



# Transition to Adulthood: Action, Projects, and Counseling

*Richard A. Young, Sheila K. Marshall, Ladislav Valach, Jose Domene, Matthew D. Graham, Anat Zaidman-Zait*

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The transition to adulthood involves, for most individuals, moving from school to work, establishment of long-term relationships, possibly parenting, and a number of other psychosocial transformations. Now more than ever, there is a concern within popular and research literature about children growing up too soon or too late or failing to realize changes associated with being adult. With this in mind, the book intends to answer a series of timely questions in regard to transition to adulthood and propose a wholly new approach to counseling that enables youth to engage fully in their lives and achieve their best.

Active Transition to Adulthood: A New Approach for Counseling will discuss the authors' work on the transition to adulthood (including early and late adolescence) from an entirely innovative perspective – action theory. Over a period of 10-15 years the authors have collected substantial data on adolescents and youth in transition, and will present an approach to counseling based on these data and cases. The action theory perspective in which the authors have grounded their work addresses the intentional, goal-directed behavior of persons and groups that is expressed through particular actions, longer-term projects, and life-encompassing careers. In this book, both transition to adulthood and counseling will be covered in the language of goal-directed action. In this way both transition and counseling reflect and capture the action, projects, and careers in which families, youth, and clients are engaged and use to construct on-going identity and other narratives.

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