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ERIC_NO: ED305574**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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