

## **Addressing Career Confidence and Exploration through Immersive Virtual Reality:**

### **Abstract**

This research paper focuses on the challenges and opportunities surrounding career exploration for high school students, particularly in the context of the Gen Z generation. It examines the current state of confidence among teenagers regarding their future careers, the factors contributing to major changes among college students, and the potential role of immersive technologies like VR in addressing these challenges. By leveraging empirical data and insights from various studies, the paper proposes a research-based solution, EduVRse, an immersive VR experience designed to provide high school students with firsthand experiences in different careers, fostering confidence and informed decision-making.

### **Introduction**

In today's rapidly evolving job market, it is crucial for high school students to have a clear understanding of their career goals and the steps needed to achieve them. However, research suggests that a significant portion of students lack confidence in their career choices and are unsure about their future paths. This paper aims to address this issue by exploring the factors contributing to this lack of confidence and proposing a novel solution, EduVRse, to bridge the gap between students' aspirations and their career readiness.

### **Research Methodology**

The research methodology for this paper involves a comprehensive review of existing literature and empirical data related to high school students' career goals, confidence levels, and the impact of immersive technologies on career exploration.

### **Confidence in Future Careers**

The research findings indicate that a significant percentage of high school students lack confidence in their ability to achieve their career goals. According to a study by the American Psychological Association, students who prepare for a career during high school experience less career indecision, highlighting the importance of early career exploration. However, a study by Gallup and Strada Education Network reveals that only a third of students believe they will graduate with the skills and knowledge to be successful in the job market, indicating a need for more effective career preparation programs.

**Majors with High Transfer Rates**

The research also highlights the challenges faced by college students in choosing a major. The data shows that students transferring from community colleges to four-year institutions are particularly likely to change their major, with a higher percentage of students with a liberal arts major changing their major compared to non-liberal arts majors. This suggests that students may lack clear career goals or may be unaware of the potential career paths associated with their chosen majors.

**EduVRse: A Solution for Career Exploration**

Based on the research findings, this paper proposes EduVRse, an immersive VR experience designed to provide high school students with firsthand experiences in different careers. By allowing students to explore various professions through virtual simulations, EduVRse aims to bridge the gap between students' aspirations and their career readiness. The paper also discusses the potential benefits of EduVRse, such as increased engagement, better understanding of career paths, and improved decision-making.

**Conclusion**

In conclusion, this research paper highlights the challenges faced by high school students in exploring and preparing for future careers. It proposes EduVRse as a potential solution to address these challenges and foster confidence and informed decision-making among students. By leveraging immersive technologies like VR, EduVRse offers a unique and engaging approach to career exploration, which could have a significant impact on the career readiness of high school students.

## Citations

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