

Adulting 101

The Art of Being a Grown-up

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Session 1

What is an Adult?

Defining Adulthood

At the heart of being an adult is awareness of your:

- Strengths
- Weaknesses
- Skills
- Challenges



Defining Adulthood (continued)

We learn to accept:

- we're not perfect
- we'll never be perfect
- the most we can do is become the best version of ourselves, based on our moment-to-moment choices.



The Art of Responsibility

Adolescents:

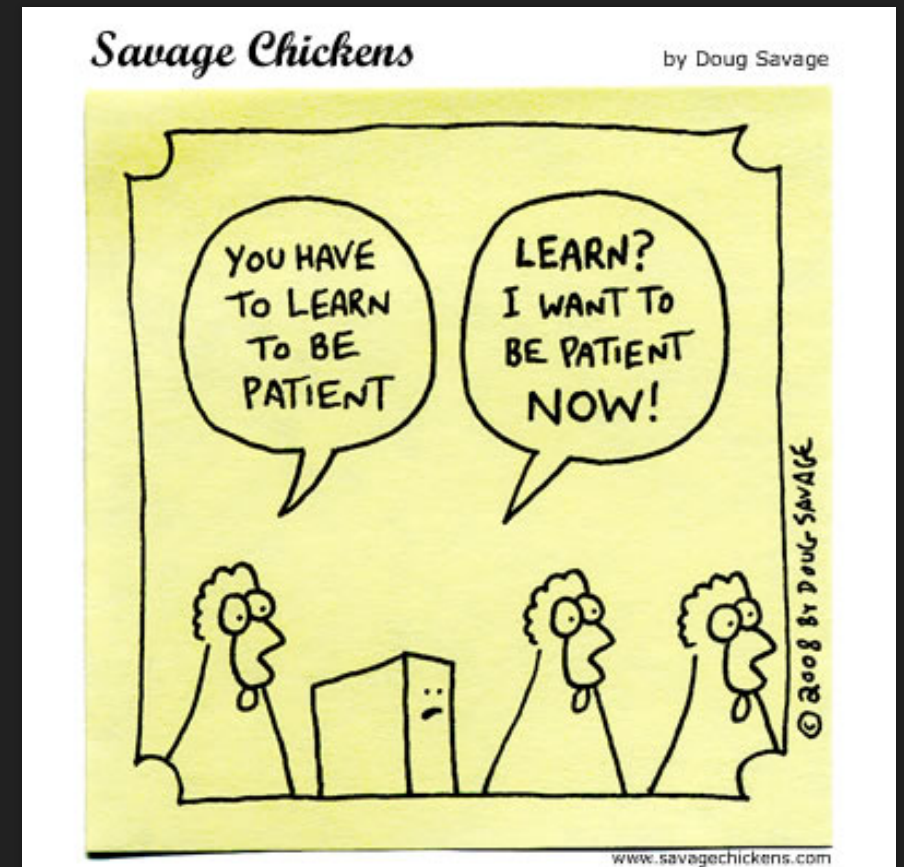
- are not used to accepting personal responsibility.
- often blame other people for their problems and assume that everyone is out to ruin their lives.
- often believe adults should be able to read their minds.
- have trouble asking for help or expect others to fix their problems for them.
- may not have learned or been taught the skills needed to be independent.



The Art of Responsibility (continued)

In adulthood we strive to:

- say what we mean and mean what we say.
- show up on time.
- meet deadlines and pay bills.
- take care of our physical needs (housing, transportation, money, health, etc.)
- adjust to changing circumstances.
- understand the world does not revolve around us.
- work cooperatively with others.
- apologize when wrong and commit to doing better.



Helpful Hints

- Becoming an adult is a marathon, not a sprint.
- Admitting a weakness and implementing a work-around until you develop that skill is more effective in the long-run than denial, and far less stressful.
- If you don't know, Google it.
- If you still don't know, ask.
- Every day, be as encouraging to yourself as you are to a loved one when they're down in the dumps.
- Kindness and a sense of humor cost nothing, and they breed good will.

