

## Unit 12: Psychology, Lesson A

### Before you watch

- A** Think about one of your friends. When did that friend start to become independent from his or her parents? What were the first things that he or she did to become independent? Write a few sentences.

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- B** Look at the list of steps to becoming independent below. Circle the steps that you think are most important and number them in the order you think they should occur.

- |                    |                                       |
|--------------------|---------------------------------------|
| ___ buying a house | ___ getting a job                     |
| ___ cooking        | ___ managing finances                 |
| ___ doing laundry  | ___ moving out of your parents' house |
| ___ getting a car  | ___ opening a credit card account     |

### While you watch

- A** What does each person talk about? Cross out the topics that aren't mentioned.



**Nate**

1. *Nate*

He has always been independent.  
His parents wanted him to make his own decisions.  
His parents wanted him to be dependent on them.



**Dion**

2. *Dion*

He didn't find it hard to leave home.  
His parents encouraged him to leave home.  
His parents were fine when he left home.



**Alba**

3. *Alba*

She was totally fine on her own when she left home.  
She wasn't very independent when she left home.  
She didn't know how to do many things.

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**B Who says these things? Check (✓) Nate, Dion, or Alba.**

	<b>Nate</b>	<b>Dion</b>	<b>Alba</b>
1. I guess they were big believers in children being responsible for themselves and their own choices.	_____	_____	_____
2. I wish mine had been more supportive of me doing things by myself.	_____	_____	_____
3. But at the time, they encouraged me to leave without me realizing how difficult it was for them.	_____	_____	_____
4. I couldn't cook, didn't know how to do laundry.	_____	_____	_____
5. My mom said later that she and my dad dreaded me leaving and hated the thought of them becoming "empty nesters."	_____	_____	_____
6. Like, I remember us setting off on a trip one time, and it was snowing, and I wouldn't wear a coat.	_____	_____	_____
7. I mean, there's nothing wrong with children relying on their parents.	_____	_____	_____
8. She always hated people complaining about things that are their own fault.	_____	_____	_____

## After you watch

**A What age should young adults start to become independent? What kinds of things (doing their own laundry, getting a job, moving out of their parents' house, managing their own finances, etc.) should they be doing for themselves at that age? At what age should an adult be completely independent? Write a paragraph about your views of young adult independence.**

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