

Making Sense of Adolescence

Course Outline

Crossing the bridge from childhood to adulthood has never been so daunting. The time of adolescence is longer than ever and yet society today offers little support in understanding or facilitating this transition. This course is designed to be used by parents, grandparents, teachers, administrators and professionals - anyone who desires to make sense of adolescence. Parents of pre- teens will find this course invaluable as preparation for what lies ahead.

Course Outline

This course consists of eight one-hour sessions on the following topics:

Session 1: Crossing the bridge: *adolescence in perspective*

Session 2: The paths diverge: *conformity versus individuality*

Session 3: Walking through aloneness and sadness: *the necessary road to individuation*

Session 4: Taking a wrong turn: *when peers replace adults*

Session 5: The Counterwill storm: *how to survive teen resistance*

Session 6: Becoming tempered: *the key to adolescent balance and stability*

Session 7: Reclaiming our youth: *how to hold, or win back, their hearts*

Session 8: Becoming a sexual being: *the pursuit of proximity in another dimension*

Course topics and objective

The objective of this course is to make sense of adolescents from inside out. Every adolescent is an individual of course, but there are some common dynamics that affect all adolescents. Understanding what these dynamics are can provide the keys for knowing how to deal with the problems that may arise.

Some of the topics addressed include:

- the psychological changes at puberty that impact adolescents and those that parent and work with them
- how to deal with the premature loss of power and influence with an adolescent
- the rites of passage that must be endured for the adolescent to mature
- how to recognize when rebellion is healthy or a result of adults being replaced by peers

- the psychological temptations faced by adolescents on their journey to maturity
- how parents and teachers can avoid premature or forced retirement
- the two alternate paths to adulthood and societal integration
- how to preserve or restore one's rightful place in an adolescent's life
- the dangers of peer-orientation in the life of an adolescent
- how to differentiate between relationship problems and behaviour problems in the adolescent
- the role of dissonance and internal conflict in the life of an adolescent
- how to hold on without holding them back