Florida State University

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

V. Casey Dozier, Ed.S., M.S.
Haley Foutch, B.S.

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www.career.fsu.edu/techcenter/
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

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**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*