

IDENTITY DEVELOPMENT

THE COLLEGE YEARS ARE A TIME OF SELF-DISCOVERY AND GROWTH. AS YOU NAVIGATE NEW EXPERIENCES, YOU MAY FIND YOURSELF QUESTIONING WHO YOU ARE AND WHAT DEFINES YOU.

Key Stages of Identity Development

Exploration:

College is a time to explore your interests, values, and beliefs. You may try out new activities, join clubs, or engage in different academic fields.

Tip: Embrace change and stay open to new experiences.

Commitment:

After exploring different possibilities, you may make decisions about who you want to become. This might involve declaring a major, forming deeper friendships, or clarifying your goals.

Tip: It's okay if you don't have everything figured out yet—this is part of the process!

Consolidation:

This is the stage where you begin to integrate your experiences and create a cohesive sense of self. You're more confident in your values, your career aspirations, and your relationships.

Tip: Reflect regularly to make sure you're staying true to who you are.

IDENTITY DEVELOPMENT RESOURCES ON CAMPUS

- **Counseling and Mental Health Center:**

- SSCB 3103
- Phone: 281-283-2580
- <https://www.uhcl.edu/cmhc/>

- **Career Services:**

- SSCB 3109
- Phone: 281-283-2590
- <https://www.uhcl.edu/career-services/>

- **Student Success Center Peer Mentoring:**

- SSCB 3102
- Phone: 281-283-2460
- <https://www.uhcl.edu/student-success-center/peer-mentoring>

- **Student Involvement and leadership:**

- SSCB 1204
- Phone: 281-283-2560
- <https://www.uhcl.edu/student-affairs/student-engagement/student-involvement/getinvolved>

- **Student Clubs and Organizations:**

- <https://uhcl.campuslabs.com/engage/organizations>