

“Three steps into the future”: A life designing on-line intervention program for the future

Lea Ferrari, Sara Santilli, Maria Cristina Ginevra
University of Padua, Italy

In the last years career and vocational literature underlines more and more often people should be prepared to deal with more frequent transitions from school to work and work to work. The propensity to design the future, to make individual decisions, to explore career opportunities and strengthen self-efficacy in addressing these challenges, help to characterize the adaptability during preadolescence and adolescence age (Hartung et al., 2008). Research shows young people characterized by higher levels of adaptability, feel more confident and optimistic, more projected toward the future, and capable of interacting with others. They are also better able to build their career goals, carry out goal-oriented behaviors, give meaning to the past experiences to plan the future (Nota, Ginevra, Santilli & Soresi, in press; Ferrari, Nota & Soresi, 2012).

On this basis and taking inspiration from the Life Design approach (Savickas et al., 2009) the on line training program, "Three steps into the future" was developed at the university of Padua by the Larios Lab team (Laboratory of Research and Intervention in Vocational Guidance). The program is divided into three sessions, each introduced by a video that stimulates the reflection on the world of work, the training pathways and favorable attitudes toward difficult and unexpected situations. The program also helps participants to highlight their strengths, to identify their professional goals and to think about their decision-making processes by using questionnaires and materials developed and tested by the Larios Lab team. Thanks to the online platform many adolescents who even if need career guidance support, stay away from career services and procrastinate their decision could be reached. Moreover in line with a cost-benefit approach it could be delivery in small and large group. During this presentation after a brief description of the program, some data on its efficacy will be provided and considerations on its preventive impact will be discussed.



Division 16: Counseling Psychology

SATURDAY, 12 JULY 2014

Room 351 - Level 3

08:00 - 09:30

DIV16-IS08 - INVITED SYMPOSIUM

Constructivist and life designing interventions for youth

Convenor: Valérie COHEN-SCALI (France)

Examining the process of a constructivist career intervention with Australian youth

Mary MCMAHON (Australia)

Examining the place of a psychosocial approach in the use of narrative career counseling with young people

Hazel REID (United Kingdom)

“Three steps into the future”: a life designing on-line intervention program for the future

Lea FERRARI (Italy)

Overcoming challenges and working through limiting assumptions with young people: the potential of the career thinking session as an effective career counseling intervention

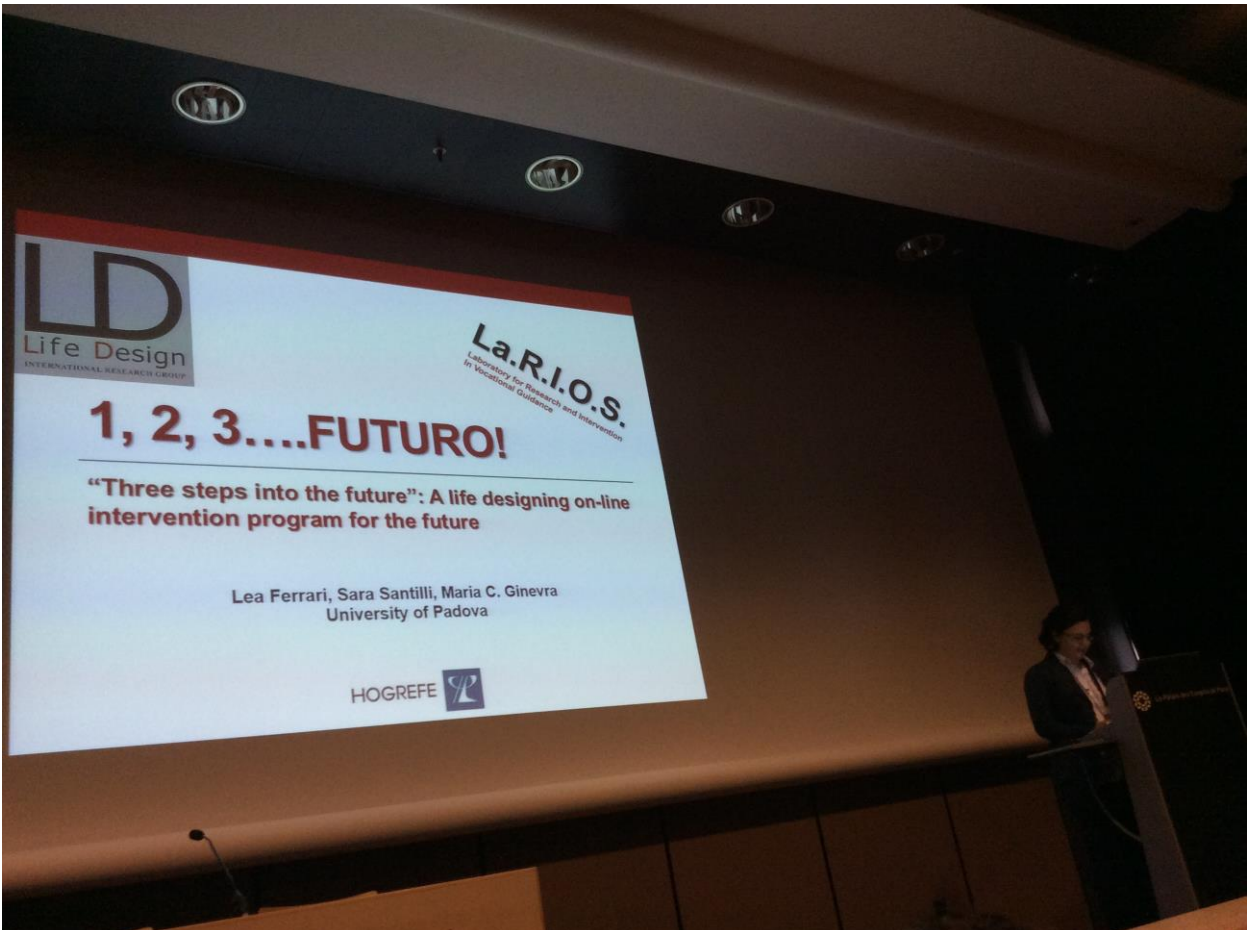
Barbara BASSOT (United Kingdom)

Identity and social representations in socioconstructivist and life designing approaches in career counseling with young adults

Valérie COHEN SCALI (France)







conclusion

- Students in the online intervention group, compared to those of more traditional intervention group, record higher levels of concern, control, curiosity and life satisfaction
- They also take into greater account some key aspects of life design approach in their wishes about the future, such as self-determination and attention to choice processes, description of work activities rather than a specific job, indication of dreams/expectations/goals about their future, strengths, life satisfaction, attention to relationships and training investment
- This training could be used with quite big groups of students in a save cost perspective to improve their life designing
- A more complex research design is necessary as well as specific measures for middle school students

Overcoming challenges and working through limiting assumptions with young people: the potential of the Career Thinking Session as an effective career counselling intervention

Dr Barbara Bassot

ICAP Conference

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Identity in socio-constructivist and life
designing approaches in career counseling
with young adults

Valerie COHEN SCALI - INETOP CNAM
Jacques POUYAUD - University of Bordeaux

ICAP - July 2014

