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Subjective Well-Being Predictors in the College to Career Transition

2/24/12

Abstract

Emerging adulthood defines the age group of 18-25 that is experiencing the transition to adulthood. This period is considered separate from both adolescence and adulthood. It is common for emerging adults to experience psychological stress due to the challenges that present themselves during this time of uncertainty. In this longitudinal study, predictors of subjective well-being were measured in 61 recent college graduates from the University of Vermont. Predictor variables included perceived social support, career decidedness, view of possible selves, and personality traits. Participants completed measures of the four predictor variables and three measures of aspects of subjective well-being at two time points spaced approximately 3-4 months apart. Social support, career decidedness, and personality traits of conscientiousness and extraversion are expected to be associated with high levels of subjective well being while unrealistic or unattainable views of possible selves and high levels of neuroticism are expected to be associated with low levels of subjective well being. The results of this study will provide implications for the psychological well being of emerging adults making the transition from college to career.