



Effects of Career Guidance on Promoting Students' Job Self-Efficacy in Technical High School: A Longitudinal Case Study in Japan

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ABSTRACT

In Japan, technical high school teachers are implementing career guidance in order to promote students' consciousness of self-actualization and to enhance employment awareness. However, the effects of such career guidance on promoting students' job self-efficacy were not obvious due to the lack of longitudinal study. So, in this research, a longitudinal survey of students' job self-efficacy was conducted on the 12th grade students. As a result of multi-regression analyses, significant effects of "mock interview" and "exchange meeting with graduates" on promoting "self-efficacy of adaptive competence" were indicated. Also, an effect of "exchange meeting with graduates" on promoting "self-efficacy of professional competence" was significant, too. This study suggests that career guidance should include real interaction and communication to promote students' job self-efficacy. From these results, recommended strategies for career guidance in technical high schools are discussed.

Keywords: Technical high school, career guidance, job self-efficacy, longitudinal case study, Japan