



A Look into the Future – What to Expect and How to Handle it

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FAST FACTS

[GCC: Barbara Long, M.D., Ph.D.: The Transition Years of Life – 10-Point Guide for Young Pilots and Copilot Parents](#)

Date: Friday, 6 March 2015

Time: 11 a.m. New York / 4 p.m. London / midnight Hong Kong (+1 day)

About the Resource

*Barbara Long, M.D., Ph.D., board-certified in psychiatry, has more than 30 years' clinical experience working with adolescents, young adults and families. She also volunteers with the Harvard College Office of Undergraduate Admissions, where she was awarded the Hiram Hunn Award in 2009 for her service and in the fall of 2014 was appointed to the Harvard Alumni Association's Board of Directors, Schools and Scholarships Committee. Long is the author of two books targeted to young people from later adolescence through young adulthood: *Keep Your Eye on the Prize!* and *Hold on to Your Hat!*.*

The transition from the teenage years to adulthood can be exciting, challenging and sometimes stressful – for both children and parents. Moving into the pilot seat takes a lot of responsibility, and Barbara Long, M.D., Ph.D., board-certified psychiatrist, offers wisdom in the transition through life and all that it has to offer – good and bad.

During our call, Dr. Long will share an overview of her book *Keep Your Eye on the Prize! A Young Person's Guidebook to Adulthood*. We will take a look inside this "psychological toolbox" to discuss how young people can:

- Navigate the "transition years," the teenage brain, "personal prism" and style.
- Go off of "auto pilot" in order to find their true identity.
- Gain balance and understand the "big picture" of life.
- Identify the "emotional compass point" relating to others and difficult people, spotting challenges, and managing them.
- Deal with life's obstacles and master strategies for hard times.
- Use social networking and the Internet to their advantage.