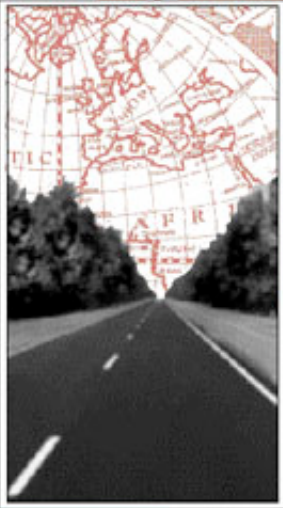


HELPING children make career PLANS



Career decision making is a process, not an event, that occurs at a given time. It's not like choosing some new clothes or an appliance. Your child's career will be influenced by events that occur at school and continue into adult life. You can help your child through this process.

TIPS FOR PARENTS

- Encourage your child to ask and think about careers. Children, in their formative years, often fantasize about their futures, especially during play. Encourage this behaviour; your child is exploring his or her personality. Let them play --; enjoy it! Provide toys that promote role-playing in many different jobs.
- Allow your child to explore, aspire to or at least think about various careers. Don't discourage particular careers. Instead, ask, "Why does this appeal to you?" Until major decisions are required, try not to dissuade your child from a particular career. Control your urge to make decisions for, rather than with, your child.
- Help your child think about career choices. The question, "If for some reason you couldn't do this, what other career would appeal to you?" is a good one to raise. It will help you know your child better and will help your child choose a career from a larger number of choices.
- Express your view when your child asks, "What do you think I should be when I grow up?". Make it clear to your child that you will be pleased whatever his or her career choice, but outline what you see as your child's strengths and talents, and describe careers for which these are an asset.
- Tell your child about your work. Do so in a positive fashion. You may even want to take your child to work with you. It is important for all children to see that an adult's work makes a contribution to society.
- Let your child know that leisure time interests are a part of career planning. Help your child explore a variety of leisure time activities --; hobbies, clubs, sports and games. Some leisure activities lead to or enhance careers --; all will give your child a sense of accomplishment.
- Indicate by your interest that schooling is essential to keeping career doors open. Reading, writing, mathematics and communication skills are essential to most jobs. Your expression of interest in school success will promote positive career development.
- Part-time jobs are an excellent way for your child to explore careers. Such jobs may be done as volunteers or for pay. Work experience gives children a sense of pride and accomplishment and enables them to explore their abilities and interests.
- Encourage your child to visit their school guidance counsellor and

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discuss their career plans. Most guidance offices provide students with easy access to job-finding information, occupational monographs, as well as calendars for all major universities, colleges, trade and technical institutes.

Parents, too, are encouraged to visit their child's guidance counsellor. Some questions they may wish to ask the counsellor are:

- In light of my child's strengths and talents, what careers should we be considering?
- What post-secondary education or training will be required?
- What is the best way to pursue this field of study?
- What school subjects are prerequisites for entry?
- What financial assistance will be available in the form of scholarships, bursaries, student loans, training allowances?
- What will tuition and accommodation cost?
- What is the employment outlook for this career?

Remember, a university degree is only one route to occupational success. If your children are in high school, encourage them to investigate all types of education and training beyond high school.

All parents are affected by the career choices of their children. You should be involved in discussing opportunities, weighing alternatives and determining the financial implications of decisions. In many ways, your child's future is also yours. Don't be a bystander. **Get involved!**