

# Talking about Career Planning

## How do I know my child is ready to talk about career planning?

Every child is different. Some children have already decided which career pathway they want to follow; others have not started to think about different types of occupations. Adolescence involves intense physical, emotional, and psychological changes within a wide range of what is considered “normal.” Each child has a unique personality and special interests, likes, and dislikes. Adolescence brings with it the ambivalence between dependence and independence.

Career planning readiness is determined in part by the level of success one has in engaging children in discussion about their feelings, likes, and dislikes. This can be done by talking to them about what they do well. You play an important role in helping your child to develop work values, self-awareness, self-confidence, personal responsibility, interpersonal relationship skills, and decision-making skills, and in helping him/her to find appropriate work experiences. Children need to explore occupations because there is no “right” job for anyone.

