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Resumo	Career counselors who routinely practice their profession identify the motives that lead their clientes to be more indecisive or inclined to seek their services, yet still with little scientific support. That being the case, the present study's aim was to examine the extent to which variables such as personality, career adaptability, self-efficacy and career exploration explain career indecision and the intention to seek Career Counseling. The study enjoyed the participation of 237 sophomores, juniors and seniors from a public high school, and the majority of the students were female. We performed two Multiple Linear Regression Analyses using the forward method, employing Career Indecision and Seeking Career Counseling as the outcome variables. The results indicated that Neuroticism and Self-Exploration positively predicted the cases; Environmental Exploration negatively predicted Career Indecision; and Self-Assessment negatively predicted seeking career counseling. We thus conclude that adolescents seek career counseling either because they feel emotionally vulnerable or because they are seeking selfknowledge, or even because they do not believe in their career-related self-knowledge.
Fomento	