

Hindustan Times

Saturday, December 19, 2020

FIRST VOICE. LAST WORD.

'Adolescence is a Transitional Stage of Life'

Adolescence is a transitional stage of life between childhood and adulthood during which you may experience a range of emotions. These are marked by physical, emotional, social and cognitive changes.



Your social relationships undergo many changes. These changes prepare adolescents for adult roles and responsibilities. This is the time when you deal with decisions about career, influence of peer, social media, lifestyle and relationships etc. Planning

for life ahead can be difficult with the challenging and dynamic changing world. In order to enjoy this stage of life and emerge a responsible adult, it is imperative that you possess skills such as decision-making, assertiveness and goal-setting skills. Knowing your values, goal setting, evolving yourself each day, having a good role model to whom you always look up to and believing in yourself are few of the tips that would help you to be able to do that.

**Rooma Pathak, Principal,
MM Public School, Vasudha
Enclave, Pitampura**