust to living harmoniously with a life-partner.**

Influences that foster completion:

Evidence of accomplished?

Relationship to Cognitive Development?

Relationship to Physical Development?

Impact of culture?

1. **Begin a family and assimilate the role of parenthood.**

Influences that foster completion:

Evidence of accomplished?

Relationship to Cognitive Development?

Relationship to Physical Development?

Impact of culture?

1. **Rearing children and meeting their needs.**

Influences that foster completion:

Evidence of accomplished?

Relationship to Cognitive Development?

Relationship to Physical Development?

Impact of culture?

1. **Learning to manage a home and assuming household responsibilities.**

Influences that foster completion:

Evidence of accomplished?

Relationship to Cognitive Development?

Relationship to Physical Development?

Impact of culture?

1. **Embarking on a career and/or continuing education.**

Influences that foster completion:

Evidence of accomplished?

Relationship to Cognitive Development?

Relationship to Physical Development?

Impact of culture?

1. **Assuming some type of civic responsibility.**

Influences that foster completion:

Evidence of accomplished?

Relationship to Cognitive Development?

Relationship to Physical Development?

Impact of culture?

1. **Searching for a congenial social group.**

Influences that foster completion:

Evidence of accomplished?

Relationship to Cognitive Development?

Relationship to Physical Development?

Impact of culture?

**For discussion:** In your opinion, which of these tasks is most important and why? Are any of these developmental tasks “required” for successful navigation into middle adulthood? What other developmental tasks can you imagine for early adulthood?