

What Do Children Know about Their Parents' Life Choices?

Parents can use the following statements to initiate a discussion with their children about career choices. Children might also use the statements for interviews and/or conversations with parents, grandparents, aunts, uncles, neighbours, or other adults.

- My favourite subject in school was...
- In my free time, I enjoyed...
- I was particularly good at...
- I did or did not follow my career goal because...
- My parents wanted me to be a...
- I got help in making my career decision from...
- Do you think women and men entering the workforce today have more choices?
- The things I learned in school that have helped me the most are...
- The challenges and barriers I encountered on my career journey were...



A Process for Decision-Making

1. Identify the decision to be made. Determine what must be decided and what is the underlying goal.
2. Generate options. Make a list. The more informed you are about your options, the more comfortable you will be in choosing one.
3. Choose what you consider the best option from your list. Does it reflect your values, interests, and abilities? Estimate the likely consequences.
4. Implement. Develop a plan to implement the best choice and try it.
5. Evaluate your progress. If necessary, change your decision.

