

Working with College Students

According to *Millennials Rising* (Howe and Strauss, 2000), today's students are: **achieving, special, confident, pressured, sheltered, team-oriented, and conventional.**

Arthur Chickering outlined seven vectors he theorized students' progress through as they develop in college.

Developing Competence: this vector includes intellectual, physical and interpersonal competence. This involves the acquisition of knowledge, attention to wellness and artistic ventures, communication skills, and leadership.

Managing Emotions: this vector includes the ability to recognize and accept emotions as well as appropriately express them. This includes anxiety, depression, anger, guilt and positive emotions such as caring, optimism and inspiration.

Moving through Autonomy towards Interdependence: this vector includes students' problem-solving ability and self-direction. They also come to recognize their interconnectedness with others.

Developing Mature Interpersonal Relationships: this vector includes development of intercultural and interpersonal tolerance and appreciation of differences. It also includes the capacity for lasting intimate relationships with partners and close friends.

Establishing Identity: this vector includes comfort with appearance, gender and sexual orientation as well as one's cultural heritage and self-concept.

Developing Purpose: this vector includes developing clear vocational goals and commitments to personal interests. This includes sticking to one's values and decisions.

Developing Integrity: this vector includes humanizing and personalizing one's values and developing congruence. A person's core values are consciously affirmed and respect for others' values is affirmed.

Source: *Student Development in College: Theory, Research, and Practice* (Evans, Forney and Guido-DeBrito, 1998)