

## Employability in Psychology Students: Intervention and Evaluation

**Mayara da Cunha Weege**

Universidade do Vale do Itajaí, Itajaí, Brazil

**Rosana Marques da Silva**

Universidade do Vale do Itajaí, Itajaí, Brazil

**Ana Claudia Delfino**

Universidade do Vale do Itajaí, Itajaí, Brazil

### Abstract

Career interventions are strategies aimed at personal and professional development, promoting assertive decision-making. In the university context, career interventions have promoted the development of employability competencies, supporting the transition from university to the job market. This study aimed to analyze the effects of a career intervention on the employability of students enrolled in a psychology program in southern Brazil. This was a mixed-methods explanatory study with a quasi-experimental design. The participants were seven female undergraduate students in the 7th and 8th semesters of the psychology program, aged 20 to 61 years. They completed a sociodemographic questionnaire, a pre- and post-intervention employability scale, a feedback form, and a semi-structured interview. The intervention consisted of three in-person group sessions. Quantitative data were analyzed using the Reliable Change Index, and qualitative data were examined through content analysis. The competencies developed included self-awareness, networking, and decision-making. Factors associated with competency development included support from the group and from the psychologist, as well as the guidance provided by the psychologist. Suggested improvements included the inclusion of more practical activities.

### Keywords

Career counseling, employability, psychology students.