

Once upon a teenage time - Co-creating stories to support adolescent career decision-making, and identity development

The story I want to tell...

During adolescence the brain develops to allow young people to build autonomy and identity. Teenagers are more sensitive to emotion and are building executive functions to make decisions.



The story so far...

This study has teenagers at its heart through the co-creation approach. It provides more tailored activities for adolescents, designed by adolescents...



Participants have highlighted a fear of failure & the future. The aim of storytelling is to engage emotion and allow for development of identity and the skills to counteract these fears



Strand 1

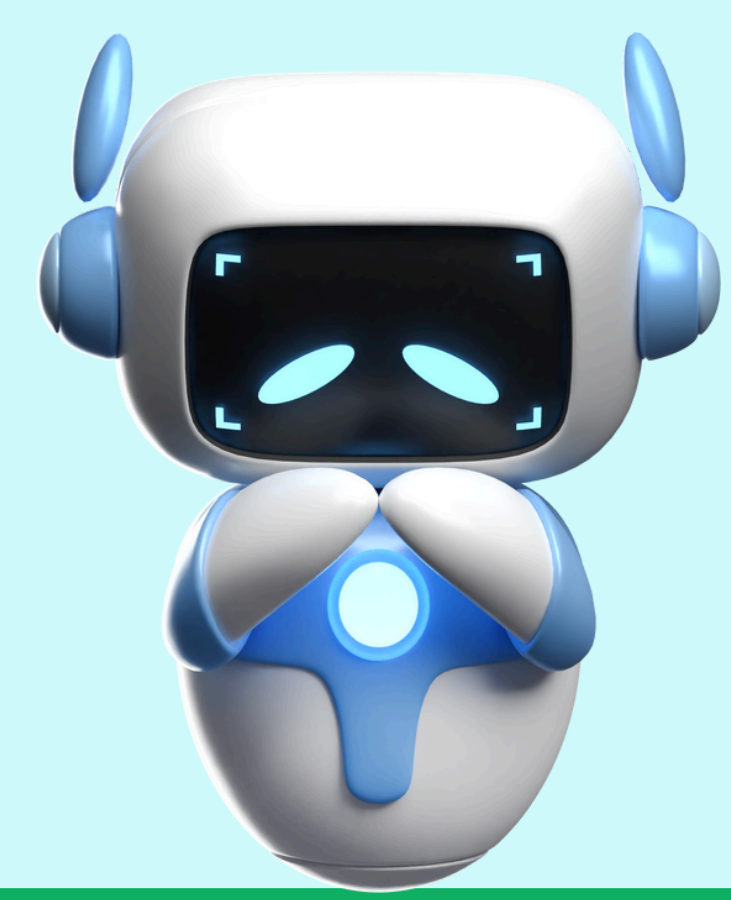
The first strand of this project sought ideas from the adolescents involved. 9 focus groups were completed and a total of 58 pupils across all secondary yeargroups, S1-6.

Strand 2

The next phase was co-creation groups. Three co-creation groups (junior, middle and senior pupils) worked collaboratively to design storytelling based materials to test with S2/3 pupils.

Strand 3

The final phase will test materials designed by the co-creation groups. The activities are outlined below and aim to work on career self-efficacy, identity & skills such as planning, goal-setting, adaptability and creativity



Activity 1

FUTURE ME VIDEOS
Pupils will design and shoot a short film about their future selves in their 'dream' or 'nightmare' career. This enables pupils to explore 'Possible Selves' (Markus & Nurius 1986)

Activity 2

'WHAT IF' Comics
This is a cartoon that shows two life stories, contrasting a positive and negative future scenario. Allows for exploration of 'Episodic Future Thinking' (Atance & O'Neill, 2001)

Activity 3

CAREERS CLUEDO
A murder mystery in which the pupils solve the fictional murder of careers adviser 'Vincent Vocation'. Encourages development of adaptability, problem solving and communication.

Methods

Qualitative

Focus groups - Initial pupils S1-6, S2/3 after testing & co-creation groups
Materials - video transcripts, comics, storyboards

Methods

Quantitative

Questionnaires before/after, using DIDS (Dimensions of identity scale), CDMSE (Career decision-making self-efficacy scale), IUS (Intolerance of uncertainty scale)

Outcomes

- Stronger sense of self leading to increased future confidence
- Wider career options leading to increased adaptability
- 'Toolbox' of skills for the future, executive functions and meta skills



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