

A Parent's Role in Career Decision Making

When your child is in this state of the decision making process:

Your role as the parent is:



SELF-ASSESSMENT

CLARIFIER

IDENTIFYING & EXPLORING

CONNECTOR

GOAL SETTING & PLANNING

CHALLENGER

TAKING ACTION

MOTIVATOR



Reinforce activities in which your child shows interest.

Provide opportunities to express interests and preferences.

Have your child complete an interest inventory in SDMyLife.

Review with your child the results from his self-assessments (skills, interests, values, personality) and keep the focus on him throughout the process.



Parent as the

CLARIFIER

Help your child think about his personality traits and make connections between those and work environments.

I notice you enjoy building things. I love seeing what you make! Tell me more about what you like most about constructing.

Encourage development of natural skills that may or may not have high-earning potential.

Your child is in the state of **SELF-ASSESSMENT**

Help your child learn how to handle distress and impulse, to develop emotional intelligence and persist through challenges.

Help your child gather information about the real world of work. Discuss what she finds and has learned.

Help your child connect self-assessment information with choices, by asking, "If you could wave a magic wand and have whatever career you like, what would you do?"

Help your child see that pain and confusion are positive signs of growth.

Parent as the

CONNECTOR

Help your child stay with her perceived hopes and trust in her vision.

Let your child decide on her own if something fits or not; it's more productive for her to learn that a career is not a fit rather than for you to say so.

You mentioned being interested in becoming a veterinarian. Where might you find info about what that career would look like?

Your child is in the state of **IDENTIFYING & EXPLORING**



It sounds frustrating for you to learn that becoming a lawyer takes so many years of college. Sometimes finding out what you don't want to do is just as valuable as discovering what you love.



Your child is in the state of **GOAL SETTING & PLANNING**

Parent as the

CHALLENGER

Talk with your child about his career goals. Express interests in his plans; share how important it is to set goals.

Don't let your child get discouraged if he is not excited about a field that he explored.

Provide resources such how to get more information. Help him find contacts for informational interviews and networking.

Build self-confidence: Brainstorm informational interview questions, let him practice asking them, and give him feedback and suggestions.

Together create and review action plans, checklists and milestones.

Help your child overcome disinterest that may be simply disguising a fear of failure.

Help your child understand how to balance freedom and responsibility, both in work and fun.

Remind your child that career decision making is what life is about.

Help increase the number of options for her to consider.

Parent as the

MOTIVATOR

I can't make the decision for you, but I can ask you some questions that might help you make the decision for yourself.

Your child is in the state of **TAKING ACTION**

Don't decide for your child, even when she says, "You decide for me!"

Provide support in a family setting.

Help your child understand that endurance is a critical element of success in job hunting.

Explore more on career decision making at www.SDMyLife.com.

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