**Class Assignments**

**Chapter 14: Healthy Relationships in Emerging Adulthood**

1. Goal: To increase student understanding of the developmental period of emerging adulthood.
   1. Discuss the question “In what ways does the term ‘emerging adulthood’ differ from ‘young adulthood’”? What are the societal indicators that emerging adulthood is or is not a valid developmental stage?
   2. How might the stage of emerging adulthood be influenced by sociocultural factors, including socioeconomic status, membership in an individualistic or collectivistic culture, or gender, for examples? Specifically, how might such factors influence the characteristics of 1) identity exploration, 2) optimism about the future, 3) developing self-sufficiency, and 4) risk-taking behaviors, identified by Arnett (2000)?
2. Goal: Increase student ability to identify components of healthy relationships.
   1. Drawing loosely on the research strategies of John Gottman (see <https://www.youtube.com/user/TheGottmanInstitute> for more information), have students prepare short videos based on their interactions with a friend or partner in which some conflict is discussed. Have them bring these videos to class or upload them to a secure site for sharing with the class.
   2. Break the class into manageable groups and have the members of each group watch their videos and identify the behaviors that indicate negative and positive conflict styles as defined by Gottman and colleagues.