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TITLE: Initial Intervention Outcomes of the Dependable Strengths Project.

AUTHOR: McMurrer, James E., Jr. **PUBLICATION_DATE:** 1989

ABSTRACT: Dependable Strengths Articulation Process (DSAP) is a self-development process designed to facilitate positive self-constructions and improved personal functioning. This study examined the effectiveness of DSAP interventions. Participants (N=30) were college graduates who had expressed a desire to improve their educational and career planning and decision-making skills. Participants completed the Adjective Check List (ACL) before and after the **DSAP** workshops. Results showed significant changes in the expected direction for all but one of the ACL scales. The second evaluation included career exploration clients (N=17) of students enrolled in a graduate career counseling course who completed a modified version of the DSAP. Four of seven ACL scales completed showed changes in the expected direction. The third evaluation included federal government employees (N=27) who participated in a career planning workshop based on DSAP concepts. Participants described themselves as having more self-confidence. The fourth evaluation included teachers (N=22) enrolled in a summer course based on DSAP concepts designed to help them improve the motivation to achieve and the self-esteem of their students. Results showed teachers used a higher proportion of favorable adjectives and a lower proportion of unfavorable adjectives to describe themselves at the end of the course than at the beginning. In the final evaluation a comparison group of university students (N=33) in a course for prospective teachers completed the ACL on two occasions; the comparison group did not show significant changes in ACL scores. (ABL)

MAJOR_DESCRIPTORS: Coping; Counseling Effectiveness; Personal Autonomy; Psychological Patterns; Self Esteem;

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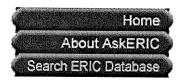
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