

# **MANAGEMENT STRATEGIES FOR ADOLESCENT**

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# Introduction

## **The Adolescent**

- Challenges of adolescence
- Physical development
- Mental development
- Emotional development
- Social development.

# **Before admission into Tertiary Institutions**

- Career choice
- Personal interests
- Parental expectations
- Peer influence
- Societal influence.

# **After admission into Tertiary Institutions**

- Dreams, hopes and aspirations of the adolescent
- Institutional expectations
- Rules and regulations
- Proper orientation.

# Major problems of adolescence

## Physical problems

- Growth and Development
- Health Challenges.

## **Mental problems**

- Stress (institutional pressure, pressure from home)
- Tension (peer pressure)
- Transition from secondary school into independent life
- Aggressive behaviour, anxiety, strife
- Lack of stability and adjustment
- Restlessness
- Worries etc,

## **Emotional problems**

- Mood swings
- Sex related problems
- Problem of self-support
- Managing finances
- Struggle between dependence and independence
- Feeling of importance, expecting respect from parents.

## **Social problems**

- Adolescents may revolt against social customs and traditions
- Peer influence; exposure to different vices (drugs, other substances, sex etc).



# **Management Strategies for Adolescents**

**Why do we need to manage adolescents?**

- Distractions
- Choices and decisions taken by adolescents.

## **How do we manage adolescents?**

- Vocational guidance
- Education for motor development; participation in games and sports
- Learning new skills (green skills)
- Assertiveness
- Moral and Religious education for mental peace.

## **Who manages adolescents?**

- Parents
- Course advisers
- Course lecturers
- Faculty officers
- Sub-Deans.

# Strategies for management of adolescents

- Provision of suitable environment for growth and development
- Active listening
- Knowing where to refer adolescents for further assistance
  - The counselling unit
  - Counselling rooms on Campus and College of Medicine.

# Conclusion.

- All expectations of adolescents might not be met
- Things are likely to get more difficult for the majority of adolescents (increase in school charges)
- Support from all stakeholders (playing more active roles in the life of adolescents).