ADULT LIFE CYCLE TASKS

LEAVING HOME  18-22
- Break psychological ties
- Choose career
- Enter work
- Handle peer relationships
- Manage home
- Manage time
- Adjust to life on one’s own
- Problem solve
- Manage stress accompanying change

REACHING OUT  23-28
- Select Mate
- Settle in work, begin career ladder
- Parent
- Become involved in community
- Consume wisely
- Own home
- Socially interact
- Achieve autonomy
- Problem solve
- Manage stress accompanying change

QUESTIONS...QUESTIONS  29-34
- Search for personal values
- Reappraise relationships
- Progress in career
- Accept growing children
- Put down roots, achieve “permanent” home
- Problem solve
- Manage Stress accompanying change

MIDLIFE EXPLOSION  35-45
- Search for meaning
- Reassess marriage
- Reexamine work
- Relate to teenage children
- Relate to aging parents
- Reassess personal priorities and values
- Adjust to single life
- Problem solve
- Manage Stress accompanying change

SETTLING DOWN  44-55
- Adjust to realities of work
- Launch children
- Adjust to empty nest
- Become more deeply involved in Social life
- Participate actively in community concerns
- Handle increased demands of older parents
- Manage leisure time
- Manage budget to support college-age children and ailing parents
- Adjust to single state
- Problem solve
- Manage stress accompanying change

MELLOWING  56-64
- Adjust to health problems
- Deepen personal relations
- Prepare for retirement
- Expand a vocational interests
- Finance new leisure
- Adjust to loss of mate
- Problem solve
- Manage stress accompanying change

RETIREMENT  65+
- Disengage from paid work
- Reassess finances
- Be concerned with personal health care
- Search for new achievement outlets
- Manage leisure time
- Adjust to more constant marriage companion
- Search for meaning
- Adjust to single state
- Become reconciled to death
- Problem solve
- Manage stress accompanying change

1 Paraphrased from Time Magazine Summer 1978