



# Evidence in Action

## *A K20 Center Research Brief*

### Career Exploration as a Foundation for Career Developmental Learning and Academic Success in Childhood

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#### Introduction

This intervention brief explores the role of career exploration in fostering career developmental learning and academic success in childhood. The research article by Oliveira and Araújo (2021) reviews recent literature to understand how these constructs are interrelated. The authors highlight the importance of early career exploration in developing self-knowledge, occupational awareness, and the ability to connect school learning with future career aspirations. Despite the growing interest in developing a childhood interest in career development, there is a need for more integrated research linking career exploration with academic success.

#### Methodology

##### Research Design:

The study employed a literature review methodology, focusing on articles published between January 2015 and January 2020 in six leading career development journals.

##### Sample:

The review included 19 articles that addressed career exploration, career developmental learning, and academic success in childhood. These articles were selected based on their relevance to the constructs and the age range of the participants (up to 14 years old).

##### Data Analysis:

A non-quantitative narrative approach was used to synthesize the main findings from the reviewed articles. The analysis focused on identifying common themes and contributions related to career exploration, developmental learning, and academic success.

#### Results

The study identified three main topics from the reviewed articles:

- **Career Interventions:** Various career interventions were found to improve children's school attendance, academic satisfaction, self-awareness, and occupational information. Effective strategies included using technology, career development workshops, hands-on activities, and collaboration with families and community stakeholders.



- **Relations Among Constructs:** Only a few studies addressed the relationships between career exploration, career developmental learning, and academic success. Emotional processes were found to play a significant role in linking these constructs with supportive environments enhancing both career and academic outcomes.
- **Description of Constructs Individually:** Studies focused on individual constructs highlighted the importance of environmental supports, self-efficacy, and career adaptability in promoting academic engagement and achievement. Parental influence was found to be crucial in children's career developmental learning, providing information, modeling behavior, and encouraging study habits.

### Application into Practice

To replicate this intervention in a school or similar context, consider the following steps:

1. **Implement Career Interventions:** Develop and integrate career exploration activities into the curriculum, such as career workshops, guest speakers, and hands-on projects.
2. **Foster Collaboration:** Engage families, teachers, and community stakeholders in supporting children's career exploration and academic success.
3. **Create Supportive Environments:** Provide emotionally supportive and inclusive environments that encourage exploration, curiosity, and self-regulation.
4. **Monitor and Evaluate:** Continuously assess the impact of career interventions on students' career development and academic outcomes to ensure effectiveness and inclusivity.

### Work Cited

Oliveira, Í. M., & Araújo, A. M. (2021). Career exploration as a foundation for career developmental learning and academic success in childhood. *British Journal of Guidance & Counselling*, 50(3), 351-370. <https://doi.org/10.1080/03069885.2021.1887814>