

Table of Contents

UNIT I	SELF-DEVELOPMENT	1
<i>Lesson 1</i>	Knowing Oneself Understanding oneself during middle and late adolescence	3
<i>Lesson 2</i>	Developing the Whole Person	15
<i>Lesson 3</i>	Developmental Stages in Middle and Late Adolescence	31
<i>Lesson 4</i>	The Challenges of Middle and Late Adolescence	49
UNIT II	ASPECTS OF PERSONAL DEVELOPMENT	67
<i>Lesson 5</i>	Coping with Stress in Middle and Late Adolescence	69
<i>Lesson 6</i>	The Powers of the Mind	91
<i>Lesson 7</i>	Mental Health and Well-Being in Middle and Late Adolescence	109
<i>Lesson 8</i>	Emotional Intelligence	129
UNIT III	BUILDING AND MAINTAINING RELATIONSHIPS	149
<i>Lesson 9</i>	Personal Relationships	151
<i>Lesson 10</i>	Social Relationships in Middle and Late Adolescents	171
<i>Lesson 11</i>	Family Structures and Legacies	189

UNIT IV	CAREER DEVELOPMENT	207
<i>Lesson 12</i>	Persons and Careers	209
<i>Lesson 13</i>	Career Pathways	235
<i>Lesson 14</i>	Insights into One's Personal Development	257
References		283