

Understanding Career Aspiration, Self-Efficacy and Perseverance among Young Adults

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Abstract: *In order to shed light on the developmental paths of young people (18–25 years old), this dissertation delves into the complex dynamics of self-efficacy, persistence, and professional ambition. The goal is to inform about interventions and support systems that cater to this demographic. The research explores how many elements, such as cultural variances, mentorship connections, educational experiences, and intersectionality among identities, influence ideas about one's own abilities, methods for sticking with a task, and long-term professional goals. The study's overarching goal is to aid young people's professional growth by illuminating potential solutions to the complex web of relationships between individual, societal, and environmental elements. In addition, the dissertation explores career counseling techniques that help clarify and pursue professional goals, techniques that promote resilience and grit, and methods for boosting self-efficacy in educational & occupational contexts. Contributing to the current body of knowledge within career development psychology and offering practical benefits for educators, counselors, policymakers, and all those invested in supporting young people's transition for the workforce, this study aims to conduct a comprehensive examination of all of those constructs and interventions.*

Keywords: Self-efficacy, Perseverance, Career aspiration, Young adults, Educational experiences, Mentoring relationships

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