Using Career Exploration to Increase Career Search Self-efficacy

What is the level of evidence?

This practice was identified by the National Collaborative on Workforce and Disability for Youth (NCWD-Youth), and has been labeled by NTACT as a Promising Practice. More information on NTACT’s process for identifying effective practices is available here: NTACT’s Effective Practices.

What is the practice?

Career exploration activities include experiences such as job shadowing, workplace visits and tours, guest speakers and employer presentations, career fairs and career-focused mentoring.

Where is the best place to find out how to do this practice?

This Practice Brief on Career Exploration developed by NCWD-Youth provides examples and resources regarding career exploration: http://www.ncwd-youth.info/innovative-strategies/practice-briefs/career-exploration-in-action.

References used to establish this evidence base: