

Table 1*Comparison of impact on career by interaction type*

Impact of interactions on students	Practitioner (Direct reply to my post/s) N=16	Practitioner (Replies to other students) N=15	OU student Interaction N=31
Gave me new ideas for my career	50%	33%	22.6%
Gave me new information for my career	62.5%	40%	48.4%
Allowed me to become aware of the feelings I have towards my career	43.8%	40%	19.4%
Allowed me to understand myself more	25%	13.3%	25.8%
Allowed me to make career decisions	31.3%	26.7%	22.6%
No impact	6.3%	20%	19.4%

Multi answer: Respondents could select all answers that applied. Percentage of respondents who selected each answer option (e.g., 100% would represent that all this question's respondents chose that option for each column)