



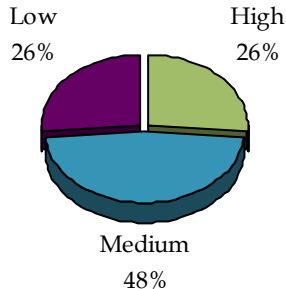
# Keewatin-Patricia District School Board

## Parents as Career Coaches

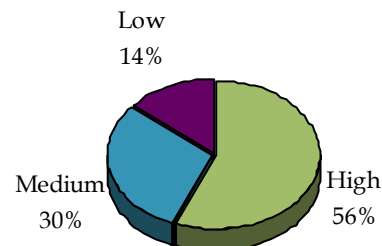
Parents,  
Your role is important in your student's career decision making process. These tips will help you to be a productive career coach for your student, enabling them to make smart decisions about their future career.

### Perceived Parental Influence

Level of influence parents perceive they have:



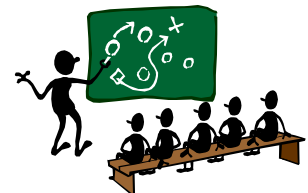
Level of influence students perceive parents have:



From: National Association of Colleges and Employers

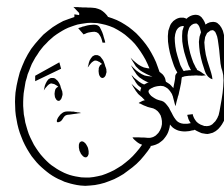
### 3 Roles as Career Coach

- Listener
- Advocate
- Network Resource



## Listener

- Provide non-judgmental listening and honest feedback.
  - The key word here is **non-judgmental**.
- Initiate conversations on career plans.
  - Talk with your student about the courses and activities she or he is enjoying and how your student is doing. Remember to ask if their interests have changed; most students change their minds at least once!
- Listen, respond and ask questions.
  - Your willingness to listen and be a sounding board will keep you in the loop.
- Help your student clarify ideas, priorities and concerns.
  - Give feedback on *specific abilities* you see in your student to help develop a solid sense of self.
  - Help them to develop independent decision making skills



Provide non-judgmental listening and honest feedback.

## Advocate

- Encourage involvement in extracurricular activities.
  - Extracurricular activities provide the opportunity for students to gain valuable skills including: leadership, planning, organization, and time management.
- See the situation from your student's perspective.
  - Empathize with your student on the difficulty of the process and the number of decisions they have to make.
  - Remember what it was like when you were their age.
- Encourage your son or daughter to avoid procrastination and to begin the career planning process early.
  - Support your student's exploration of new areas of study and interests.
  - Encourage your student to take advantage of all resources available to them.
  - Be prepared to support your student through the ups and downs of the career search process.

## Network Resource

- Help your student develop contacts for information, advice, and assistance in career planning and job searching.
- Refer your student to colleagues, friends, neighbors, family, and community members with experience related to his or her interests.
- Offer encouragement and help them learn how to approach people and ask for this kind of information.
- Suggest your student make connections with teachers.
  - All teachers have open office hours to help students with questions about course materials or academic progress.
  - Students ultimately may need teachers to write letters of recommendation for internships, scholarships, or job applications.
  - The greatest success in course work and the most substantive recommendations are often proportionate to the level of communication students have with teachers.
- Suggest a co-op placement or part-time job.



**70% of college students say they feel pressure to select a major**

## What is NOT your role?



- Pressuring them into making immediate decisions
  - 70% of students say they feel some pressure.
- Giving a bias or prejudice against certain careers
  - Don't panic if your son or daughter is excited about majoring in something like History, English or Art.
- Constantly asking the question, "have you made a decision yet?".
  - Listen for indications from the student you are getting carried away and **back off!!**

### **AN IMPORTANT REMINDER FOR STUDENTS**

**AN INITIATIVE OF  
DRYDEN HIGH SCHOOL  
SCHOOL COUNCIL**

**No matter what choices you make it is essential that you complete high school. If you plan your high school program carefully and choose your courses wisely you will do well in your studies and graduate from high school**

**When choosing courses think about what you are interested in and what you are good at.**



*DRYDEN HIGH SCHOOL*  
*SCHOOL COUNCIL*



*Keewatin-Patricia*  
*District School Board*