

Table 1. Normal Developmental Progress in Adolescence

Sphere of Development	Early Adolescence	Middle Adolescence	Late Adolescence
Social	<p>Close friendships gain importance.</p> <p>Peer group influences interests and clothing styles.</p>	<p>Effort to make new friends.</p> <p>Strong emphasis on the new peer group with the group identity of selectivity, superiority, and competitiveness.</p>	<p>Ability to compromise. Self-reliance.</p> <p>Greater concern for others.</p>
Emotional	<p>Less attention shown to parents, with occasional rudeness. Increased demand for privacy and decreased interest in family-based activities. Rule and limit testing. Occasional experimentation with cigarettes, marijuana, and alcohol.</p>	<p>Self-involvement, alternating between unrealistically high expectation and poor self-concept. Peak of distancing from parents/family. More immersion in peer and group activities. Romantic relationships become important. Feelings of strangeness about one's self and body. Lowered opinion of parents, withdrawal of emotions from them. Periods of sadness as the psychological loss of the parents takes place.</p>	<p>Firmer identity. Ability to delay gratification. More developed sense of humor. Greater emotional stability. Stable interests. Integration of renegotiated parent-child dynamics. Greater investment in intimate, romantic relationships.</p>
Intellectual/ Cognitive	<p>Piaget's concrete operational stage</p> <p>Struggle with sense of identity. Increased capacity for logical thought, may have difficulty with hypothetical concepts. Improved abilities to use speech to express oneself, but more likely to express feelings by action than by words.</p>	<p>Enter Piaget's formal operational stage</p> <p>Close to full achievement of adult verbal skills; still developing written skills. Development of high-order thinking. Examination of inner experiences, which may include writing a diary.</p>	<p>Ability to think ideas through. Ability to make independent decisions. Ability to express ideas in words; full achievement of adult verbal skills; close to full achievement of adult written skills. Increased ability for self-regulation and planning.</p>
Physical	<p>Further increases in body strength with beginnings of adult muscle development.</p>	<p>Close to full achievement of their adult strength and skills.</p>	<p>Full achievement of their adult strength and skills.</p>
Sexual	<p>Pubic hair develops. Scrotum begins to enlarge in boys. Breast development begins in girls. Most girls reach menarche by age 14.</p>	<p>Pubic hair fills in. Penis enlarges and further scrotal enlargement occurs in boys. Breast enlargement occurs in girls.</p>	<p>Adult sexual characteristics (although some boys may not complete maturation until age 21 or 22 years).</p>
Self-Identity	<p>Preoccupational with pubertal changes and uncertainty about appearance. Become aware of sexual attractions and feelings</p> <p>Idealistic and changing vocational goals, engage in fantasy</p>	<p>Personal attractiveness becomes a primary concern, increasing development of sexual identity.</p> <p>Developing more realistic vocational goals</p>	<p>Full acceptance of pubertal changes and increasing comfort with one's body.</p> <p>Able to accurately appraise attributes and strengths, evaluate alternatives, and plan to pursue goals</p>