

# Vocational and Professional Development through the Psychology Curriculum



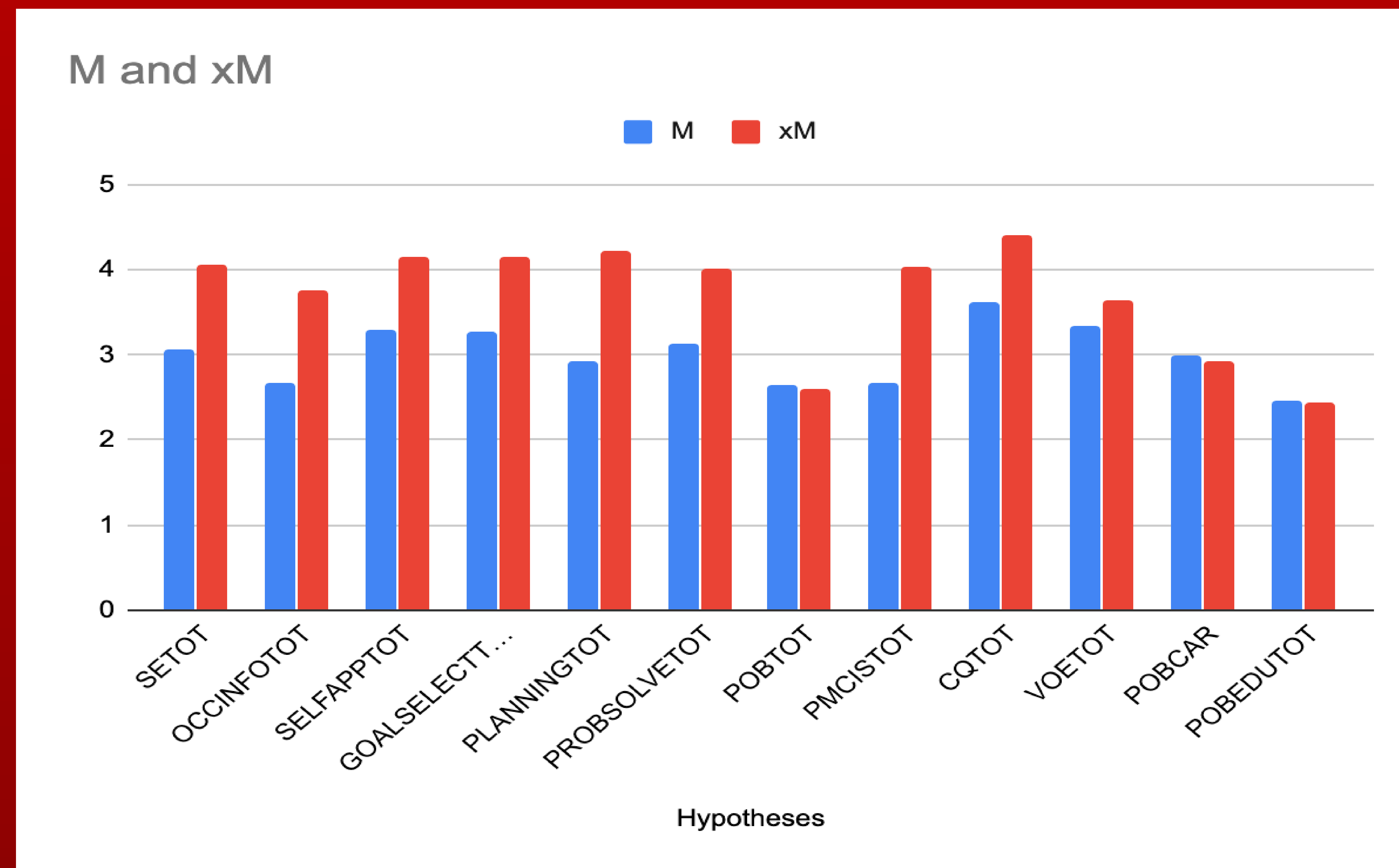
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**BACKGROUND:** The purpose of this study was to evaluate the effectiveness of a career development course (Applied Contemporary Psychology). Similar studies have shown positive effects in students (Dillinger & Landrum, 2002; Dodson, Chastain, & Landrum, 1996; Komarraju, Swanson, & Nadler, 2014; Thomas & McDaniel, 2004). Unlike others, our study applied Social Cognitive Career Theory (SCCT; Lent, Brown, & Hackett, 1994, 2000).

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

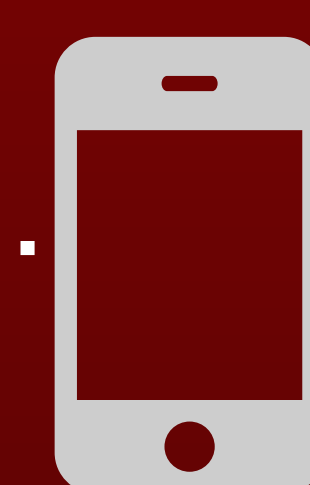
**The data showed that;**

- 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

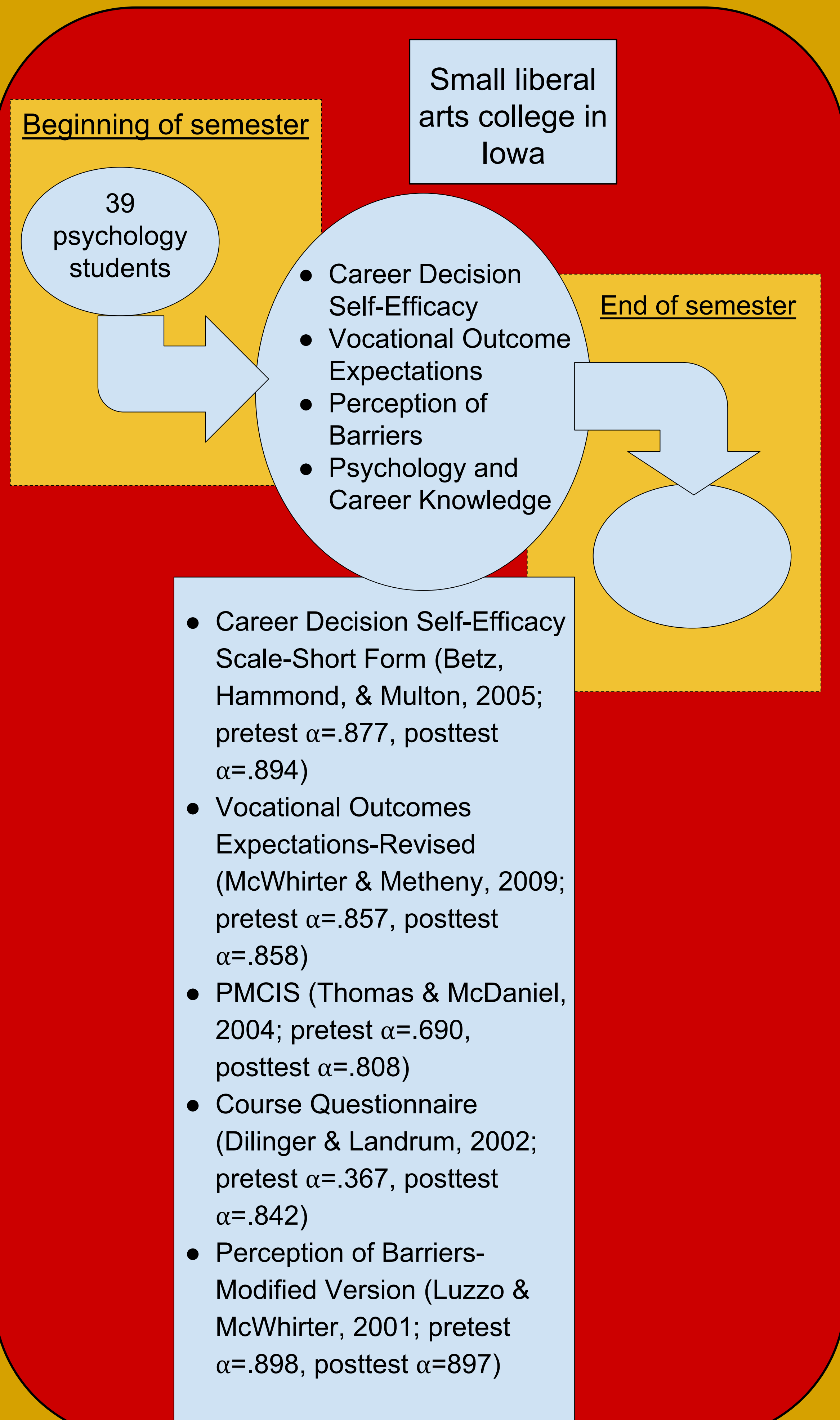


**Graph Key:**

- M= pre survey mean scores
- xM= post survey mean scores



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