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# **COLLEGE STUDENT DEVELOPMENT**

**Carolyn Kern, PhD, LPC, NCC  
Associate Professor  
University of North Texas  
Counseling Program**

# ERICKSON'S PSYCHOSOCIAL DEVELOPMENT – STAGE V

## ○ Identity vs. Role Confusion

- Adolescents – *instinctive drives contribute to identity issues*
- Social matters – *fitting others expectations*
- Career choices – *Worry about place in the world & overwhelming options*
- Identity formation – *Role models a key, want to become like them*



## HOW IS IDENTITY DEVELOPED?

- Identity is found through accomplishments,
- Unconscious process – *aware of inability to make lasting commitments, every decision reduces future alternatives*
- Psychological moratorium – *commitment is so difficult*
- Sense of isolation until they know who they are & what they will do in life.



# Key to College Student Development is Identity Formation

If a person fails to undertake the identity task or is unable to find their way, the risk is Role Confusion, a pervasive sense of alienation in which they are unsure of the meaning of life and drift along on the path of least resistance.



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# IDENTITY DEVELOPMENT

**College Students' Challenge**

# CHICKERING'S VECTORS

## ○ **Developing Competence**

- Intellectual
- Physical & Manual
- Interpersonal

## ○ **Managing Emotions**

## ○ **Moving Through Autonomy towards Interdependence**

- Increased emotional independence
- Attaining instrumental independence
- Recognition of one's interdependence



- **Developing Mature Interpersonal Relationships**
- **Establishing Identity**
- **Developing Purpose**
- **Developing Integrity**
  - Humanizing of values
  - Personalizing values
  - Developing congruence



# CHICKERING'S TASKS CENTRAL TO DEVELOPMENT CHANGE

- Engage student in making choices
- Require interaction with diverse individuals & ideas
- Involve students in direct & varied experiences
- Involve student in solving complex intellectual & social problems without demand for conformity
- Involve student in receiving feedback & making objective self- assessment



# IMPLICATIONS FOR COLLEGE COUNSELORS & ADVISORS

- Identity issues central to all students including returning students
- Maximize the occurrence of identity crisis (periods of actual search) and provide support for resolution
- Encourage turning outward to care for others – volunteerism

