

Expectations Chart

	VALUES	SKILLS	BEHAVIORS	WHAT I NEED TO LEARN
FAMILY				
SCHOOL				
PEERS				
COMMUNITY				
NATURE				
UNIVERSE				

Clear expectations help to inform, guide and support maturity. Identify the values and skills that need to be learned to be competent and behave as expected in each of these places.

Use the chart above to list the values and skills needed and behaviors expected. Ask: “What do I need to learn to behave as expected as an adult?” Make a list of: “What I need to learn.” Discuss together the question: “How would I behave in each of these places when acting mature like an adult? What do I need to do differently? What childish behaviors are no longer expected?” Parents and adults can ask the question “How would I have to act to help my child acquire the skills for them to behave in a mature way and act like an adult? What do I need to do differently? How did I act that was more appropriate to a young child than an emerging adult? ”