

***Joint project: "Career Adaptability and Happiness in Belgium, Italian and South African middle school students"***



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The joint project "Career Adaptability and Happiness" is a collaboration between Silke Grossen, PhD at the Catholic University of Leuven, and Sara Santilli, PhD student at the University of Padova. The project was born during the first summer school "European Doctoral Programme in Career Guidance and Counseling", held in Padova in September 2014. During this education experience Silke Grossen and Sara Santilli had the opportunity to share their research projects and to plan future collaboration, given the importance to create an international network of "young" researchers.

The project "Career Adaptability and Happiness in Belgium, Italian and South African middle school students" will be carried out within the theoretical framework of Life Design. It emphasizes the need to support people to become experts in co-construction and life design processes. It helps people to anticipate and deal with career transitions, and to create hope for a foreseeable future. It is useful for individual's future planning and behavior, and for their career adaptability, which is an essential resource for workers in the modern to manage frequent career, life transitions, and future challenges. In a second phase of the project, minority groups will be included.

Furthermore, recently, there has been an increase interest in studying adolescent career development combined with positive youth development and their wellbeing levels. Given the potentially important effects of career adaptability on positive youth development and the international attention on promoting positive adolescent career preparation, the main goal of this project is to study the relationship between career adaptability and wellbeing, assessed by life satisfaction and happiness level.

The role of positive variables, such as optimism, hope, resilience and time perspective, in the relationship between career adaptability and wellbeing will be also taken into account.