



Support for Independent Living and Becoming an Adult

A Guide to the Challenges of Preparing for Adulthood

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Why is this important to you?

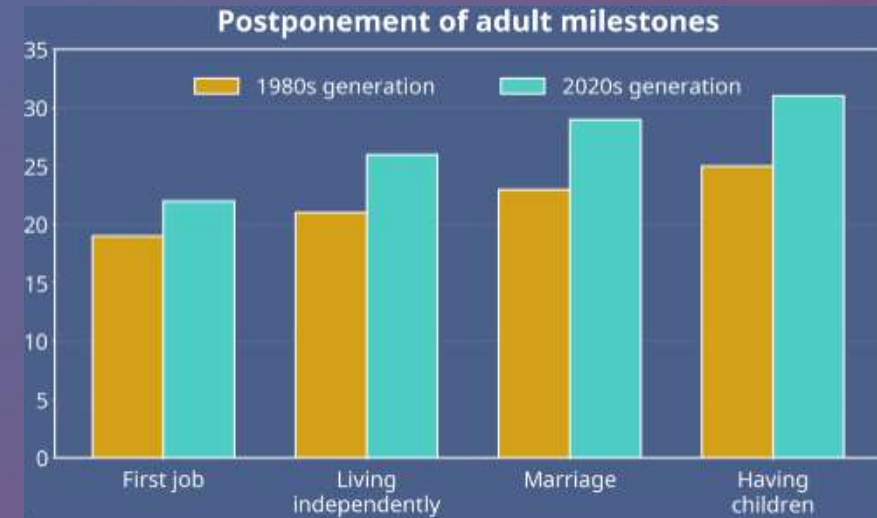
! The challenges facing young

people today Rapid technological change
Information overload
Uncertainty about the future

A changing labour market

Resilience as a superpower

According to WHO data, 32% of young people experience high levels of stress in their everyday lives.



What can you gain?

- More confident decision-making
- More effective stress management
- Stronger relationships
- More conscious career planning

When was the last time you felt like you had to make too many adult decisions?



What is "Preparing for Adulthood"?

Arnett's Emerging Adulthood Theory

In 2000, Jeffrey Arnett coined the term "emerging adulthood" to describe the developmental stage between the ages of 18 and 29. This period is no longer adolescence, but not yet full adulthood - an intermediate state defined by unique characteristics.



Identity exploration



Trying out different possibilities in the areas of love, work and worldview.

Instability



Frequent changes in residence, relationships, work and studies.

Self-centredness



Fewer social obligations, greater freedom in making independent decisions.

Feeling "in between"



They feel neither adolescent nor fully adult.

Age of opportunity



Optimism about the future, openness to different paths in life.

The Map of Becoming an Adult

Changing milestones

The traditional milestones of adulthood have shifted significantly in recent decades. While in the 1980s these steps typically took place in the early 20s, today they are often postponed until the 30s.

Reasons for the change

- ◆ **Economic:** Rising housing costs
- ◆ **Educational:** Longer periods of study
- ◆ **Social:** Changing values and priorities



Milestone	Traditional model	Modern model	Consequences
Completing studies	18-22 years old	22-28 years old	Later career start
Living independently	20-22 years old	25-30 years old	Longer parental support
Starting a family	22-28 years old	30-38 years old	More stable background

The 4 Pillars of Independence



Emotional independence

Recognising and managing one's own emotions, developing emotional stability.

Emotion regulation

Stress management

Resilience



Practical Independence

Everyday life skills for independent living.

Financial planning

Household management

Time management



Social Independence

Building and maintaining relationships, navigating social situations.

Communication

Conflict management

Setting boundaries



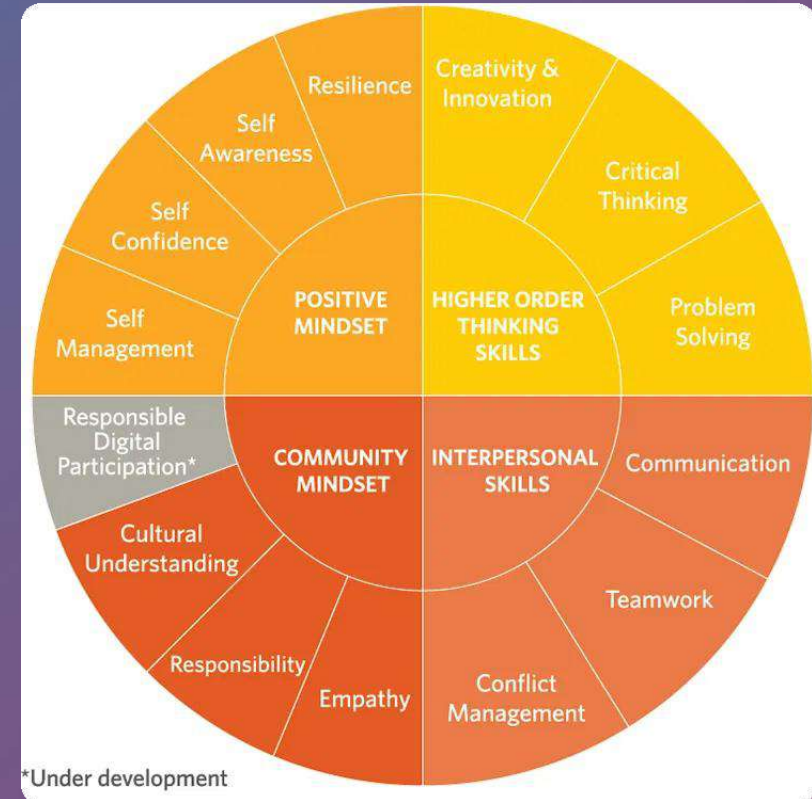
Intellectual Independence

Critical thinking, developing values, conscious decision-making.

Problem solving

Information filtering

Goal setting



Life Skills Development – The WÉK Method

Williams Life Skills® programme

Williams Life Skills® (WÉK) is a complex, standardized, proven effective skills development programme adapted for Hungary by Dr Adrienne Stauder and her colleagues.

The aim of the programme is to develop psychosocial skills that help manage everyday stress and effectively solve life situations.

Communication skills

Assertive communication, active listening, formulating "I" messages

Problem solving

Structured problem solving, searching for creative solutions.

Stress management

Relaxation techniques, distraction, cognitive reframing.

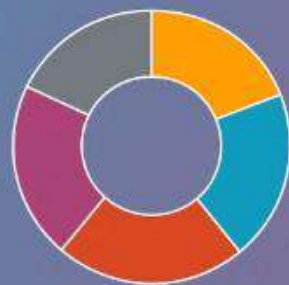
Goal setting and planning

Formulating SMART goals, setting priorities.

Relationship building

Developing empathy, building trust, setting boundaries.

WEK Skill Areas



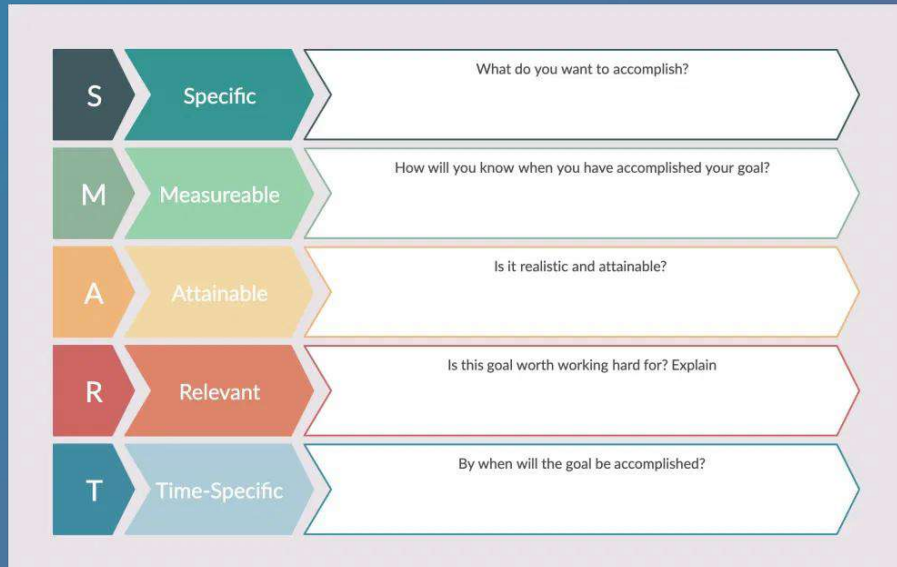
- Communication skills
- Problem solving
- Stress management
- Goal setting and planning
- Relationship building

Practical example: Handling conflict situations



- 1 Stop and breathe (STOP technique)
- 2 Identifying your own feelings
- 3 Formulating "I" messages
- 4 Active listening to understand the other party
- 5 Seeking a mutual solution

The SMART Goal Setting Method



Practical example

SMART goal: "I will learn to prepare 10 healthy meals in 3 months by trying 2 new recipes per week."

S Specific

The goal must clearly define what you want to achieve.

M Measurable

Define specific metrics to track progress.

A Achievable

The goal should be challenging but realistically achievable.

R Relevant

The goal must be consistent with your long-term plan.

T Time-bound

Set a specific deadline for achieving the goal.

Building a Support Network



Mentoring

Support from experienced adults who use their knowledge and experience to help young people.



Peer Support

Peer support, where young people in similar life situations support each other.



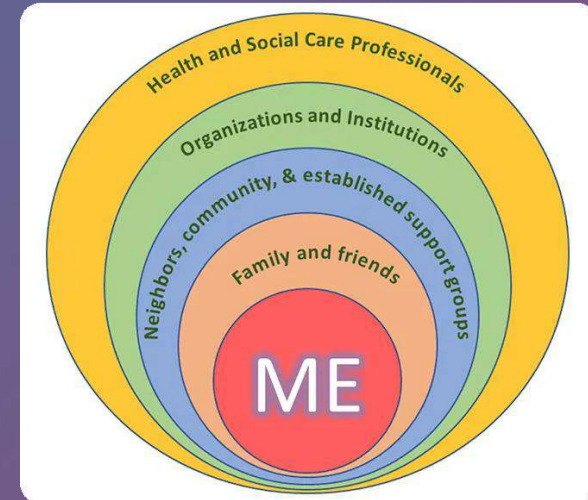
Family Support

Redefining the parental role to support independence while also providing security.



Professional Help

Counsellors, trainers and coaches who provide targeted support in specific areas.



Practical tips

How to find a mentor?

- ✓ Look for someone whose values are similar to yours. Initiate a conversation and gradually build a relationship.

Healthy boundaries

- ✓ Communicate your needs and boundaries clearly to your family members.

Supportive friendships

- ✓ Join communities where you can meet people with similar interests.

Professional help

- ✓ Don't be afraid to ask for help if you need it. Find out about the services available.

Daily Practices



Morning Routine

- 1 5 minutes of self-reflection: "How am I feeling today? What is my most important task?"
- 2 Set 3 goals for the day: one important, one developmental and one enjoyable
- 3 Plan time blocks: what will you do during the day and when?



Weekly planning

- 1 30 minutes on Sunday evening or Monday morning to review the week
- 2 Prioritise tasks: use categories A, B and C
- 3 Make a schedule: work, study, rest, relationships



Monthly evaluation

- 1 Review your results: What have you achieved in the past month?
- 2 Lessons learned: What worked well? What needs to be changed?
- 3 Setting goals for the next month using the SMART method



Creating balance

- 1 Evaluating areas of life: career, relationships, health, development
- 2 Conscious time management: make time for all important areas
- 3 Setting boundaries: learning to say no when necessary



Dealing with crisis situations

STOP technique:

- S Stop - Stop and do not react immediately
- T Take a breath - Take a few deep breaths
- O Observe - Observe the situation and your feelings
- P Proceed - Move forward consciously

Difficulties and obstacles in starting a new life



The "Mamahotel" Phenomenon

What is it? Young adults are staying in their parents' homes longer than

before.

Reasons:

- ◆ High housing costs
- ◆ Uncertain job market
- ◆ Comfort considerations
- ◆ Emotional dependence



The challenges of finding a partner

Modern difficulties:

- ◆ Overabundance of online dating apps
- ◆ Superficial relationships
- ◆ High expectations
- ◆ Focus on career Social pressure



Delaying starting a family

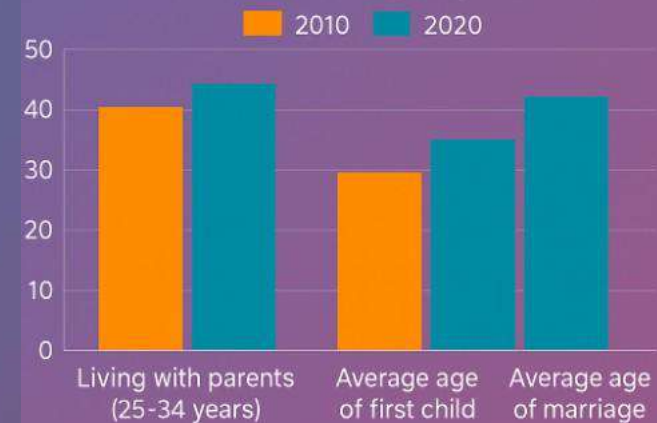
Main obstacles:

- ◆ Financial uncertainty
- ◆ Prioritising career development
- ◆ Housing problems
- ◆ Relationship instability
- ◆ Uncertainty about future plans



Hungarian statistics

Changes in Life Milestones in Hungary



Important realisation



These "setbacks" are a natural part of modern adulthood. The goal is not a quick "solution," but conscious decision-making and gradual progress.

Ways out and solution strategies



Towards independent housing

- 1 Preparing a financial plan: assessing income and expenses
- 2 Gradual independence: first renting with a partner
- 3 Developing life skills: cooking, cleaning, administrative tasks
- 4 Establishing a new relationship with parents



Building a relationship

- 1 Developing self-awareness: what am I looking for in a relationship?
- 2 Looking for opportunities to meet people offline
- 3 Developing communication skills
- 4 Patience and perseverance: a good relationship takes time



Planning to start a family

- 1 Developing a shared vision for the future with your partner
- 2 Achieving financial stability
- 3 Arranging housing
- 4 Building a support network



First steps today

For independent living:

Start saving a fixed amount each month. Calculate how much money you will need for the first few months.

For finding a partner:

Join communities where you can meet people with similar interests (sports, hobbies, volunteering).

Starting a family:

Talk to your partner about your future plans. Write down together what kind of family you would like to have.



Asking for support

Do not be afraid to ask for

- ◆ **help:** Family counselling
- ◆ Couples therapy
- ◆ Financial counselling
- ◆ Career counselling Mentoring

Remember: asking for help is not a sign of weakness, but of wisdom.

Recommended reading

Hungarian Sources

Hungarian adaptation of the Williams Life Skills® stress management and psychosocial skills development programme

Adrienne Stauder (2016)

The practical application of the programme in different target groups.

Life course types, antecedents and outcomes of becoming an adult in Hungary in the 2000s

Livia Murinkó (2019)

Comprehensive research on the processes of becoming an adult among young people in Hungary.

Small group training to develop social skills

Andrea Rácz (ed.) (2020)

A practical guide to developing social skills in young people.



Reading tip

It is worth starting your review of the literature with the sections that are relevant to your own situation.

International Resources

Emerging Adulthood: The Winding Road from the Late Teens through the Twenties

Arnett, Jeffrey Jensen (2024, 3rd edition)

The seminal work on the theory of emerging adulthood.

Resilience over the lifespan: Developmental perspectives

Masten, Ann S. & Wright, Margaret O. (2010)

 Opportunities for developing resilience.

Getting to 30: A Parent's Guide to the 20-Something Years

Arnett, Jeffrey Jensen & Fishel, Elizabeth (2014)

 A Practical Guide to Supporting Young Adults.



Online Resources

Society for the Study of Emerging Adulthood



ssea.org

Williams Life Skills® official website



eletkeszsegek.hu

Mindset Psychology – Becoming an Adult



mindsetpszichologia.hu