

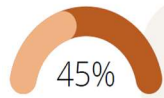


Career Decision-making Difficulties

1 in 2 post-secondary students expressed career decision-making difficulties (CDMD) which are associated with increased anxiety and lower optimism of future career prospects. For some students, being proactive in career behaviours helped buffer CDMD.

A Levels Institutions

New Sample



Pertaining to career plans, students:

- need confirmation from trusted others
- find it difficult to make decisions regarding their career
- feel that the fear of failure prevents them from making decisions



Those who **talked to someone employed**, and **identified employers or firms** were less likely to experience career difficulties



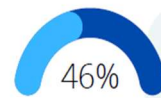
Experience of career difficulties was negatively correlated with **Optimism for future career prospects** (i.e., less optimistic)

Students rated themselves on a ladder diagram in which the top represents those likely to have the best career prospects (matches interest, pays well, well-respected), while the bottom represents poorest career prospects



Experience of career difficulties was positively correlated with **Anxiety** (feeling nervous, unable to cope, overly worried)

Longitudinal Sample



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Polytechnics

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Institute of Technical Education

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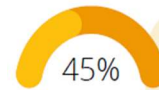
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