**Timeline of Adult Milestones**

AGE MILESTONE

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| --- | --- |
| **18 years** | High School Graduation |
| **18 – 23 years** | Enters workforce more hours/week |
| **18 – 23 years** | First trip/vacation without parents |
| **18 – 23 years** | First car |
| **18 – 23 years** | Moves out on own (or with a roommate) – away from parent’s house |
| **18 – 23 years** | Enters post-secondary education/training |
| **18 – 23 years** | First credit card |
| **18 – 23 years** | Dating |
| **18 – 23 years** | Graduates post-secondary |
| **24 – 30 years** | First career-type employment |
| **24 – 30 years** | Co-habitation |
| **24 – 30 years** | Marriage |
| **30 – 35 years** | Becomes a Home Owner – 1st mortgage |
| **30 – 40 years** | Birth of Children (may not necessarily come after marriage, although traditionally it did) |
| **30 – 40 years** | Career advancement |
| **30 – 50 years** | Children’s milestones (all the ones listed above as experienced through parent’s eyes) |
| **40 – 50 years** | Children move away from home – Empty nesters |
| **40 – 60 years** | Marriage of children |
| ***40 – 70 years*** | *Death of a parent* |
| **40 – 60 years** | Birth of grandchildren |
| **65 years** | Retirement |
| **65 + years** | Housing downsizing |
| **65 + years** | Moves into retirement residence/health care services |
| **65 + years** | Death of a spouse |
| **65 + years** | Death |

*At any point in this timeline, one may experience a re-cycling of events. For example, if one gets married and then gets divorced they may see themselves needing to start at a previously achieved level (re-locate, get a new job, buy a new home, dating, re-marriage, etc.)*