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## Abstract

The purposes of this study are to explore the effect of narrative-approached career counseling on the aware process of career exploration in senior secondary girls and to find out research participants' comprehension and narration towards the counseling process. The research method adopted is purposeful sampling, three senior secondary girls from a girl school in Macau have participated in this research. According to the designed counseling program, the researcher has carried out at least five counseling meetings and an interview with each participant separately. The study method of the thesis is narrative research. It takes the whole counseling process and interview as text for further analysis and discussion.

The result of the study shows that:

- A. The aware process of career exploration of the three participants are: career indecision → aware of the expectation on profession → aware of the negative particularity on their personality → aware of the influence of their family, important person, growing-up experience on their personality → aware of the influence brought by negative particularity → aware of the shadow of career interest → aware of the distance between interest and reality, self-expectation → aware that a balancing point could be found between interest and reality → learn to create reasonable requirements and objectives for oneself and one's career.
- B. As for the comprehension and narration towards the counseling process, at first, the research participants hope to explore deeply on career development. In the middle of the counseling process, the process of self-exploration and different designs of the counseling program facilitate the germination of career awareness. At the end, participants figure out a more concrete view of their future, they realize that through self-exploring and narrating meanings and values of life are the key moment when they begin to explore their career.

Consequently, the researcher points out some limitations and suggestions for future references.

Keywords: narrative narrative therapy career awareness narrative research