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Millennial/developmental info

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Generational Differences

Birth, High School, and College Graduation

	Matures	Boomers	Gen -Xers	Millennials
Birth years	1922-1943	1943-1960	1960-1980	1980-2000
High School Graduation	1940-1961	1961-1978	1978-1998	1998-2018
College Graduation	1944-1965	1965-1982	1982-2002	2002-2022

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Three criteria for adulthood

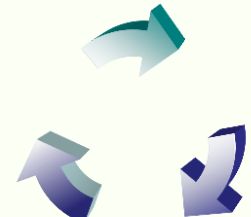
- ◆ Accepting responsibility for self
- ◆ Making independent decisions
- ◆ Being financially independent

Source: *Emerging Adulthood: The Winding Road from the Late Teens Through the Twenties*, Arnett, 2004, p.3.

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Emerging Adulthood: 18 to 25(ish)

- ◆ Identity Exploration
- ◆ Are Self-focused
- ◆ Often “feel in-between”



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Characteristic of Traditional Age Students (Millennials)

<ul style="list-style-type: none"> ❑ Developmental ❑ Identity ❑ Independence ❑ What can I do (competence/career) ❑ Who will I be with (relational) ❑ Dualistic thinking 	<ul style="list-style-type: none"> ❑ Generational ❖ Special ❖ Sheltered ❖ Team-oriented ❖ Pressured ❖ Optimistic ❖ Menu-driven thinking ❖ Confident ❖ Connected ❖ Open to change
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Characteristics of the Millennial Generation

- **Special** (lots of parental involvement)
- **Sheltered** (baby on board)
- **Team-oriented** (desire for structured activity & used to being in groups)
- **Achieving** (very smart- "probably most all-around capable teenage generation ...")
- **Pressured** (To make the right choices, etc...)
- **Optimistic** (self-efficacy vs. self esteem)



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National Trends

- ◆ Decrease in emotional coping and interpersonal skills
- ◆ Increases in disruptive behavior
- ◆ University counseling centers experiencing increase in students with serious psychological concerns
- ◆ 85-90% of violent behavior and sexual assault is alcohol related

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National College Health Assessment (NCHA) Survey: Selected Findings

Academic Impacts: Within last 12 months factors reported affecting academic performance, *i.e.*, received incomplete, received lower grade on exam or important project.

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	UW 2001	UW 2003	UW 2005	UW 2007	UW 2009	UW 2011	National Reference Group 2011
Alcohol Use	13.60%	11.80%	13.40%	11.60%	8.20%	6.40%	4.40%
Other drug use	2.40%	2.90%	2.30%	2.80%	.80%	1.90%	1.80%
Dep/Anx							
Anxiety/Depression	/SAD 9.30%	D/A/S 10.8%	D/A/S 9.0%	D/A/S 7.0%	D/A/S 11.1%	/ 15.9%	/ 19.9%
Internet use & computer games	n/a	n/a	n/a	12.30%	6.80%	8.50%	11.60%
Relationship difficulties	12.10%	12.30%	10.70%	10.70%	9.40%	9.40%	9.60%
Sleep difficulties	19.80%	20.80%	19.50%	16.80%	15.60%	14.90%	17.80%
Stress	24.30%	26.10%	26.90%	20.20%	19.60%	22.90%	25.40%