

The Applications and Effects of the Career Courses of Taiwanese College Students with LEGO® SERIOUS PLAY®

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Abstract : LEGO® SERIOUS PLAY® is a kind of facilitated workshop of thinking and problem-solving approach. Participants built symbolic and metaphorical brick models in response to tasks given by the facilitator and presented these models to other participants. LEGO® SERIOUS PLAY® applied the positive psychological mechanism of Flow and positive emotions to help participants perceiving self-experience and unknown fact and increasing the happiness of life by building bricks and narrating story. At present, LEGO® SERIOUS PLAY® is often utilized for facilitating professional identity and strategy development to assist workers in career development. The researcher desires to apply LEGO® SERIOUS PLAY® to the career courses of college students in order to promote their career ability. This study aimed to use the facilitative method of LEGO® SERIOUS PLAY® to develop the career courses of college students, then explore the effects of Taiwanese college students' positive and negative emotions, career adaptabilities, and career sense of hope by LEGO® SERIOUS PLAY® career courses. The researcher regarded strength as the core concept and use the facilitative mode of LEGO® SERIOUS PLAY® to develop the 8 weeks' career courses, which including 'emotion of college life' 'career highlights', 'career strengths', 'professional identity', 'business model', 'career coping', 'strength guiding principles', 'career visions', 'career hope', etc. The researcher will adopt problem-oriented teaching method to give tasks which according to the weekly theme, use the facilitative mode of LEGO® SERIOUS PLAY® to guide participants to respond tasks by building bricks. Then participants will conduct group discussions, reports, and writing reflection journals weekly. Participants will be 24 second-grade college students. They will attend LEGO® SERIOUS PLAY® career courses for 2 hours a week. The researcher used 'Career Adaptability Scale' and 'Career Hope Scale' to conduct pre-test and post-test. The time points of implementation testing will be one week before courses starting, one day after courses ending respectively. Then the researcher will adopt repeated measures one-way ANOVA for analyzing data. The results revealed that the participants significantly presented immediate positive effect in career adaptability and career hope. The researcher hopes to construct the mode of LEGO® SERIOUS PLAY® career courses by this study and to make a substantial contribution to the future career teaching and researches of LEGO® SERIOUS PLAY®.

Keywords : LEGO® SERIOUS PLAY®, career courses, strength, positive and negative affect, career hope

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