



# International Seminar on “A New Stage called Emerging Adulthood and Cognitive Development”



**Organized by:**

**Department of Psychology &  
Internal Quality Assurance Cell  
Sarojini Naidu College for Women**

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**Speaker: Prof. Susan Nakayama Siaw  
California State Polytechnic University, USA**

## About the College:

Founded on the 14th of August 1956 as a college dedicated to the rehabilitation of refugees, **Sarojini Naidu College for Women** is one of the premier institutions for women's education in the northern suburbs of Calcutta. Initially affiliated to Calcutta University, it now enjoys affiliation under the West Bengal State University and offers quality education in Arts, Commerce, Science and Management streams. **SNCW** is dedicated to the advancement of knowledge, learning and understanding in the service of society. The college has a dedicated and sincere faculty for whom the general well-being of the students is of utmost importance.

**Sarojini Naidu College for Women** is committed to ensuring students from all backgrounds achieve their full potential in various spheres of activity and to this effect, ever since its establishment, students of **SNCW** have demonstrated academic talent and commitment irrespective of their social, religious, or economic background.

## About the Seminar:

Emerging Adulthood is a relatively new concept in developmental psychology, referring to the stage of life that occurs between late adolescence and early adulthood. It typically covers the ages of 18 to 25 and is characterized by an increased focus on exploration, identity formation, and self-discovery. During this stage, individuals are faced with important decisions and are trying to figure out who they are and what they want to do with their lives. This period of life is often marked by greater freedom and independence than adolescence, but also by more uncertainty and instability.

Cognitive Development during Emerging Adulthood is marked by a number of important changes and improvements. For example, individuals during this stage typically show an increased ability to think abstractly and to reflect on their own thoughts and decisions. This is known as metacognition and is thought to be important for overall cognitive development. Emerging Adults are also known for their increased decision-making abilities, which are shaped by the development of executive functions such as working memory, planning, and attention.

The Emerging Adulthood stage is considered a crucial time for brain development. During this period, the brain continues to mature and consolidate key cognitive skills, such as memory and attention. Furthermore, Emerging Adulthood is a time when individuals are exposed to new experiences, cultures, and perspectives, which can influence brain development and shape their future trajectory.

Overall, Emerging Adulthood is a period of significant change, both in terms of identity formation and cognitive development. The experiences and challenges faced during this stage can shape an individual's personality and overall well-being for years to come. As a result, it is important to understand and support the needs of Emerging Adults during this critical time in their lives.

The seminar looks into this emerging field of psychology and concentrates on the challenges and opportunities faced by the Emerging Adults.