

# **META-ANALYSIS AND EVIDENCE-BASED CAREER PRACTICE: CURRENT STATUS AND FUTURE DIRECTIONS**

*Steven D. Brown*

*Fr. Walter P. Krolkowski Endowed Chair*

*Loyola University Chicago*



## **LESSON #1**

Career Interventions are Modestly More Effective Than Doing Nothing in Promoting Outcomes Associated with Choice-Making and Job Finding

## **LESSON # 2**

- There are Several Intervention Components That Seem to be Important for Both Choice-Making and Job Finding Interventions

# CRITICAL INGREDIENTS OF CHOICE COUNSELING

- **W**ritten goals
- **I**nformation on the world of work
- **M**odeling
- **S**upport building
- **I**ndividual attention to goals and assessment results

# CRITICAL INGREDIENTS OF JOB FINDING INTERVENTIONS

- Teaching job search skills
- Improving self-presentation
- Boosting self-efficacy
- Encouraging proactivity
- Promoting goal setting
- Enlisting social support

## **LESSON # 3**

- Goal Setting and Support Building May Be Important Ingredients in All Career Interventions

## **FUTURE DIRECTION # 1**

- We Need to Identify Core Outcome Constructs

## **FUTURE DIRECTION # 2**

- We Need to Know Whether Career Interventions Actually Make a Difference in the Lives of Clients



## **FUTURE DIRECTION # 3**

- We Need to Conduct Outcome Research with More Diverse Samples

# **THANK YOU FOR LISTENING**

- [sbrown@luc.edu](mailto:sbrown@luc.edu)









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