



# A story-based intervention supporting adolescent identity development and career decision-making

Once upon a time...

S1-S6 pupils co-created story-based career activities to foster identity development and career decision-making in younger pupils (S1-S3).

Stories shape identity. Could storytelling help young people imagine richer, more hopeful futures?

## Chapter one

Strand one of the project explored the views of 98 pupils across 9 focus groups



Findings showed young people feared AI, failure and becoming stuck



## Chapter two

3 co-creation groups of junior, mid & senior pupils designed these materials

### What if comics;

Pupils used Episodic Future Thinking to create comics depicting positive & negative futures



### Future me Films;

Based on Possible Selves (Markus and Nurius 86), pupils filmed their dream, realistic and nightmare futures



### Careers Cluedo;

An interactive careers based murder mystery

## Chapter Three

Materials were tested with 128 S1-S3 pupils

Findings revealed catastrophising, black-and-white thinking, and difficulty envisioning realistic futures.



### Methods

A mixed methods study using qualitative analysis of comics, films and focus groups, alongside quantitative analysis of questionnaires measuring identity development, wellbeing and career decision-making self-efficacy.

### Conclusions

- Clearer identity and confidence
- Greater career adaptability
- Enhanced meta-skills and executive functioning
- Stronger adolescent career support



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