

Boost 4 Career: A distance intervention for the promotion of career resources

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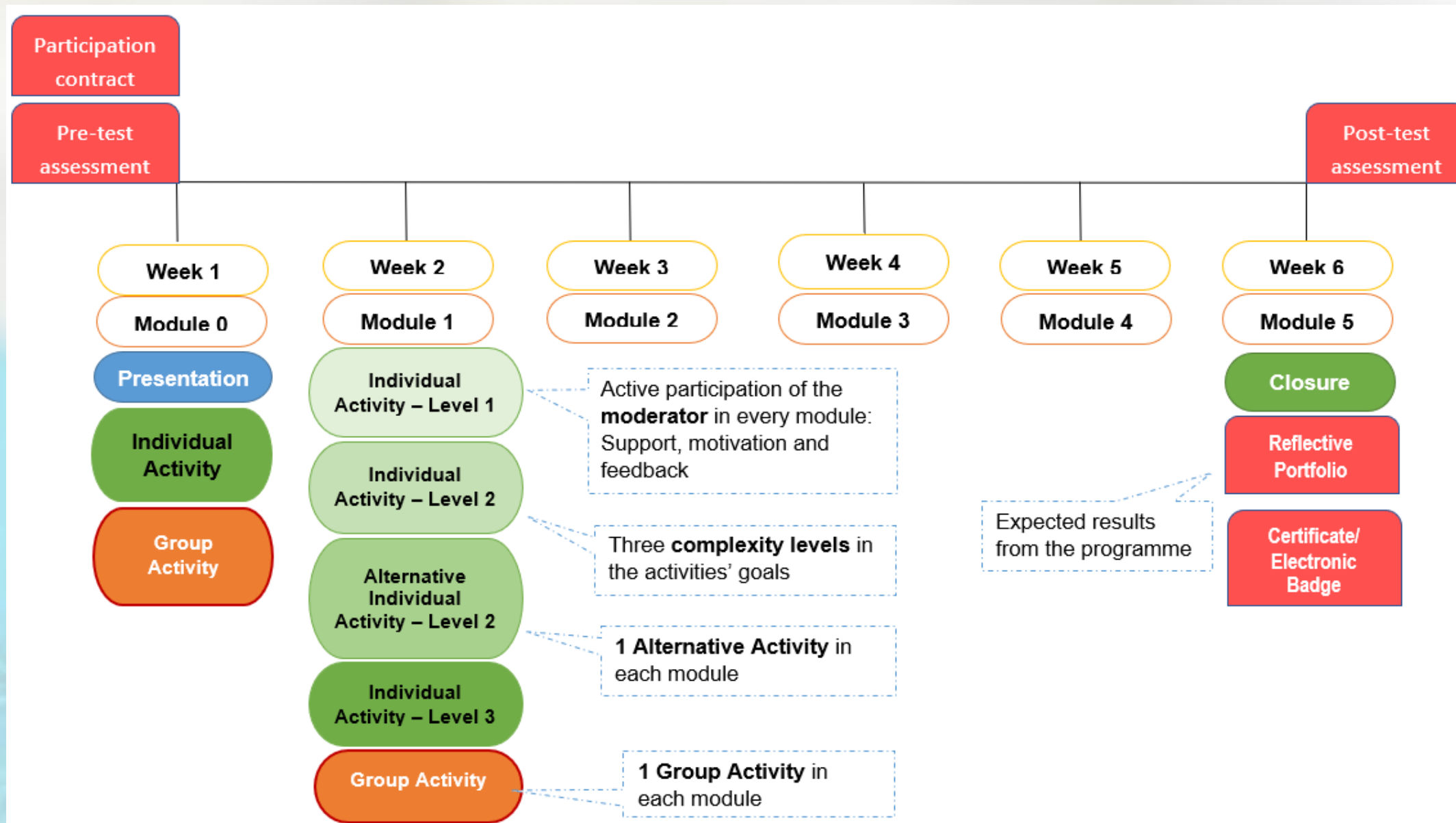
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INTRODUCTION

This poster presents the results of the Programme Boost 4 Career, a distance intervention programme designed to promote career resources, in consideration with the Career success framework (Hirschi et al., 2018), the Self-determination theory (Ryan & Deci, 2017) and the Virtual pedagogical model from Universidade Aberta (Pereira et al., 2007).

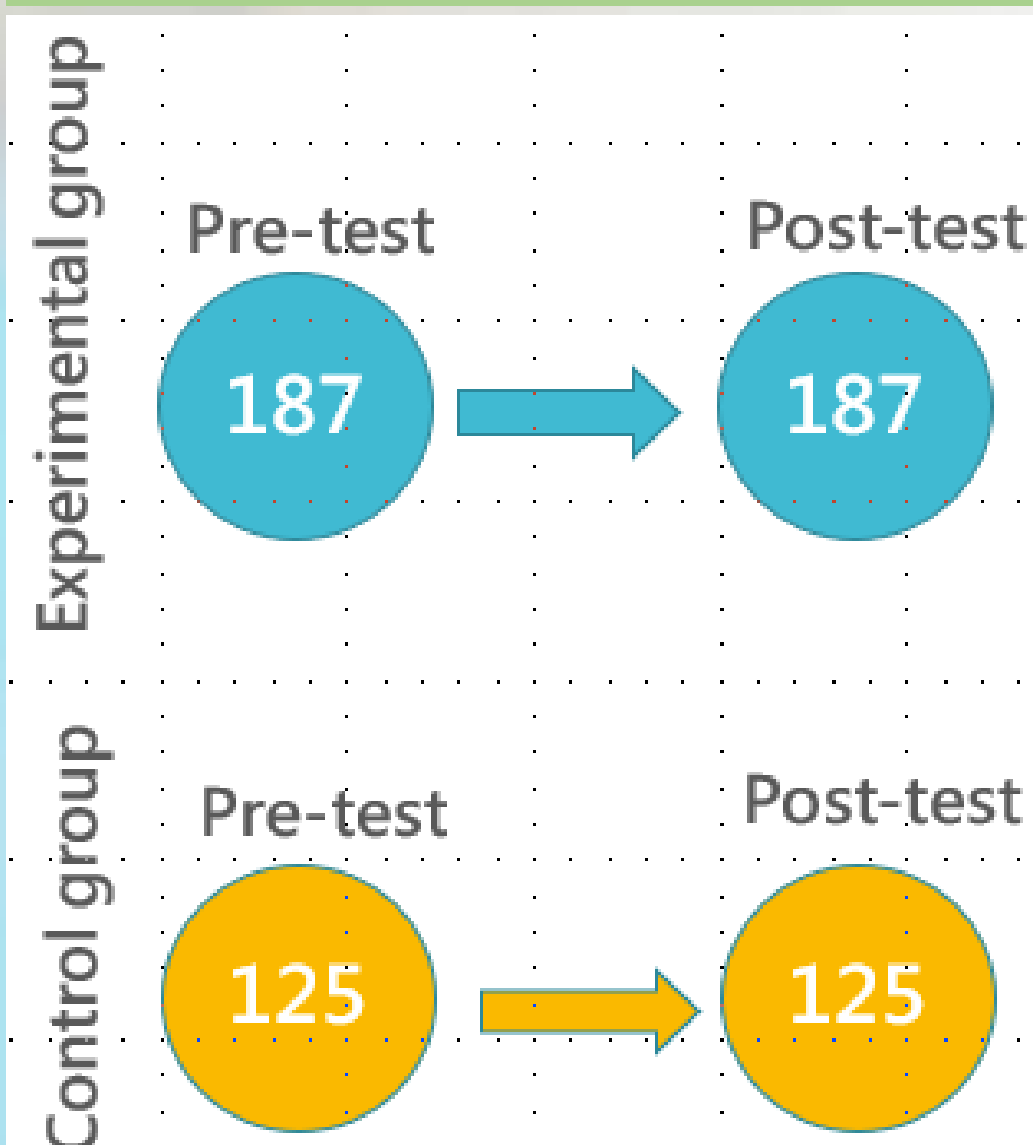
BOOST 4 CAREER



| MODULE | OBJECTIVES |
|--------|--|
| 0 | Presentation of the programme and its relevance; Familiarization with the Moodle platform, participants and moderator. |
| 1 | Promotion of the resources Career Exploration and Job Market Knowledge. |
| 2 | Promotion of the resources Soft Skills, Occupational Expertise and Continuous Learning. |
| 3 | Promotion of the resources Organizational Career Support and Networking. |
| 4 | Promotion of the resources Career Clarity and Career Confidence. |
| 5 | Compilation of the digital portfolio; Certificate/electronic badge delivery. |

METHOD

DESIGN



INSTRUMENTS

- Sociodemographic Questionnaire
- Career Resources Questionnaire (Monteiro & Almeida, 2021 adapted from Hirschi et al., 2018) 12 dimensions 5 point Likert scale $\alpha = .76 - .94$ (pre-test) $\alpha = .79 - .95$ (post-test)

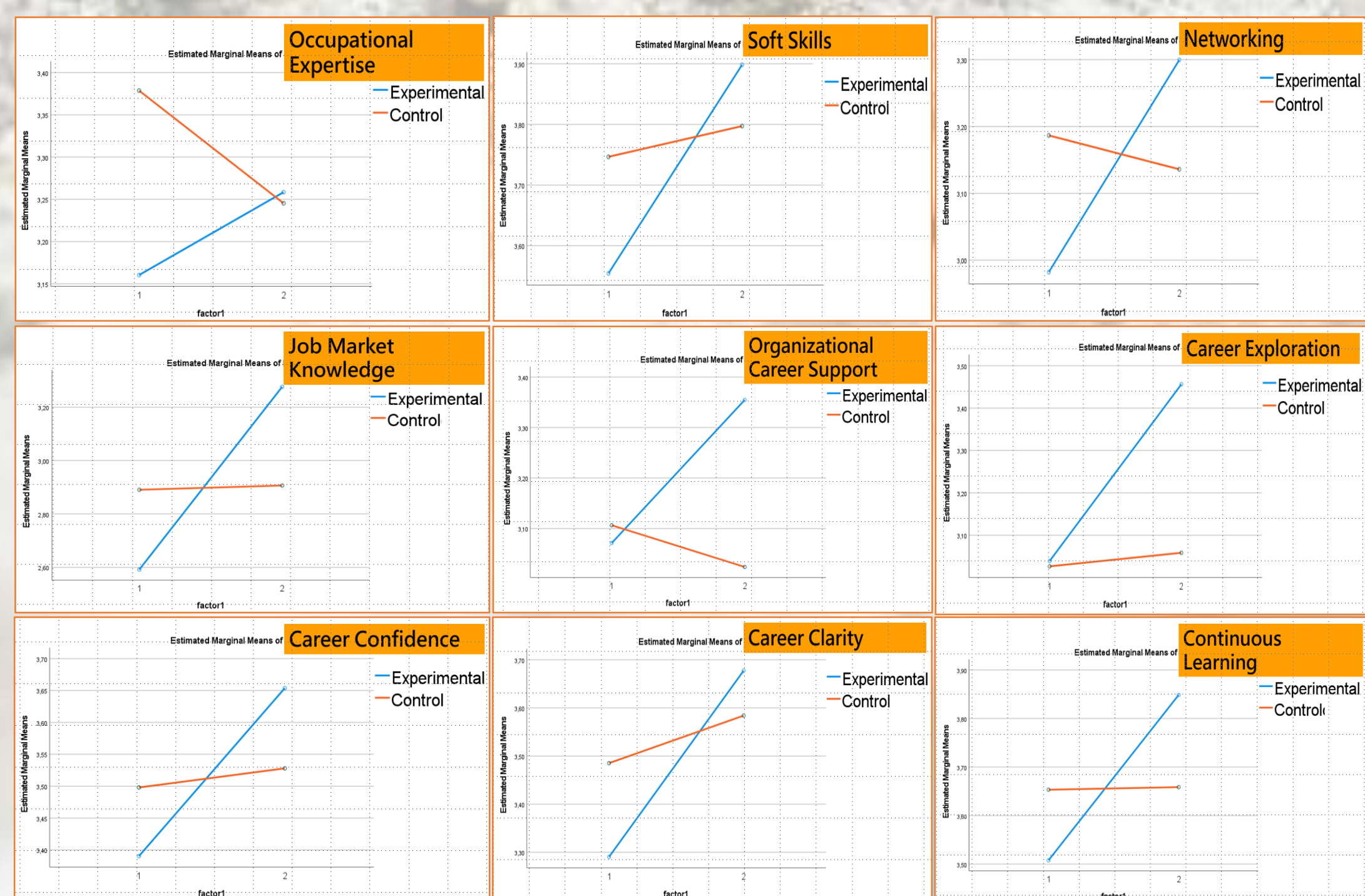
METHOD

| PARTICIPANTS | | EXPERIMENTAL (n= 187) | CONTROL (n= 125) |
|--------------|--|-----------------------|------------------|
| | | Mean (SD) | Mean (SD) |
| Age | | 28.96 (11.10) | 33.86 (12.94) |
| | | n (%) | n (%) |
| Gender | Female | 147 (78.6%) | 98 (78.4%) |
| Institution | University of Minho | 65 (34.8%) | 61 (48.8%) |
| | Open University -PT | 122 (65.2%) | 64 (51.2%) |
| Course Year | 1st year | 21 (11.2%) | 26 (20.8%) |
| | 2nd year | 35 (18.7%) | 31 (24.8%) |
| | 3rd year | 70 (37.4%) | 31 (24.8%) |
| | 4th /+ years | 61 (32.6%) | 36 (28.8%) |
| Study Fields | Human & Social Sciences | 83 (44.4%) | 87 (69.6%) |
| | Economics, Management & Juridical Sciences | 41 (21.9%) | 15 (12.0%) |
| | Health Sciences | 0 (0%) | 2 (1.6%) |
| | Sciences | 38 (20.3%) | 13 (10.4%) |
| | Architecture & Arts | 2 (1.1%) | 2 (1.6%) |
| | Engineering & Technologies | 23 (12.3%) | 6 (4.8%) |

DATA ANALYSIS

- Repeated measures
- Within subjects analysis (career resources)
- Between subjects analysis (experimental/control)

RESULTS



CONCLUSIONS

- The B4C Programme promoted an increment of career resources
- Distance career interventions might represent an effective way to mitigate social inequalities through the promotion of career resources
- Importance of disseminating distance career interventions, reaching more students