CareerAdvance® is a free career training program that offers coaching, education, training, and job opportunities for families. Originally, the program served only parents with children in CAP Tulsa’s early childhood education programs. Today, the program is open to parents of children 0 to 8 years old across Tulsa County.

Northwestern University, in partnership with Oklahoma State University, is studying the benefits of CareerAdvance®. Here is what researchers have found so far:

**CareerAdvance® Works for CAP Tulsa Parents**

Parents in CareerAdvance® earned healthcare certificates at much higher rates (61%) than parents who were not enrolled in the program (3%). All parents in the study were seeking health careers.

**Parents in CareerAdvance®:**

- were more likely to be employed in health careers than CAP Tulsa parents who did not enroll in the program;
- felt more positive and better able to achieve their goals than parents who did not enroll; and
- did not report more stress than parents who did not enroll.
**CareerAdvance® Works for CAP Tulsa Families**

Fewer children of parents in **CareerAdvance®** were chronically absent than children of parents who were not in the program.

- Children gain the most from early childhood education programs when they are present on a regular basis.

**CareerAdvance® Works for CAP Tulsa’s Children**

All children enrolled in CAP Tulsa’s early childhood programs are doing well academically compared to national averages of Head Start children, whether or not their parents enrolled in **CareerAdvance®**.

**Conclusion:**

- Parents experience short-term improvements in education, employment, and well-being when they participate in **CareerAdvance®**.

- On average, children have more regular attendance in CAP Tulsa’s early education programs when their parents are enrolled in **CareerAdvance®**.

- Children maintain the benefits of CAP Tulsa’s early education programs even when their parents add **CareerAdvance®** to their busy lives.

For more research information on CAP Tulsa, please visit:
https://www.captulsa.org/our-impact/research-innovation/connecting-research-practice/