

Joint project: "Career Adaptability, Hope, Optimism and Life Satisfaction in Italian and Swiss adolescents"



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The project "Career Adaptability, Hope, Optimism and Life Satisfaction in Italian and Swiss adolescents" started in 2012 and involve today three PhD students, Jenny Marcionetti, Shékina Rochat and Sara Santilli, and their thesis supervisors from the Universities of Lausanne and Padova, Professors Laura Nota and Jérôme Rossier. The aim of the research is to study adolescents' hope, optimism, resilience, temporal perspective, career adaptabilities and life satisfaction, using the instruments created and/or validated in Italian by the International Hope Research Team (Pro.Spera: Soresi, Ferrari, Nota, & Sgaramella, 2012; Design my Future: Soresi, Nota, Ferrari, & Sgaramella, 2012 ; CAI: Savickas, Soresi, Nota, & Ferrari, 2012), an international research and study group on hope, optimism and resilience started on September 2011 in Padova, during the International Conference "Vocational designing and career counseling: Challenges and new horizons". The scales were submitted to 537 Swiss students (250 boys and 287 girls: Mean age= 14,19; SD= 1,72) and to 727 Italian students (372 boys and 355 girls: Mean age= 14.09 SD= 1.49).

The first results that emerged from confirmative analysis suggested that the questionnaires developed by IHRT team allow to assess students of different countries. Moreover, the data collected permitted to test a model and to cross-validate it in the two populations, with the main goal to assess the direct relation between career adaptability and life satisfaction and the indirect relation between career adaptability and life satisfaction considering hope and optimism as mediation variables.