Applied Contemporary Psychology did increase vocational and educational self-efficacy, vocational outcome expectations, and knowledge about the psychology field and major.

Graph Key:
- M = pre survey mean scores
- xM = post survey mean scores

The data showed that:
- Career decision self-efficacy significantly increased along with all five subscales:
  - Occupational information (OCCINFO)
  - Self appraisal (SELFAPP)
  - Goal selection (GOALSELECT)
  - Planning
  - Problem solving (PROBSOLVE)
- Knowledge of the psychology major and career field significantly increased
- Vocational outcome expectations significantly increased