

Summer Career Camp

5-Year Report

Program Overview

Summer Career Camp runs for five days each July and helps high school students understand the complex reality of careers and how to manage them. Since 2014, Summer Career Camp has hosted 147 students as they participate in exploratory and experiential learning activities. Students developed career management skills and learned strategies to explore the variety of career options available to them.

The Summer Career Camp Approach

At the Career Centre, we educate about the dynamic reality of careers, grounding our practice in research including Planned Happenstance (Krumboltz and Levin) and The Chaos Theory of Careers (Bright and Pryor).

Research shows that it is unrealistic to expect a static, unchanging career that seamlessly flows from point A to B. Instead, 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 many more

This complexity of influences makes predicting one's future nearly impossible.

Students can become successful in their careers by envisioning their career as a journey rather than a final

destination. 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 students prepare for the future.

We encourage students to actively manage their careers by taking action and reflecting on what they learn to inform their next steps. Summer Career Camp gives students the opportunity to learn and practice their career management skills in a safe environment, supported by guidance and feedback.

Learning Goals

- Learn how to be an agent of your own 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
- Experience the realities of workplaces on and off the U of A campus
- Design the next few steps you will take to move forward in your career



Program Evaluation

Students were asked their level of agreement to a series of career management statements before and after camp.

Students and their parents/guardians were sent separate surveys to provide feedback about the program

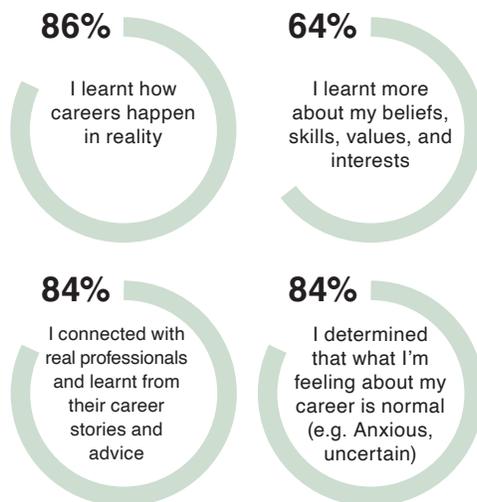
Results

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 career and navigating unexpected events that alter career plans
- Feel motivated to take actions that will move them forward in their career journey

Highlights of Program Evaluation Surveys

Percent “Considerably” and “A Great Deal” (n = 39)



High School Credit Opportunities

The Career Centre has partnered with Edmonton Catholic School District and Edmonton Public School Board to offer high school credit as part of Summer Career Camp.

- Edmonton Public School Board offered credits in 2017 and 2018
- Edmonton Catholic School District offered credits in 2018, 2019, and 2020

Likelihood of Moving Forward with Next Steps

98% 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. Next steps are the short-term, realistic things we can do to progress our careers. This demonstrates that students understand the dynamic and unpredictable nature of careers and appreciate how change and unexpected events will impact them.

Other Responses

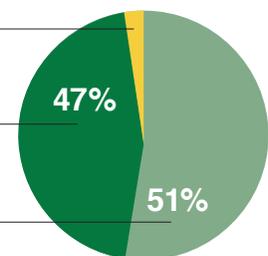
2%

Moderately Likely

47%

Very Likely

51%



Thank you for supporting Summer Career Camp!

Registration will open for Summer Career Camp 2020 in March.

