

Abstract

Many college students are undecided regarding their academic major and career path. Meaningful exploration of interests, abilities, and career alternatives is necessary if students are to make a well-informed and satisfying career choice. However, students often feel pressure to make a decision before sufficient exploration has been experienced. Most college students have not yet developed the capacity to make an autonomous career decision and often rely on their parents for advice. This project examines the effectiveness of common career interventions and addresses the impact of parental involvement, exploring opportunities for colleges and universities to partner with parents. A parent orientation session on the topic of career development is proposed. Teaching parents to play an appropriate role in their student's career development may encourage career exploration and support student growth toward autonomous decision-making.