

**CAREER DECISION DIFFICULTIES.  
THE EFFECTIVENESS OF A TRAINING PROGRAM**

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*Abstract*

*Needless to say, career decision is one of the most important decisions that a person has to make in his entire existence. Many researches have shown that in adolescence we encounter more career decision difficulties than in any other developmental stages. Furthermore, teaching adolescents how to make good career decisions is one of the main goals of career counseling and guidance. Thus, we developed and implemented a training program called "I know! I can! I choose!", a program that attempts to reduce a large area of career decision difficulties. In this study, we will demonstrate that "I know! I can! I choose!" is efficient, easy to implement and enables adolescents to make better career decisions. We tested the program on 211 participants, divided into experimental, control and placebo groups. Subsequently, we performed follow-up studies in order to evaluate whether this interventions is effective over time.*

*Keywords: career decision difficulties; career decision-making self-efficacy; training program*

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