

Chickering's Seven Areas of Student Growth

Dr. Harley E. Flack Student Mentoring Program

As your mentees mature there are seven areas in which they will face challenges and will need your support in resolving those challenges successfully. They are as follows:

1. Developing a sense of personal competence in the physical, intellectual, and interpersonal realms.
2. Managing emotions effectively – developing tolerance of other, handling loneliness, dealing with conflict, and handling strong feelings.
3. Becoming more autonomous and learning to think and act on one's own while learning to work cooperatively with others.
4. Establishing and expressing a clear personal and social identity that defines one's self adequately.
5. Freeing interpersonal relationships to interact with others with tolerance and respect and develop the capacity for intimacy.
6. Developing a sense of purpose and philosophy of life that identifies clear goals and lays out the groundwork for choosing one's future including lifestyle and career.
7. Living with integrity so that one has an understanding of key values and beliefs that become blueprints for personal choices and behavior.