

Vocational and career counseling using the Self-Directed Search (SDS)

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Abstract

The Self-Directed Search is a guide for educational and career planning. Unlike other vocational interest inventories, it is self-administered, self-scored, and self-interpreted. The objective of this article is to analyze and describe the main applications of the Self-Directed Search in the area of career development and vocational and career counseling. Toward this end, we offer a review of the most recent studies where it has been used, a description of its origin and development, and analysis and discussion of its characteristics and main applications in the area of vocational and career counseling.

Keywords: Self-Directed Search, Holland Typology, vocational choice, SDS