

What Can I Do to Help My Child Understand His/Her Strengths and to Discuss Career Planning?

- ✓ Join your child in celebrating his/her successes and achievements, and ask how they made him/her feel.
- ✓ Help your child see how he/she uses individual strengths and skills in completing school or household assignments.
- ✓ Help your child understand guidelines for goal setting.
- ✓ Talk to your child about his/her personal interests, strengths, skills, and attitudes. How does his/her career goals match with these?
- ✓ Reflect on the career planning constant “follow your heart” as your child explores his/her career goals. Children may not always be able to live out their dreams, but they deserve your support as they strive for them.
- ✓ Talk with your child about the best educational path to prepare for an occupation of interest. Is vocational education, technical education, college, apprenticeship, university, or a combination of these the best way to prepare?
- ✓ Help your child to understand and use a decision-making process in all aspects of his/her life.
- ✓ Ask how peer pressure affects decision-making.
- ✓ Ask your child to identify the skills or academic strengths that he/she needs to improve in order to be successful in potential occupations.
- ✓ Discuss your child’s school attendance and tardiness on a regular basis to assist him/her in developing a good work ethic and attitude.
- ✓ Discuss with your child how his/her role at home demonstrates many of the personal qualities that will be needed to acquire and retain future employment.
- ✓ Discuss why “access your allies” is an important part of life/work building. Help your child to identify friends, family members, and neighbours who are willing to help him/her.

