

Table 3

Attitudinal outcomes of the online SDS experience (n = 114)

Item	Mean	SD
<i>The SDS as an Intervention^a</i>		
1. I would recommend SDS to someone for educational and career planning	2.20 ^a	.89
2. The SDS was a waste of time	3.54	1.04
3. The SDS report materials helped confirm occupations I was already considering	2.42	1.18
4. After reading my SDS report materials, I am so confused that I am uncertain about what to do.	3.32	1.12
<i>Going Forward^b</i>		
5. I feel anxious about my career concern	2.96 ^b	1.15
6. I feel I know the next steps needed to attain my career goals	3.68	1.04
7. I feel confident that I can make the next steps to attain my career goals	3.84	.97

^a Items 1 – 4: 1 = Strongly Agree, 2 = Agree, 3 = Neutral, 4 = Disagree, 5 = Strongly Disagree

^b Items 5 – 7: 1 = Strongly Disagree, 2 = Disagree, 3 = Neither Agree nor Disagree, 4 = Agree, 5 = Strongly Agree