

Florida State University

Utilizing the Self-Directed Search Materials: Demonstrating Results and Practical Implications

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Roundtable #1-1

Utilizing the Self-Directed Search Materials

Purpose of the Study

To compare unique Self-Directed Search (SDS) supplemental materials across two groups.

Research Design

Participants

51 undergraduates enrolled in a college-level career development course

- Freshman (2%), Sophomores (15.7%), Juniors (19.6%), and Seniors (62.7%)
- Caucasian (52.9%), African-American (31.4%), Hispanic/Latino (9.8%), Other (3.9%), Asian (2%)
- Ages 18 to 26 years

Materials

- ✓ Student data sheet & Occupation Alternatives Question (OAQ)
- ✓ Self-Directed Search (SDS) Assessment Booklet
- ✓ Occupations Finder (OF)
- ✓ SDS Feedback Form
(based on CACG Evaluation Form; Peterson, Ryan-Jones, Sampson, & Reardon, 1988)

Group 1:

- SDS Interpretive Report (IR)

Group 2:

- ❖ You & Your Career Booklet (YYC)
- ❖ Educational Opportunities Finder (EOF)

Procedures

	Week 1	Week 2	Week 3	Week 4
Group 1 (IR)	Student data sheet OAQ	SDS + OF	IR	SDS Feedback Form
Group 2 (YYC & EOF)	Student data sheet OAQ	SDS + OF	YYC + EOF	SDS Feedback Form

Results

Compared unique Self-Directed Search (SDS) supplemental materials across two groups:

- 1) Participants were asked to **recall** their SDS code
 - a. Group 1 (IR) was more likely to **recall*** their summary code (1st, 2nd, and 3rd letters)

- 2) Participants were asked if the SDS supplemental materials were helpful to **expand/narrow** occupational options
 - a. Group 1 (SDS IR) was more likely to **expand*** options, but was NOT more helpful to **suggest new options** (not previously considered)
 - b. Group 1 (SDS IR) was NOT more (or less) likely to **narrow/confirm** options

- 3) Participants **engagement** with materials was compared across groups
 - a. Both groups spent an average of 28-29 minutes reading materials
 - b. Both groups reviewed their materials 1-2 times on average

- 4) Participants career **decidedness** and **satisfaction** was compared across groups
 - a. There were no differences between levels of career decidedness and satisfaction across groups

**significant results*