

Simmons Longitudinal Study



SLS in Transition – Moving Forward in 2010

The last few years have been exciting ones for us at SLS. Our 33 years of work with you has brought wide-spread world-wide response. Your growing up and young adult years have informed the world about young people at this pivotal time in history. Recently, your stories about your adolescent experiences have prompted a British film director, doing a documentary on youth, to consult with us on the accuracy of his new film ideas. We just told him the lessons we learned from you!

Now we have reached a time of change and transition. I, your Project Director since 1976, am retiring on July 1, 2010 and Dr. Angela Paradis will become the new SLS director. Angela started working with SLS in 1998 after graduating from college and has continued to be closely connected with every part of the project since then.

With this change there will still be continuity in the project as both myself and long time Co-Director, Dr. Rose Giaconia, will play a consultative role along with the panel of experts who provided help over the years.

We all anticipate that your contributions to the study will also continue. The lessons you taught us of your struggles and triumphs growing up continue to reach a broad audience of parents, teachers and others who care for youth. The latest article, which will be on-line soon, features the importance of family relationships during adolescence.* This study is rare and continues to be highly regarded.



In the near future we plan to contact everyone again as you continue to build your adult lives. So please keep in touch, we want to hear your voices!

With my best wishes always,

* Paradis, A. D., Giaconia, R. M., Reinherz, H. Z., Beardslee, W., Ward, K., & Fitzmaurice, G. (in press). Adolescent family factors promoting healthy adult functioning: A longitudinal community study. *Child and Adolescent Mental Health*.

Send us your current address and you could win \$250!

We'd love to stay in touch. Simply send us your current contact information and any news by **May 15, 2010**, and you'll be entered to win.

To enter, return the enclosed postcard, email us at sls@simmons.edu, or call us at 617-521-3932.



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How You've Changed and Remained the Same (from 1977 to 2010)

One of the best things about long relationships (ours together is 33 years and counting) is noticing both how people change over time and the things about them that continue through their lives.

For example, we never would have believed when some of you were children and teenagers how well you would be managing your lives at age 30 in spite of the early obstacles you faced (health problems, family discord, loss of important people in your lives). In spite of these issues, some of you with stormy childhood and teenaged years grew up to be solid successful adults. What was even more remarkable is the way you reached successful adulthood. You challenged many of the books we read. You did it "your way" as you told us in your individual stories.

At the same time, looking over your lives from childhood to adulthood there were some early things about many of you that have continued from your kindergarten days. Some of you were noticed early on by parents and teachers as remarkably focused and persistent in how you tackled chores at home and school. You continued to do well in your education and in your adult work and relationships with people.

Others were recognized by adults and by your own statements as being optimistic and confident. You were sociable and outgoing. You thought good things would come to you and they did!

You have taught us much about how a group of 5 year olds starting kindergarten reaches mature adulthood. But this is not the end of our story. We believe that there is much more to come.



A Look to Our Future Together

Thanks to your continued partnership with us, the SLS is still going strong! After over three decades it remains one of the few studies to successfully follow a group of people growing up in one community over 30 years. Your on-going participation becomes even more valuable with each passing year.

It is remarkable how much we have learned from you. Yet there is still much you can teach us and the world. We get inquiries about the study from countries ranging from Australia to Argentina, from India to Egypt. We plan to interview you again in the future to learn about the achievements and challenges you face as you approach your 40's and beyond! We and other researchers are beginning to make connections between childhood experiences and adult health. You can uniquely provide valuable information on these important relationships.

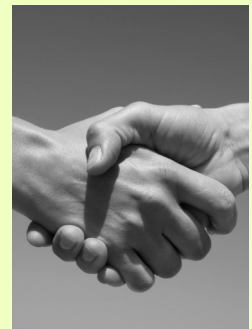
We hope that you will complete the enclosed postcard or email us (sls@simmons.edu) so we can stay in touch for years to come. Also, please be sure to visit our website (<http://www.simmons.edu/ssw/sls/>) to learn more about study developments.

I have had the pleasure to work on the SLS with you for the past 12 years and look forward to many more!

Best Wishes,

A handwritten signature in cursive script, appearing to read 'Angela Paradis'.

Angela Paradis



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