

Student Development 101

Developmental Considerations for Supporting College Student Success

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Context for Discussion

A developmental perspective is one that considers how time-specific markers across our lives influence our experiences and perspectives.

What are some examples of those markers?

CONGRATULATIONS



**YOU'RE NOW AN
"ADULT"**

Race and Ethnicity

- Identity issues remain the most salient issue for college age students, particularly in the realms of race and ethnicity (Yip, Seaton, & Sellers, 2006)
- College experiences can “intensify the process of developing a racial and/or ethnic identity” (Yip et al., 2006, p. 1515)
- Courses on racial or ethnic history and access to groups organized around race may make race and ethnicity more salient (Deaux & Ethier, 1998)

Emotional Support and Autonomy

- In emerging adulthood, both the importance of connection and the need for autonomy become clearer for all ethnic groups (Fuglini, 2007)
- Balance between family support and independence
- Extended identity development
- Conflicting views on more or less adequately preparing people for adulthood through this extended process
 - Extended self development helps to fit into an increasingly complex society (Arnett, 2007)
 - Extended transition results in fewer basic life skills (Hendry & Kloep, 2007)

Physical Development

- By age 18–20, most people have reached their full physical growth
- College students can see, hear, taste, and smell as well as they ever will
- Strength of muscle and bone is at its peak
- Immune system provides the most effective protection
- Extended sense of invulnerability from adolescence

Physical Development

- College students drink more alcohol and smoke more marijuana than same-age peers who never attended college (Bachman, 2002)
- Substantial increases in alcohol and marijuana use, as well as sex with multiple partners, between the end of senior year of high school and freshman year of college (Fromme et al., 2008)
- College students report substantial declines in their emotional well-being, their physical health, and their health habits (e.g., reduced levels of exercise; Keup & Stolzenberg, 2004)

Cognitive/Intellectual Development

- Balance of identity challenges and immense cognitive growth
- Challenges:
 - Continuing sense of invulnerability
 - Stress of leaving home
 - Social and academic demands of college
 - Poor application of problem-solving to practical problems
- Growth:
 - Advanced development of frontal lobe functions (ability to organize, plan, and exercise control over behavior and emotions)
 - Heightened flexibility and elasticity of the frontal cortex

PLEASE BE

RESPECTFUL

Perry Theory of Intellectual Development in College

1. Strict dualism
2. Multiplicity (pre-legitimate)
3. Multiplicity (subordinate)
4. Late multiplicity
 - Oppositional
 - Relative subordinate
5. Contextual relativism
6. Commitment foreseen
7. Initial commitment
8. Multiple commitments
9. Resolve

Developmental Milestones

1. Consolidating an identity
2. Solidifying a career path
3. Realizing the capacity for intimacy
4. Refining epistemology and decision-making

Some tips for supporting with emerging adults

1. Balance of challenge and support
2. Respect for their way of thinking
3. Supportive atmosphere
4. Opportunities to gather and evaluate information, and draw conclusions on their own
5. Help them examine the epistemological assumptions they use in decision-making, particularly about ill-defined problems

Thank you!!

- Appreciate your attention and participation
- Handouts can be accessed by visiting:
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