


Appendix A

Life Problems of American Adults



Early Adulthood (18-30)

Vocation and Career	Home and Family Living	Personal Development
<ul style="list-style-type: none"> Exploring career options Choosing a career line Getting a job Being interviewed Learning job skills Getting along at work Getting ahead at work Getting job protection of military service Getting vocational counseling Changing jobs 	<ul style="list-style-type: none"> Courting Selecting a mate Preparing for marriage Family planning Preparing for children Raising children Understanding children Preparing children for school Helping children in school Solving marital problems Using family counseling Managing a home Financial planning Managing money Buying goods and services Making home repairs Gardening 	<ul style="list-style-type: none"> Improving your reading ability Improving your writing ability Improving your speaking ability Improving your listening ability Continuing your general education Developing your religious faith Improving problem-solving skills Making better decisions Getting along with people Understanding yourself Finding your self-identity Discovering your aptitudes Clarifying your values Understanding other people Learning to be self-directing Improving personal appearance Establishing intimate relations Dealing with conflict Making use of personal counseling

**Middle Adulthood
(30-65)**

Vocation and Career	Home and Family Living	Personal Development
Learning advanced job skills	Helping teenage children to become adults	Finding new interests
Supervising others	Letting your children go	Keeping out of a rut
Changing careers	Relating to one's spouse as a person	Compensating for physiological changes
Dealing with unemployment	Adjusting to aging parents	Dealing with change
Planning for retirement	Learning to cook for two	Developing emotional flexibility
Making second careers for mothers	Planning for retirement	Learning to cope with crises
		Developing a realistic time perspective

**Later Adulthood
(65 and over)**

Vocation and Career	Home and Family Living	Personal Development
Adjusting to retirement	Adjusting to reduced income	Developing compensatory abilities
Finding new ways to be useful	Establishing new living arrangements	Understanding the aging process
Understanding social security, medicare, and welfare	Adjusting to death of spouse	Re-examining your values
	Learning to live alone	Keeping future-oriented
	Relating to grandchildren	Keeping your morale up
	Establishing new intimate relationships	Keeping up to date
	Putting your estate in order	Keeping in touch with young people
		Keeping curious
		Keeping up personal appearance
		Keeping an open mind
		Finding a new self-identity
		Developing a new time perspective
		Preparing for death

**Early Adulthood
(18-30)**

Enjoyment of Leisure	Health	Community Living
Choosing hobbies	Keeping fit	Relating to school and teachers
Finding new friends	Planning diets	Learning about community resources
Joining organizations	Finding and using health services	Learning how to get help
Planning your time	Preventing accidents	Learning how to exert influence
Buying equipment	Using first aid	Preparing to vote
Planning family recreation		Developing leadership skills

Enjoyment of Leisure

Health

Community Living

Leading recreational activities	Understanding children's diseases	Keeping up with the world
	Understanding how the human body functions	Taking action in the community
	Buying and using drugs and medicines	Organizing community activities for children and youth
	Developing a healthy life style	
	Recognizing the symptoms of physical and mental illness	

**Middle Adulthood
(30-65)**

Enjoyment of Leisure

Health

Community Living

Finding less active hobbies	Adjusting to physiological changes	Taking more social responsibility
Broadening your cultural interests	Changing diets	Taking leadership roles in organizations
Learning new recreational skills	Controlling weight	Working for the welfare of others
Finding new friends	Getting exercise	Engaging in politics
Joining new organizations	Having annual medical exams	Organizing community improvement activities
Planning recreation for two	Compensating for losses in strength	

**Later Adulthood
(65 and over)**

Enjoyment of Leisure

Health

Community Living

Establishing affiliations with the older age group	Adjusting to decreasing strength and health	Working for improved conditions for the elderly
Finding new hobbies	Keeping fit	Giving volunteer services
Learning new recreational skills	Changing your diet	Maintaining organizational ties
Planning a balanced recreational program	Having regular medical exams	
	Getting appropriate exercise	
	Using drugs and medicines wisely	
	Learning to deal with stress	
	Maintaining your reserves	

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