

# HDFS 313 Reflection: Flourishing During Emerging Adulthood

## Activity

Flourishing During Emerging Adulthood Reflection

## Purpose

Some important questions to consider in adolescent development and emerging adulthood is what is flourishing, and what development factors help one to flourish? For this assignment, your task is to reflect on what the scientific literature reports are factors that promote flourishing for different domains of development, such as relationships, cognitive development, and civic engagement, and apply those principles to your own experience.

This assignment addresses the following Module Learning Outcomes:

1. Identify the factors that promote flourishing in emerging adulthood.
2. Examine trends of family formations, work, civic engagement, relationships, and identity development in emerging adulthood.
3. Reflect on whether one's own life experiences are (dis)similar to trends of emerging adulthood.

## Instructions

Please carefully read the assignment instructions and be sure to respond to all parts of the assignment prompts. Please limit your use of direct quotes from the text. (When using APA format, direct quotes are mainly used when quoting a participant in a qualitative study, or when the quote is so expressive that any attempt to paraphrase would greatly diminish the meaning derived from the quote.)

All readings for this assignment are from the text:

[Padilla-Walker, & Nelson, L. J. \(2017\). Flourishing in Emerging Adulthood: Positive Development During the Third Decade of Life. Oxford University Press.](#)

## Part 1

Each of the chapters listed below examine factors that might be related to flourishing during emerging adulthood for the respective topic of the chapter. For this section of the paper, you are asked to read 3 of the 8 chapters listed below, and answer the questions

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below for each of the 3 chapters you choose. To earn full points for this section, you must show you have read the material by using specific examples from the text, and fully address the prompts. Be sure to cite all sources using APA format. (18 points; 6 points per chapter review).

- Chapter 2, [Identity Formation and Moral Development in Emerging Adulthood](#)
  - Chapter 3, [The Role of Purpose Among Emerging Adults](#)
  - Chapter 4, [Healthy Transitions to Family Formation](#)
  - Chapter 5, [Healthy Transitions to Work](#)
  - Chapter 6, [The Role of Civic and Political Participation in Successful Early Adulthood](#)
  - Chapter 7, [Environmental Activism in Emerging Adulthood](#)
  - Chapter 8, [Positive Relationships as an Indicator of Flourishing During Emerging Adulthood](#)
  - Chapter 9, [“I Think, Therefore I Do”: Cognitions Related to Flourishing in Emerging Adulthood](#)
1. In 1-2 paragraphs, summarize and describe the factors that, according to the authors of the chapter, are associated with flourishing in emerging adulthood. (2 points)
  2. In 1-2 paragraphs, critique the authors’ description of what they say flourishing consists of for this domain. For example, do you agree or disagree with their assertions? Do you think something is missing? (2 points)
  3. In 1-3 paragraphs, do a self assessment of how you think you are doing in this domain. That is, describe your experience with respect to the topic of the chapter. How would you say you are doing in this domain? Which factors are applicable to how you are doing in this domain? Would you say you are flourishing in this area? Which factors could be optimized? (2 points)

## Part 2

The text, *Flourishing in emerging adulthood: Positive development during the third decade of life*, has several chapters on what flourishing looks like for specific topics and populations, such as those serving in the military, members of the LGBTQ+ community, people who have grown up in foster care, people managing disabilities, youth from migrant families, etc. For this part of the paper, choose 1 of the chapters with a topic that piques your interest, and answer the question below. (To see a complete list of the chapters in the book, you can scroll through the [Table of Contents](#).) You might choose a chapter that relates to your life experiences, or those of a loved one, or you could choose a chapter about a population you plan to one day work with.

To earn full points for this section, you must show you have read the material by using specific examples from the text, and fully address the prompts. Be sure to cite all sources using APA format, including a page number if you use direct quotes. (6 points)

1. Summarize the main points of the chapter. (This can be done in bullet points or in a paragraph.)
2. What critiques do you have of the authors' assertions? What do you agree or disagree with? What is missing from the chapter regarding the topic or population the chapter deals with?
3. How does this chapter apply to your experience, or that of a loved one? How does this chapter help you understand the experiences of the population you learned about in the reading?
4. What are the main takeaways from this chapter? List at least three main takeaways. (This can be done in bullet points or in a paragraph.)

## APA format

Be sure to include in-text citations and a reference list in APA format. (3 points)

## Writing and Mechanics

Be sure to proofread your paper for correct spelling, syntax, word choice, and punctuation. (3 points)

## Submission Requirements

Due by 11:59 pm on Sunday of Week 9.

30 points possible. See the rubric for grading criteria. [How do I view the rubric for my assignment?](#)

Points: 30

Submitting a text entry box or a file upload

## Grading Rubric

Criterion	Excellent	Satisfactory	Needs Improvement	0 pts No Marks	Total
First chapter review	6 pts Thoroughly responds to all components of the prompt. Provides ample summary of	4pts Cursory responds to prompts. Provides minimal summary of chapter, critique of	2 pts Does not address the question or demonstrates an inadequate or partial grasp of the	No submission	

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	the chapter, critique of the content, and personal application. Answer displays clarity of thought, depth of reflection, and insight.	chapter, and personal application. Presents information fairly clearly and concisely,	question. Missing summary, critique, or personal application. Answer lacks clarity, may be confused, omit significant facts or is otherwise incomplete.		
Second chapter review	6 pts Thoroughly responds to all components of the prompt. Provides ample summary of the chapter, critique of the content, and personal application. Answer displays clarity of thought, depth of reflection, and insight.	4pts Cursory responds to prompts. Provides minimal summary of chapter, critique of chapter, and personal application. Presents information fairly clearly and concisely,	2 pts Does not address the question or demonstrates an inadequate or partial grasp of the question. Missing summary, critique, or personal application. Answer lacks clarity, may be confused, omit significant facts or is otherwise incomplete.	No submission	
Third chapter review	6 pts Thoroughly responds to all components of the prompt. Provides ample summary of the chapter, critique of the content, and personal application. Answer displays clarity of thought, depth of reflection, and insight.	4pts Cursory responds to prompts. Provides minimal summary of chapter, critique of chapter, and personal application. Presents information fairly clearly and concisely,	2 pts Does not address the question or demonstrates an inadequate or partial grasp of the question. Missing summary, critique, or personal application. Answer lacks clarity, may be confused, omit significant facts or is otherwise incomplete.	No submission	
Fourth chapter review & takeaways	6 pts Thoroughly responds to all	4pts Cursory responds to prompts.	2 pts Does not address the question or	No submission	

	components of the prompt. Provides ample summary of the chapter, critique of the content, and personal application. Answer displays clarity of thought, depth of reflection, and insight.	Provides minimal summary of chapter, critique of chapter, and personal application. Presents information fairly clearly and concisely,	demonstrates an inadequate or partial grasp of the question. Missing summary, critique, or personal application. Answer lacks clarity, may be confused, omit significant facts or is otherwise incomplete.		
APA Format	3pts	3pts	0 pts	0 pts	
Writing and mechanics	3 pts Excellent Uses elements of style and grammar well	2 pts Satisfactory Uses acceptable style and grammar (contains one or a few errors)	1 pts Needs Improvement May contain enough distracting grammar, spelling, etc. errors to make it substantially hard to read.	0 pts	