

Coping with life transitions in young adults

Chloe is an 18 year old girl who has just finished her last year of school. Due to a worldwide pandemic she spent most of her final school year away from her friends, teachers and work colleagues. Chloe is sad and disappointed with the year that has just passed; from March 2020 the state she lived in was in lock down which meant home schooling, no socialising or working, and limited access to exercise.

Chloe lives at home with her mum and dad (Brenda and Pete) and her little sister Sophie (13). They live in a modest suburb of Melbourne, Victoria. Chloe is a keen basketballer and very good at sport. The lockdown measures have meant that the past twelve months have been a nightmare for Chloe - she has always been a very high achiever at school and this was her worst academic year ever. Chloe feels all her dreams have been shattered.

Chloe found remote learning difficult. She's dreamt of being a nurse since she was a child - two of her aunties are nurses and she looks up to them. Despite being a very diligent student, Chloe has not done as well as she thought she would in her exams. While doing distance learning, she really struggled to focus because she was often feeling sad and lonely. This, coupled with the fact that the family only has one computer and slow internet meant that

completing her schooling from home has been really tough.

In order to fund her driving lessons, Chloe had started a new job in February 2020, but only worked one month before the business was forced to close. The government brought in Job Keeper to subsidise people's wages during the pandemic, but Chloe was not eligible. Her parents can't afford to pay for her driving lessons or driving license fees – Chloe was relying on her employment to help her learn to drive.

Chloe's home life was difficult during lockdown. Due to the large age gap between herself and her sister they don't really get along and often fight over little things. Both her mum and dad lost their jobs and they were constantly fighting because everyone was stuck at home and in each other's way.

Due to the pandemic, Chloe missed out on her school formal and couldn't meet friends or attend the usual gatherings or parties that come with being a year twelve student. To top things off Chloe had talked about travelling in a gap year with two girlfriends. She now realises that this will not be possible due to COVID-19.

Recently, when Chloe received her final marks she was shattered because her score wasn't high enough to get into her nursing degree. Her parents keep saying to her, "it doesn't

Coping with life transitions in young adults

matter, just do something else, once you find something else you'll be ok". Chloe doesn't feel like she will be ok. She can't stop feeling so sad.

It is now the start of 2021 and Chloe has managed to secure some part-time work. Her sports has started up again but she hasn't felt like participating. Her parents are encouraging her to visit their family GP so she can talk about how she has been feeling.