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

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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

• Written goals
• Information on the world of work
• Modeling
• Support building
• Individual 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

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