

Table 2.2 Adaptation (Chickering’s Vectors of Development)

Vector	Description	College Experience	Interactions/Strategies
Developing Competence	Intellectual competence, physical and manual skills, and interpersonal communication	Precollege reading, math courses in a club – any activity that increases the feeling of personal accomplishment	
Managing Emotions	Delaying impulses, managing physical expression of emotions – at highest level it is a deep awareness of one’s authentic emotions and acceptance of the emotions	Effectively dealing with and appropriately expressing strong emotions such as anger, depression, or romantic feelings for another	
Moving through Autonomy to Interdependence	Self-sufficiency and interconnectedness	Managing positive relationships with family members, while moving away and establishing independence	
Developing Mature Interpersonal Relationships	Acceptance and understanding of diverse groups of people and tolerance for individual idiosyncrasies	Developing intimate relationships with another person	
Establishing Identity	Requires developing positive self-regard, confidence in oneself, optimism about the future, positive body image, and clear sexual identification	Positive self-image and knowledge of one’s self	
Developing Purpose	Focus is on vocational and lifestyle goals and involves personal interests and intentional decisions about family	Vocational plans and personal interests related to a meaningful lifestyle	
Developing Integrity	Involves humanizing values, such as issues of faith or other belief system that are considered throughout the lifespan	Humanize and personalize values; develop congruence between beliefs and values	