

Career Centre fact sheet

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Parents as partners – guiding your children towards a successful future

- what do I do?;
- how do I choose?; and
- how do I know if what I am choosing is right for me?

So many career choices and so much information at their fingertips but your children still have to answer these questions for themselves.

Parents have a significant influence in their children's careers and especially in their decision making. This in itself brings challenges for you – how can I help; am I influencing too much or too little; how can I be sure they've made a good decision?

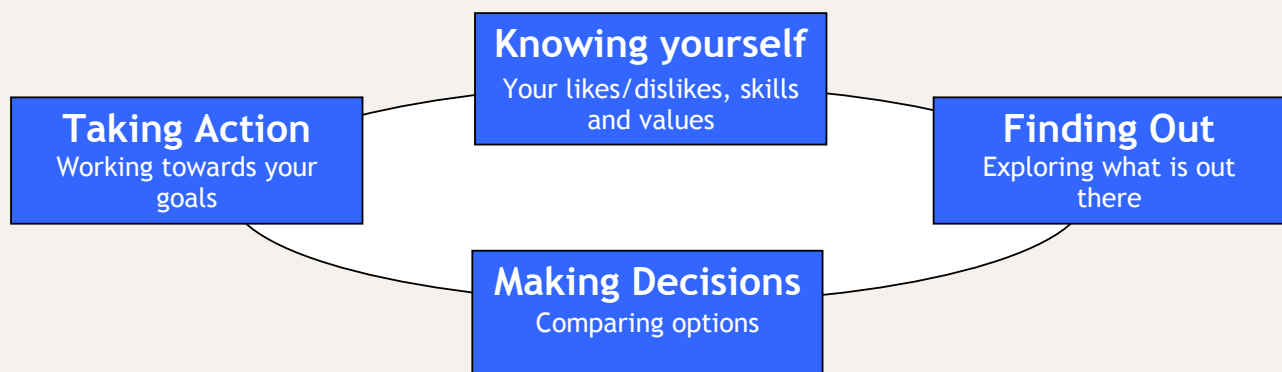
A model for success

Guiding your children towards a successful future can mean that:

- career confidence and resilience can grow and develop;
- essential skills for employability can develop; and
- good decisions can be made that lead to a good start.


The Career Centre four step career planning process can help your children to:

- think about their interests, values, skills and preferences;
- explore the life, work and learning options available to them;
- ensure that their future work fits in with their personal circumstances; and
- continuously review their learning and work plans to manage the invariable changes that will occur.



The Career Centre website has a number of tools that can help you support the journey of self-assessment, option exploration and comparison, and action planning that your children will undertake.





Tools for career planning

The following tools can be used online and the results saved by [creating an account](#) on the Career Centre website:

- the '[where do I start](#)' is a great place to start the career journey by examining what your child knows about themselves, their job interests and their decision making.
- the '[interest inventory](#)' is a tool for reviewing what interests and motivates your child and how this fits various types of work.
- the '[skills card sort](#)' will help to build a picture of the skills your child has, and those that they may wish to improve.
- life and work decisions are always most satisfying when they fit the values most important to us – the '[values card sort](#)' will help your child to identify what is important to them.
- in many cases the biggest challenge your children will face is the number of choices available to them. The '[choices tool](#)' is a short simple program that will help to find out and rank preferences in different areas of work.
- some young people will be most attracted to hands on, practical or technical work but not be sure what occupation is right for them. Using the '[hands on](#)' tool will help your child to make connections between the skills and activities they like using, or want to learn, and the jobs of interest to them.

Use of the career planning tools helps to provide a solid foundation for exploring career, education and training pathways using the [occupational](#) and [education/training](#) information resources on the Career Centre website.

Practical tips to assist good decision making

- When your children share a dream, a vision of their future, the possible self they have in their minds...talk about this with them and hold back from jumping in with what they have to do now. It is the role of parents to be a believer in their children's future.
- Let them try on ideas. They will try on many ideas and seemingly change their minds often but 'trying on' is different to deciding. Explore the ideas with them and encourage them to gather more information.
- Have 'career conversations' with them. Talk about your own career. Explore the themes of work, jobs and skills in the family.
- Look at the information they bring home from school and talk about it with them.
- Part time work is beneficial. It helps young people to develop their identity and explore what's out there.

Useful websites

- jobguide.thegoodguides.com.au – 'Parents Talking Career Choices' 2014 guide, published by the Australian Government.

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