

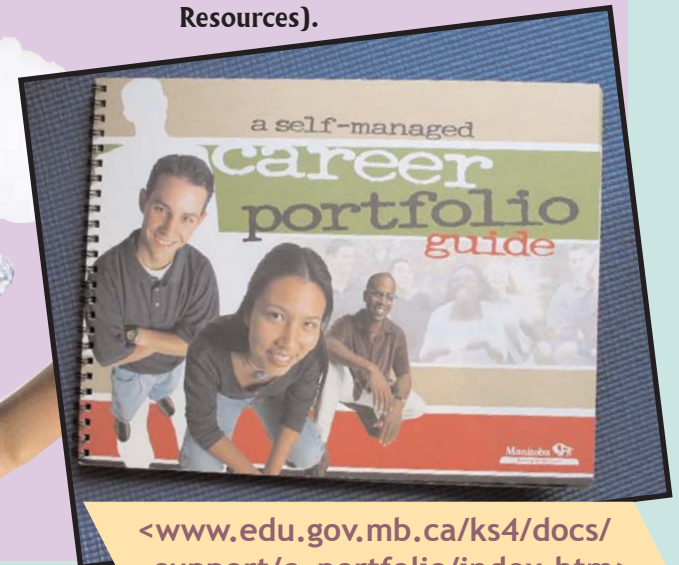
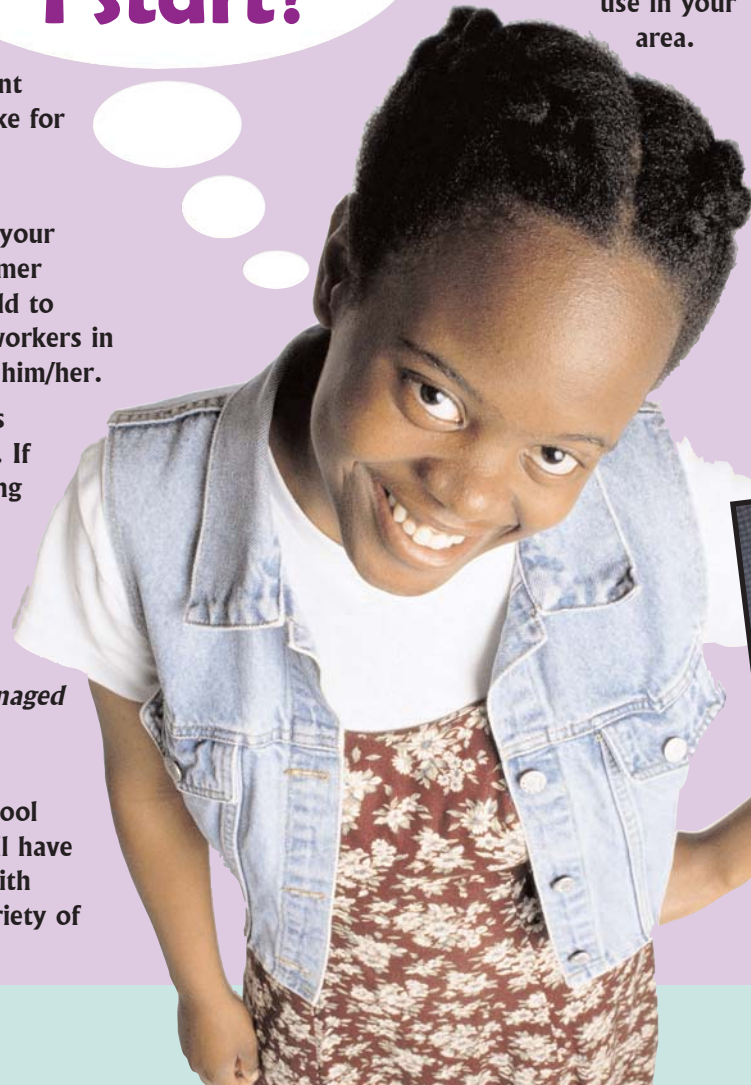
How Can I Assist My Child in Career Planning?

- ✓ Determine if your child's school has access to a school-based career-planning computer program. If so, discuss with the counsellor or teacher how the program is used.
- ✓ Point out and discuss newspaper or magazine articles, or Internet websites that show what the current employment outlook is like for your child's potential occupation.
- ✓ Make arrangements with your employer during the summer months to allow your child to "shadow" you or other workers in occupations that interest him/her.
- ✓ In some schools, students develop career portfolios. If your child's school is using this approach, you may want to help your child with some of the sections. For more information about portfolios, see *A Self-Managed Career Portfolio Guide*.
- ✓ Participate in a career symposium or a local school career fair. Your child will have the opportunity to talk with people who work in a variety of occupations.

Where do I start?

- ✓ Use the Destination 2020 website (see Appendix—Career Planning Resources) to help your child explore his/her skills, attitudes, and interests. If you do not have a computer at home, use your local library or other computers available for public use in your area.

- ✓ Talk with your child's teachers and counsellors on a regular basis each school year to monitor progress and areas where your child might need help.
- ✓ Encourage your child to be involved in clubs or school programs that will help him/her to explore life/work plans.
- ✓ Encourage your child to participate in volunteer work, which can provide valuable experience for later employment. For example, your child could help patients in a nursing home, read to a person who is visually impaired, work at an animal shelter, or run errands for a person who is ill. For youth volunteer opportunities, see the MB4Youth website (see Appendix—Career Planning Resources).



www.edu.gov.mb.ca/ks4/docs/support/c_portfolio/index.htm