

**Introductory Note:** These are not criticisms of Millennials, but are instead characteristics and patterns of behavior that have been studied among this generation.

## Parenting

- Participation Trophies
- Unearned Rewards
- Emphasized Individuality

***Mentality and expectations are shattered in the real world.***

***Results in lower self-esteem and a “fake it to make it” mindset.***

***Accustomed to adding “filters” to make life seem better.***

## Technology

- Grown up with technology
- High on “dopamine” of tech
- Superficial friends

***Addicted to the numbing and “good” feeling of technology.***

***Believe friends will trade them in if something better comes along.***

***Coping mechanism for stress is technology, not another person.***

## THE MILLENNIAL PARADOX

## Impatience

- Disposition of instant gratification
- Ex. Amazon, Netflix, Tinder
- Drive to make an impact with no roadmap to get there

***On average, Millennials feel they’ve failed when their efforts aren’t met with an immediately positive result.***

***Suicide rates and depression are at an all-time high. Job satisfaction and joy are at all-time lows.***

## Environment

- Grown up in a broken system
- No natural source to “fill in gaps”

***The unquenchable desire of the Millennial to “make an impact” is closely tied to the internal struggle of “just existing.”***

***Student leaders must be intentional to change the environment and be the “gap-fillers” for the current and upcoming generation.***

*As youth workers, we have an opportunity to fill in the gaps. We can be the leaders who not only encourage young people, but hold them accountable and teach them the concept of earning a reward. We can be the constants in a world of superficial friendships. We have the ability to teach, by example, how to “unplug,” engage, and create real relationships. We must relate the keys to success (both spiritually and secularly) that our young people will never gain from the world or their peers, namely sacrifice, patience, “stick-to-itiveness,” and even inconvenience.*