



SSEA Conference Newsletter

Special Message from the Conference Chair

Dear Members and Participants,

The 2021 SSEA Conference Committee is excited to welcome you, our members, participants, and guests to the 10th Biennial SSEA Conference (10th Conference of Emerging Adulthood) taking place in Virtual format between **4-6 November 2021 (Eastern Daylight Time [New York Time])**. This year's conference will focus on the ***challenges and opportunities of well-being during emerging adulthood***, a pertinent theme not only for emerging adults but for society in general, given the impact of the Covid-19 Pandemic.



While I must admit that this has been a steep learning curve for us as a conference committee, we are committed to providing participants with the best possible online conferencing experience. We want to thank our members, those who have submitted presentations, and those who have registered for the conference for your patience. We could not have gotten this far without your continued support. Thank you. The success of this conference is not possible without you, and we truly hope to make your online conferencing experiences engaging and meaningful.

In this and the newsletters you will receive over the next few weeks, we will provide a spotlight of our invited, innovative, and pre-conference, social, and networking sessions to prepare you for our main program. So, please keep an eye out for the follow-up newsletters. In this newsletter, you will find further information about the invited program and the pre-conference workshops.

I would also like to take this opportunity to introduce you to the conference committee who are tirelessly working on the program within four subcommittee teams:

1. **Pre-conference Sessions and Awards Team:** Nadia Svirydzenka (nadzeya.svirydzenka@dmu.ac.uk) and Joseph Schwab (jschwab@bridgew.edu)
2. **Invited and Innovative Sessions as well as Social and Networking Program Team:** Angela De Dios (professor.dedios@gmail.com), Royette Dubar (rtubar@wesleyan.edu), and Angela Sorgente (Angela.Sorgente@unicatt.it)
3. **Conferencing Program and Sponsored Sessions Team:** Goda Kaniušonytė (godakan@gmail.com), Rose Wesche (rwesche@vt.edu), and Byron Adams (sseaonline10@gmail.com)
4. **Communications/Marketing and Sponsorship Team:** Luzelle Naude

(naudel@ufs.ac.za), Rimantas Vosyli (rvosylis@gmail.com), and Kristin Anders (kanders8@ksu.edu)

5. **Conference Platform/Website Team:** Lisa Gaudette (coordinator@ssea.org) and Celia Araujo from Leading (ssea2021@leading.pt)

Please do not hesitate to contact any team members if you have any questions specific to their subcommittee.

Sincerely,

Byron Adams, Ph.D.
Conference Chair

Presentation Recordings

Important for Presentation Submissions: Speakers are reminded that submissions for presentation recordings have been extended to 9 October 2021. For symposia sessions, we would like to request that convenors please submit all recordings for their sessions. If you require any further information about submissions or have any questions about registering for the conference, you are more than welcome to contact at ssea2021@leading.pt and cea.committee@ssea.org

Keynote Address

"The Science of Purpose" by Kendall Cotton Bronk, Ph.D.



Over the past twenty years, the body of scientific literature on purpose among emerging adults has exploded. Research sheds important light on how we—as parents, professors, and practitioners—can help emerging adults lead inspiring and socially beneficial lives of purpose. Research has similarly explored the intersection of identity development and purpose formation.

This talk will explore this research, and also outline leading scientific conceptions of purpose. In addition, it will explore the many physical and psychological benefits associated with leading a life of purpose and the rare nature of the construct among emerging adults. Based on this, empirically-supported strategies for cultivating purpose will also be addressed. Finally, given that contexts shape the nature of purpose, this talk will also discuss the role ethnicity, socioeconomic status, COVID, and the recent movement for social justice play in the pursuit of purpose during emerging adulthood.

Learn more about Dr. Bronk and her research [here](#)

Master Lecture 1: "Generational Differences in Development and Mental Health" by Dr. Jean M. Twenge

As cultures change over time, the experiences of people growing into adolescence and emerging adulthood create generational differences. First, adolescence and young adulthood are different developmental experiences now than they were in the mid 20th century. Not only has young adulthood become the slower process of emerging adulthood, but adolescents are taking longer to engage in adult activities such as working, driving, dating, having sex, going out, and drinking alcohol. Families have shifted toward a slow life strategy in which children take longer to grow to independence; the entire developmental trajectory from childhood to late adulthood has slowed. Second, recent adolescents and young adults (known as iGen or GenZ) spend more leisure time with digital media and less seeing their friends in person; they also spend less time sleeping. This pattern of time use is associated with compromised mental health, which might explain why rates of depression, anxiety, self-harm, and suicide suddenly increased after smartphones became common around 2012. Overall, iGen is physically safer but more mentally vulnerable.



Master Lecture 2: "Who Gets to Live the Good Life? Master Narratives, Identity, and Well-Being within a Marginalizing Society" by Drs. Moin Syed and Kate C. McLean

The question of whether emerging adulthood is a period of flourishing or floundering has been a central debate since the early days of the field. Psychologists tend to favor the flourishing view, arguing that emerging adulthood is a time of optimism, possibilities, and agentic exploration of different life paths. But what does flourishing, or well-being more broadly, mean? Is it a feeling of enjoyment (i.e., hedonia), a sense of growth and meaning (i.e., eudomonian), the successful completion of developmental tasks, or something else? And do all emerging adults have the same ability to flourish and "do well"? In this team master lecture, Moin Syed and Kate McLean will outline how a master narrative perspective—which examines the culturally shared stories that guide thoughts, beliefs, values, and behaviors—brings attention to the structural constraints on well-being among individuals in marginalized positions in society due to race, gender, and sexuality. Syed and McLean will first review the master narrative framework and highlight key findings in the area. They will then discuss the relevance of master narratives to understanding well-being, highlighting the limitations of how well-being has been defined within mainstream psychology. Finally, they will outline recommendations for emerging adult researchers and practitioners on how to better integrate a structural perspective via master narratives in their work.



Master Lecture 3: "Mental Health and Youth" by Dr. Patrick McGorry



Mental health is the major health issue threatening the lives and futures of young people in transition from childhood to adulthood and are responsible for 50% of the burden of disease. 75% of mental disorders emerge for the first time by the age of 25 years and around 50% of young people experience at least a period of poor mental health during the transition. There is growing evidence amplified by the pandemic that the mental health of young people around the world is getting worse.

Despite the recognition of this public health imperative, we have not addressed the risk factors underpinning this surge in mental ill health during this stage of life nor have we understood the drivers of the recent increase in morbidity. However, we have recognised the need to respond clinically by developing a specific focus on the extended developmental period from puberty to the mid 20s when the peak incidence and prevalence occurs and the developmental challenges are most salient.

Adolescent psychiatry is coming of age and evolving into a new field of youth mental health which will become the fulcrum for early intervention and recovery in mental health care.

Australia is at the epicentre of this reform which will strengthen psychiatry; mental health care and the wider health field and has an increasing number of global partners.

The implications of this growth and evolution will be significant for training, clinical governance and definition of our field across the lifespan.

Arnett Invited Symposium

"Ten Conferences and Twenty Years: Reflecting on the Rise of Emerging Adulthood"

convened by Dr. Jeffrey J Arnett

This will be the 10th conference on emerging

adulthood, and it is now a little over twenty years since the Arnett (2000) article in *American Psychologist* that launched the new field. This symposium will reflect on the development of the field and of the SSEA over this time, with participants offering personal reflections on their first EA inspiration as well as considering some questions about EA past and future. Questions will include: What are some of the things that distinguish SSEA conferences, and the EA field, from other domains of developmental psychology? What are the most exciting challenges in the field and for the SSEA organization, in the next 20 years? Three SSEA members from different parts of the world will address these questions, followed by reflections and commentary by Jeffrey Arnett.



REGISTRATION INFORMATION: THE COST OF ALL WORKSHOPS IS \$25USD PER PERSON. PLEASE ONLY REGISTER FOR *ONE* WORKSHOP AS THESE ARE PRESENTED AS PARALLEL SESSIONS.

[REGISTER HERE](#)

Workshop 1: Substance Use and Abuse

Substance Misuse in Emerging Adults: Opportunities for Research and Clinical Interventions

Conveners: Laura Holt, Ph.D. Associate Professor of Psychology, Trinity College, CT (USA); Olivia Diggs, M.S. Graduate Research Assistant, Family Transitions Project, Department of Human Development and Family Studies, Iowa State University

Speakers:

- Carrie Mulford, Ph.D. Deputy Branch Chief, National Institute on Drug Abuse
- Robert Motley, Jr., Ph.D., M.S.W. Assistant Professor, Boston College School of Social Work (USA)
- Eileen Delzell, Ph.D., Forensic Psychologist and Board Certified Vocational Expert, Aspen Vocational Consulting, Inc., Oregon (USA)
- Ferdinand 'Banji' Kumalalo, Ph.D., Clinical Psychologist and Addiction Counselor, Ekiti State University Teaching Hospital, Ado Ekiti, Nigeria

Description: Preconference session will bring together researchers and clinicians who address a wide range of issues associated with substance misuse in emerging adults. Four panelists, working in a variety of settings, will discuss research and clinical interventions for substance misuse in this population as well as their career paths and reflections on how and why they arrived in their vocation.

Workshop 2: Sexuality and Romantic Relationships

Sexuality and Romantic Relationships Topic Networks Pre-Conference Meeting

Conveners: Dr. Brian Willoughby, Brigham Young University; Dr. Spencer Olmstead, University of Tennessee; Dr. Kristin Anders, Kansas State University; Dr. Scott Sibley, Northern Illinois University

Further speakers: TBD

Description: Preconference session will include keynote speeches from notable scholars in topics of sexuality and romantic relationships. The workshop will also present innovative approach/methodology for sexuality/romantic relationships research and breakout room discussions to facilitate: (i) senior scholar/mentor discussion with students; (ii) networking; (iii) active discussion of key questions in the area.

Workshop 3: Work and Career

Conducting Qualitative Research with Emerging Adults Using the Action-Project Method: An Interactive Demonstration Workshop

Conveners: Dr. Richard Young, Professor, University of British Columbia; Dr. Jose Domene, Professor, University of Calgary; Eugene Chi, Graduate Student, University of British Columbia; Margaret Noel, Graduate Student, University of British Columbia

Description: This workshop will describe and demonstrate the use of a qualitative research method that has proven to be useful for research with emerging adults from a range of social and cultural contexts: the action-project method. This demonstration-based, interactive introduction to the action-project method provides an opportunity to inform interested scholars and students about an innovative qualitative research method that has the potential to address a range of research questions in the developmental sciences. The workshop also provides an opportunity to develop a network of researchers interested in potentially using a method in their own future explorations of emerging adults' goal-directed actions and projects, in work and career and beyond.

Workshop 4: Anti-Racism

Workshop On Anti-Racist Pedagogy

Conveners: Shirley Leyro, Assistant Professor of Criminal Justice, Borough of Manhattan Community College (CUNY); Kameelah M. Mu'Min, Instructor/Post-Doctoral Psychology Resident Department of Counseling and Psychological Services West Chester University of Pennsylvania

Description: This pre-conference workshop will focus on helping us work collectively towards anti-racist pedagogy. In our breakout sessions we will all be encouraged to make a frank and honest review of our pedagogical materials towards creating a more inclusive and culturally competent curriculum.

Workshop 5: Identity Issues

Text Mining Tools for Narrative Analysis and Other Mixed-Method Research

Conveners: Dr. Margarita Azmitia, Professor of Psychology, University of California - Santa Cruz; Dr. Kaylin Ratner, Postdoctoral Associate, Cornell University

Speaker:

- Mary Kate Koch, Doctoral Candidate, Cornell University

Description: Methodology preconference workshop focusing on machine-learning based methods for text analysis, an emerging frontier in computer-assisted mixed research methodology. The tool we will focus on during the workshop is known as Latent Dirichlet Allocation (LDA), a topic modeling approach. In short, LDA approximates topics underlying a text corpus (e.g., a collection of participant responses from an open-ended survey question, full interviews, media transcripts) using a method that resembles exploratory factor analysis. However, instead of telling users about the similarity of numeric scale items, LDA can assist users in understanding what character-based terms tend to co-occur within corpus documents. Knowing how terms tend to co-appear within the corpus can provide clues as to the major latent topics underlying speech production. We think LDA would be of extreme interest to any person who researches emerging adulthood, and especially interesting to those within our topic network who rely on qualitative analysis and other forms of mixed methodology, such as thematic coding of narratives. The topic models and text analysis we intend to present diverge from common text analytic methods, like Linguistic Inquiry and Word Count (LIWC) and NVivo, that apply pre-determined meanings to words (i.e., are “close-ended”). Methods like topic modeling are “open-ended,” which means that the meaning of words comes from the text itself. This can be helpful when researchers want to understand emergent associations in their responses.

Workshop 6: Emerging Adult Mental Health

Prevention, Risk, and Resilience in Emerging Adult Mental Health in the Post-COVID Era

Conveners: Larry Forthun, Ph.D. Associate Professor, University of Florida; Andrew W. Hunt, MD, MHA. Assistant Professor, CWRU School of Medicine

Speaker:

- Timothy Wilens, MD, Chief, Division of Child and Adolescent Psychiatry, co-director, Center for Addiction Medicine at Massachusetts General Hospital
- Colleen Conley, PhD, Associate Professor Clinical Psychology, Loyola University Chicago
- Kathryn Sabella, Ph.D., Associate Professor of Psychiatry, Deputy Director Transitions to Adulthood Research Center, University of Massachusetts
- Srividya Iyer, Ph.D., Associate Professor, Department of Psychiatry, Prevention and Early Intervention Program for Psychosis (PEPP), Douglas Hospital Research Centre, McGill University

Description: This preconference session will bring together international speakers who will address broad topics of interest on mental health in emerging adulthood. Topics will cover a range of mental disorders from ADHD to psychosis and include prevention/intervention activities targeting diverse populations of transitional aged youth. Presenters will also discuss new

research and practice on the impact of COVID-19 on mental health, prevention, and intervention efforts. The session will include opportunities for breakout room discussions to facilitate deeper analysis of topics of interest as well as promote collaborative opportunities.

Conference Registration Rates

Conversion Rates:

| <u>Member Rates</u> | <u>EB Euro Rates</u> | <u>EB US Rates</u> | <u>Full Euro Rates</u> | <u>Full US Rates</u> |
|-----------------------|----------------------|--------------------|------------------------|----------------------|
| Regular | €185 | \$220 | €210 | \$250 |
| Post-doc | €160 | \$190 | €185 | \$225 |
| Student | €105 | \$125 | €125 | \$150 |
| Dev Country | €85 | \$100 | €85 | \$100 |
| <u>Non-member</u> | <u>EB Euro Rates</u> | <u>EB US Rates</u> | <u>Full Euro Rates</u> | <u>Full US Rates</u> |
| Regular | €275 | \$330 | €300 | \$360 |
| Post-doc | €240 | \$285 | €265 | \$320 |
| Student | €162 | \$195 | €185 | \$220 |
| Dev Country | €110 | \$130 | €110 | \$130 |
| <u>Pre-conference</u> | €21 | \$25 | €21 | \$25 |

Register Here

Hardship Scholarships

*SSEA leaders, committees, and members realize that these are unprecedented times and that many in our field have faced hardships during the COVID-19 pandemic. While we remain committed to making 10CEA the best virtual conference we can under the circumstances, we understand that for some, registration fees might be a luxury they cannot afford at this time. If you or someone you know would like to attend 10CEA and are financially unable to do so, please contact the SSEA Coordinator (coordinator@ssea.org) to discuss a scholarship or discounted fees.

Social Media

Make sure to check out our social media accounts as we will also be doing special announcements and highlighting presentations via our social media throughout the conference.

Twitter: [@SSEmergingAdult](https://twitter.com/SSEmergingAdult)

Facebook: [@pages.ssea](https://www.facebook.com/pages.ssea)

Feel free to tag us before, during, and after the conference! Use the hashtag [#SSEA2021](#), [#SSEA10](#), or [#10CEA](#)



[Unsubscribe coordinator@sea.org](mailto:unsub@sea.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@sea.org powered by



Try email marketing for free today!