

The Effect of “ Career Development Counseling Course ” on the Sixth Grade Students’ Career Maturity and Vocational Self-concept

Abstract

This study was to design a career development counseling program for primary six students in Macao, with assessment by two scales, career maturity and vocational self-concept. The objectives were: (1) to look at the program’s efficacy on the subjects in terms of the career maturity and of vocational self-concept; and (2) to investigate any difficulties or limitations while the program was carried out. Suggestions are also provided in details for further research and practical uses.

A quasi-experimental non-random research design was used with pre-test and post-test comparisons between experimental and control groups. Three groups of student from two local schools were studied ($n = 72$). The sample was divided into five groups as follows. The experimental and control group consisted of eight students with similar scores. Comparative group one ($n = 7$) had lower scores in pre-test, while comparative group two ($n = 10$), by contrast, contained children with higher scores. Comparative group three ($n = 39$) had children from other school.

The intervention in terms of the designed counseling program was only conducted in the experimental group, which composed of seven meetings in seven weeks with 90 minutes each. The measuring instrument consisted of the Career Maturity Attitude and Vocational Self Concept Inventory. A pre-test and post-test were conducted respectively before and after the intervention. A follow-up test was conducted after eight weeks of the post-test. Statistical methods used in analysis included match-paired t-test, independent sample t-test, one-way ANOVA and ANCOVA. There were also qualitative data collected including feedback from teachers and students, and independent observers’ records.

Major results and findings are as follows. (1) There were immediate effects of the intervention on the experimental group, in terms of increases in career maturity and vocational self-concept. (2) However, there is no consistent effect as reviewed by the follow up test done after eight weeks of the intervention.

Thesis conclusion includes some practical suggestions in accordance to the findings.