

The Seven Vectors

Chickering & Reisser (1993)

Developing Competence

- Intellectual, physical, manual, and interpersonal competence

Managing Emotions

- Develop awareness and acceptance of emotions (not eliminate emotions)

Moving Through Autonomy Toward Interdependence

- Function with self-sufficiency and self direction

Developing Mature Interpersonal Relationships

- Tolerance and appreciation of differences
- Capacity for intimacy

Establishing Identity

- Comfort with body and appearance
- Comfort with gender and sexual orientation
- Sense of self in a social, historical, and cultural context
- Clarification of self-concept through roles and lifestyle
- Sense of self in response to feedback from valued others
- Self acceptance and self-esteem
- Personal stability and integration

Developing Purpose

- Vocational plans and aspirations
- Personal interests
- Interpersonal and family commitments

Developing Integrity

- Humanizing values - shift from literal belief in absoluteness of rules
- Personalizing values - set of personal guidelines
- Developing congruence - behavior consistent with personalized values

Chickering A. W. & Reisser, L. (1993). *Education and identity*. San Francisco: Jossey-Bass.