Summer Career Camp recently completed its fourth year at the University of Alberta Career Centre, running from July 9 to 13, 2018. Over five days, 29 students participated in exploratory and experiential learning activities. Students developed career management skills and learned strategies to explore the variety of career options available to them.
WHY SUMMER CAREER CAMP?

At the Career Centre, we aim to educate about the dynamic reality of careers by grounding our practice in research like Planned Happenstance (Krumboltz and Levin) and The Chaos Theory of Careers (Bright and Pryor). Essentially, research shows it is unrealistic to expect a static, unchanging career that seamlessly flows from point A to B.

Rather, careers are influenced by a complexity of factors and unexpected events constantly changing at varied rates, including:

➢ Parental or family influence
➢ Economic climate
➢ Health status
➢ Financial status
➢ Available time and resources, and so on.

This complexity of influences makes predicting one’s future impossible.
WHY SUMMER CAREER CAMP?

Students can become successful in their career by envisioning their career as a journey, rather than final destinations. Career resilience is positively impacted by appreciating and expecting uncertainty by focusing on the next few steps rather than the distant future. Discovering their beliefs, values, skills, and interests, continually learning new things, and saying yes to opportunities can help them prepare for the future.

Students can embrace change by using varied career research methods and keeping many options open. Active managers of their careers frequently take action and reflect to learn from their actions. Their learnings inform next steps and gradually their careers unfold- careers that are flexible and adapt to the continual change with themselves and around them.
**WHY SUMMER CAREER CAMP?**

**Career management skills are not inherent.** Career education, like Summer Career Camp, introduces students to key ideas about career development and these understandings allow students to build a foundation for healthy career management.

Like all skills, career management skills require practice and this camp gives students the opportunity to practice their new skills in a safe environment where guidance and feedback will be provided.
LEARNING GOALS

Learn how to be an agent of your career

Unpack your skills, interests, values, and other attributes

Practice exploring and researching your career options

Connect with professionals who will share their career stories and advice

Visit workplaces on and off the University of Alberta campus

Map out the next few steps you will take to move forward in your career
Visit workplaces on and off the University of Alberta campus

Students visiting the Rehabilitation Robotics Lab
GRADE BREAKDOWN
I learned that it's more common to change your career then to follow a straight path

Grade 12 Student
CREDIT OPPORTUNITIES

The Career Centre partnered with Edmonton Public Schools and Edmonton Catholic Schools to offer high school credit as part of Summer Career Camp. Students attending a school under one of these boards could earn two high school credits for attending camp, and also receive a subsidized rate.

Of the 29 students who attended camp, 25 earned credit.
Visit workplaces on and off the University of Alberta campus

Students touring the Citadel Theatre
INCREASING DEMAND

Interest in Summer Career Camp continues to grow, with the program filling up several months in advance of the registration deadline. A waitlist was created for students and parents to register their interest in attending.

44 students waitlisted

Get notified of when registration opens next year: www.ualberta.ca/career-centre/programs-events/summer-camp
I really enjoyed speaking with a professional in my area of interest, even though I wasn’t expecting it to be my favourite part. I was able to have many questions answered.

Grade 12 Student
PROGRAM EVALUATION

METHODS

➢ **Liked-Learned-Change:** Students completed short evaluations immediately following each session during camp. Our staff use this feedback to improve camp delivery each year.

➢ **Pre- and Post-Program Self-Evaluation:** Students indicated their level of agreement with a series of statements. Career Centre staff followed up with learning insights based on their answers and how they changed before and after the program.

➢ **Parent and Program Evaluation:** Students and parents/guardians were sent separate surveys to provide feedback about the program.

RESULTS

Students achieved the intended learning outcomes. Although we cannot infer causation from the results, we can state that after the camp, the students:

➢ Feel more optimistic about their career
➢ Feel more comfortable with uncertainty in their careers
➢ Feel motivated to take actions that will move them forward in their career journey
HIGHLIGHTS OF PRE- AND POST-PROGRAM SURVEYS
Percent “Moderately” and “Strongly Agree”

Pre-camp (n = 19)
Post-camp (n = 8)

Where I end up in my career is greatly influenced by unplanned events
I should have a clear idea of where I want to be in five to ten years
I know the next few steps I want to take in my career
Students learning from Oilers Entertainment Group professionals at Rogers Place

Visit workplaces on and off the University of Alberta campus
HIGHLIGHTS OF PRE- AND POST-PROGRAM SURVEYS
Percent “Moderately” and “Strongly Agree”

Careers are unpredictable and it is ok to feel uncertain about my career

I know which knowledge and skills I would like to develop

I feel optimistic about my career
I really appreciated the constant feedback prior to and during the camp. It made it much easier to open up a discussion with our son about the different topics discussed during his time at camp.

Parent of a Grade 10 Student
HIGHLIGHTS OF PROGRAM EVALUATION SURVEYS

Percent “Considerably” and “A Great Deal”

- I learnt how careers happen in reality (90%)
- I learnt more about my beliefs, skills, values, and interests (80%)
- I narrowed down my ideas about occupations and industries I might be interested in pursuing (50%)
- I made some decisions about my education (40%)
- I connected with real professionals and learnt from their career stories and advice (100%)
- I determined that what I’m feeling about my career is normal (e.g., anxious, uncertain) (80%)
MOVING FORWARD WITH NEXT STEPS

Some students indicated they did not make decisions about their education or about future occupations. It should be noted that students demonstrated remarkable improvement in decisions around next steps, which we define as short-term, realistic things they can do to move their career forward. When these results are viewed together, we see this very positively, since our aim was to demonstrate the dynamic and unpredictable nature of careers and to help students appreciate how change and unexpected events will impact them. We wanted to open students’ minds to opportunities they had not previously been exposed to.

As a result of participating in Summer Career Camp, 100% of students indicated that they would be very likely or moderately likely to follow through with one or more of the next steps they identified.
THANK YOU FOR SUPPORTING SUMMER CAREER CAMP
Have questions?
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www.ualberta.ca/career-centre

Registration for Summer Career Camp 2019 will open in March.
Click here to be sign up to be notified.