Adulting 101: Financial Literacy and More

“Adulting is something you do it is not something you are.”
- Kelly Williams Brown {Adulting: How to Become a Grown-up in 535 Easy(ish) Step}

What is Adulting - The Word

Adulting - Adulting is a new slang millennials (anyone born between mid 1980s to early 2000s) use to describe behaviors that involve anything an adult would do in everyday life; from doing laundry, getting out of bed to go to work, paying bills, cooking, sewing, cleaning, etc.

Outcomes/ Objectives of your Adulting 101 Program

You want your program to:
- Have real world application
- Give young adults tangible skill /knowledge
- Be easily understood, and relevant

What is Adulting 101 - The Program

Adulting 101 was conceived from the desire to impart on teens the knowledge needed to deal with the basic aspects of “daily” adult life. It is assumed that “adulting” skills have been taught at home or learned intuitively during adolescence and childhood. This assumption is false. Adulting skills should be taught in the same manner that children are taught how to ride the bus or subway on their own, and how to tie their shoelaces. This scaffolding support is used to teach/discuss adulting skills in this drop in program.

Thought Process of Creating/Thinking of Adulting 101 Topics

When you think about Adulting 101 programs/workshop you want to think about what your teens need not only in their academic lives, but also in their personal and work lives. This type of analysis heavily involves conversing with your teens about their interests, school days, and home life -- much more than a reference interview. You also need to be aware of current events that would influence you as an adult, as well as what could affect your teens. If it can affect you then it’s going to most likely affect your teen’s caregivers and in turn affect the teen.

Procedure and Implementing Adulting 101 Topics

Implementing an Adulting 101 program can be done (somewhat) low tech. I primarily make use of a projector, laptop and Google Slides presentation and limit the program length to an hour long. The program is primarily delivered in a lecture format but is centered on having a conversation.
- Projector
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- Laptop
- Google Slides Presentation
- 1 hour lecture format/conversation style

Potential topics for an “adulting” program include:

- Networking
- Email and Phone Etiquette
- Your Money
- Travel: How & Why
- How to Fill Out Forms
- Emergency Preparedness
- College & More
- How to Tie a Tie
- Sewing Basics
- Resume & Cover Letters
- Let’s Talk About - Current Events

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