



UNIVERSITY OF ALBERTA
CAREER CENTRE

SUMMER CAREER CAMP

PROGRAM REPORT 2017

PROGRAM OVERVIEW

Summer Career Camp recently completed its third year at the University of Alberta Career Centre, running from July 10 to 14, 2017. 31 students participated in five days of exploratory and experiential learning activities. Students developed career management skills and learned strategies to explore the variety of career options available to them.



Eight
Four
Eight
Eleven

Grade 10 students
Grade 11 students
Grade 12 students
Post-grade 12 students



EDMONTON PUBLIC SCHOOLS

This year, the Career Centre partnered with Edmonton Public Schools to offer high school credit as part of Summer Career Camp. Students attending an Edmonton Public School could earn 2 high school credits for attending camp, and also received a subsidized rate.

Of the 31 students who attended Summer Career Camp, 20 were from an Edmonton Public School



INCREASING DEMAND

In this third year of Summer Career Camp, we saw our biggest demand yet for spots in the program.

All spots were full for the program by April 25, over two months before camp was held. A waitlist was created for others interested in attending camp. Some highlights from that list include:

- 55 total names
- 31 from Edmonton Public Schools
- 8 from Edmonton Catholic Schools
- 9 from Elk Island Public Schools
- Fourteen Grade 10
- Sixteen Grade 11
- Eighteen Grade 12
- Seven Post-Grade 12



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



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 careers by envisioning their careers as journeys, 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 within 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 given.



PROGRAM EVALUATION

METHODS

- Liked-Learned-Change: Students completed short evaluations immediately following each session during camp
- Pre- and Post-Program Self-Evaluation: Students indicated their level of agreement with a series of statements
- Students and parents/guardians were sent separate surveys to provide feedback about the program

RESULTS

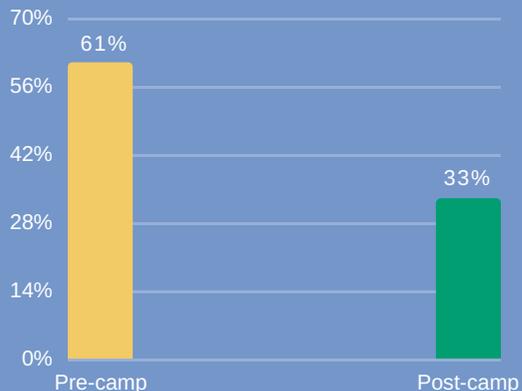
Results suggest students achieved the intended learning outcomes. Although we cannot infer causation from the results, we can state that after camp the students:

- Can identify strategies to help manage their career
- Feel more optimistic about their career
- Feel more confident in explaining their career decisions
- 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= 23)
● Post-camp (n= 12)



I should have a clear idea of where I want to be in five to ten years.



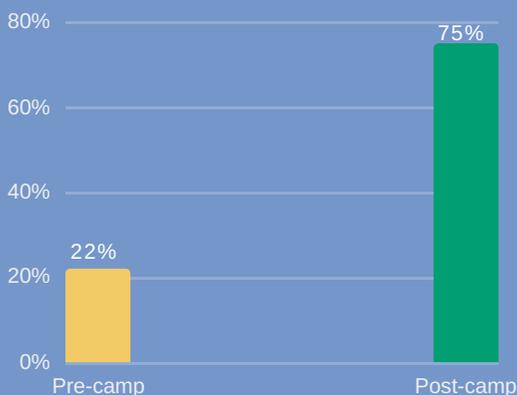
I know the next few steps I want to take in my career.



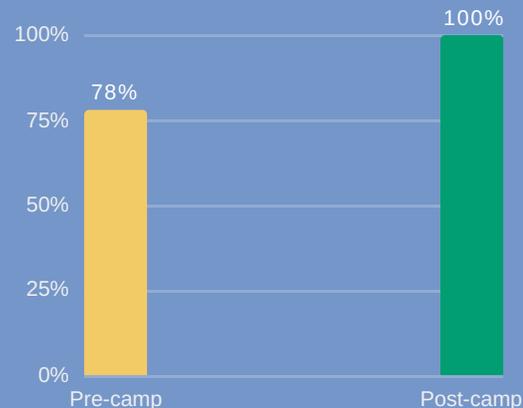
I can identify strategies that will help me manage my own career.



I am aware of my current beliefs, values, skills, and interests.



I can decide which career research methods to use that will give me the information I am looking for.



There are multiple factors, outside of my control, that will influence my career.



"Attending the career camp will be something I will always recommend to others and will be something I will remember because it was honestly such a good experience."

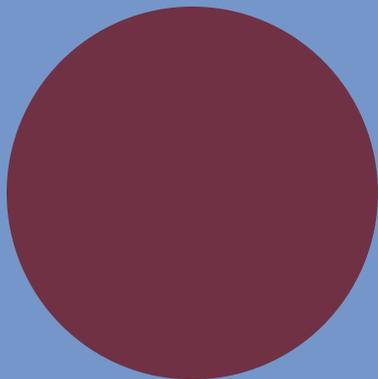


HIGHLIGHTS OF PROGRAM EVALUATION SURVEYS

(Percent considerably and a great deal)

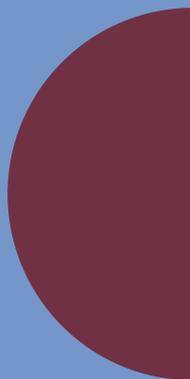
n = 10

100%



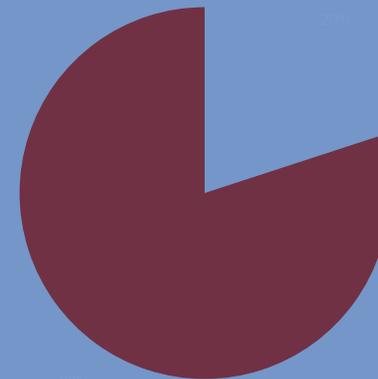
I learnt how careers happen in reality.

50%



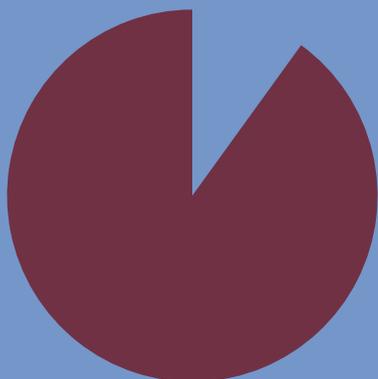
I made some decisions about my education.

80%



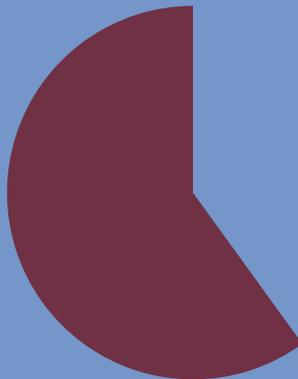
I connected with real professionals and learnt from their career stories and advice.

90%



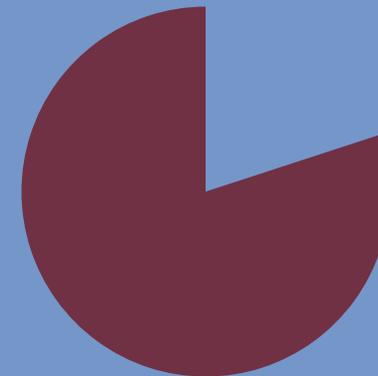
I determined that what I'm feeling about my career is normal (e.g., anxious, uncertain).

60%



I narrowed down my ideas about occupations and industries I might be interested in pursuing.

80%



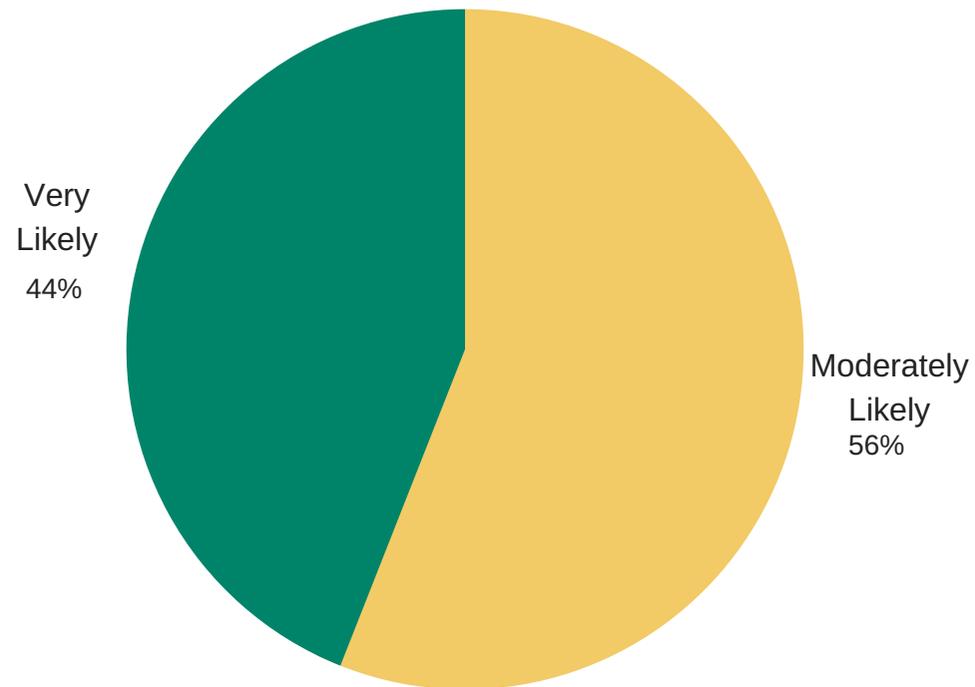
I received assistance in planning some next steps I need to take in my career.



MOVING FORWARD WITH NEXT STEPS

From this data, some students indicated they did not make decisions about their education or about future occupations. It should be noted, however, that students did demonstrate remarkable improvement in decisions around next steps (short-term, realistic things they will do to move their career forward). 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 student respondents indicated that they would be very likely or moderately likely to follow through with one or more steps they identified in their next steps map.



ANY QUESTIONS?

Contact the University of Alberta Career Centre:



UNIVERSITY OF ALBERTA
CAREER CENTRE

780-492-4291

yourcareercentre@ualberta.ca

www.ualberta.ca/career-centre