

OVERVIEW

Due to recent social changes labor market has changed profoundly. Overall, the labor market has become more insecure and unpredictable thereby challenging individuals' self-regulative competencies and resources to adaptively cope with these demands. Especially, the situation of adolescents and young adults being at the beginning of their career has become more demanding and there is evidence that youths may be not sufficiently prepared for the school to work transition. Current activities aiming at facilitating the labor market entry such as job application training, procurement of internships, and career counseling largely neglect enhancing individual's self-regulative capacity needed to deal with challenges in an active and effective manner. Aiming at closing this gap, the program SCHuuuB! was developed and is currently optimized. The next step is to evaluate the optimized program with a sample of about 400 students in Thuringia.

THE SCHuuuB! PROGRAM

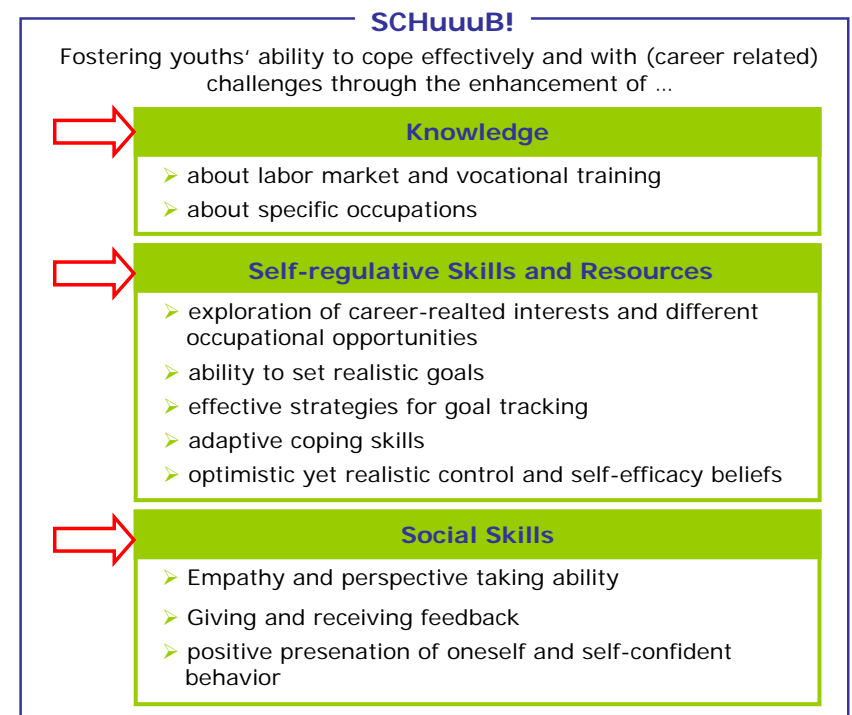
- overall aim is to foster youths' ability to deal effectively with (career related) tasks and challenges through the impartment of knowledge and the development/improvement of self-regulative and social competencies (specific aspects are shown in the Figure)
- primary intervention program for lower educational track students who are up to years before graduation (i.e., students of grade 8 and 9)
- 10 sessions of 90 mins, implemented by trained teachers, social workers, or educators
- based on the Life Skills approach the program comprises knowledge and practice components
- interactive teaching methods (e.g., group discussions, role play)

OUTLOOK

After optimization SCHuuuB! will be implemented in several 9th grades of Thuringian lower track schools. The evaluation of process and outcomes will be conducted in a pre-posttest design with control groups. Additionally, there will be two follow-ups at minimum to assess long-term effects. Furthermore, it is intended to publish the manual and implement the program in the school curriculum.

AIMS

- 1) Investigate practicability and acceptance of the SCHuuuB! program
- 2) Evaluate the effectiveness of the training program with respect to improvement of variables focussed on
- 3) Assess the long-term effects of the program, especially with respect to a successful school-to-work transition



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