

TABLE 3.2

Marcia's Categories of Identity Achievement Commitment

		COMMITMENT	
		YES	NO
EXPLORATION	YES	<p>Identity achieved</p> <p>Adolescents are provided with opportunities to explore many options involving occupations, academic skills, friendships, and values and to commit to certain goals and values.</p> <p>Parenting practice: Individuals who have achieved identity typically have parents who use an authoritative parenting style.</p> <p>Achievement: Identity achievement is related to better performance on math achievement tests.</p>	<p>Moratorium</p> <p>Adolescents are actively involved in the exploration process but have not yet made decisions or commitments. Moratorium would be considered developmentally appropriate for most high school and early college students.</p> <p>Parenting practice: Parents who use an authoritative style of parenting provide a moratorium for their children by allowing them to try new things while deferring decisions until they have had ample time to explore their options.</p> <p>Achievement: Students who are in a state of moratorium are likely to be absent from school but, surprisingly, they score well on math achievement tests.</p>
	NO	<p>Identity foreclosure</p> <p>Adolescents have parents who typically use an authoritarian style of parenting, such as telling their adolescents who they are, what they will become, or where they will attend college.</p> <p>Parenting practice: Adolescents are not given time to explore but rather have accepted the commitments laid out by their parents.</p> <p>Achievement: Adolescents are less likely to be absent from school but also less likely to perform well academically.</p>	<p>Identity diffusion</p> <p>Adolescents either have not yet begun the process of exploration (as you might expect for younger children) or have gone through the exploration process but are unable to make commitments to their goals and values.</p> <p>Parenting practice: Parents are permissive and have allowed their adolescents to explore in the past but have never asked them to make commitments.</p> <p>Achievement: Individuals are more likely to be absent from school and to perform poorly on math achievement tests.</p>