



HEALTHY SWAPS

for supporting your student on their pathway to success

If you are a parent, foster parent, or guardian, your influence can greatly impact your student's chosen career path. Talking about careers and engaging with their career planning process is essential in their career journey. Follow these friendly tips:

Impose your own career aspirations:

Let your career explorer discover their own interests and values and find which career paths align with those.



Encourage exploration

Encourage your career explorer to explore a wide range of career options. Support their curiosity as they learn about different career paths.

Dismiss their interests:

Even if they seem unconventional, avoid dismissing your career explorer's interests or passions. Encourage them to pursue what genuinely excites them.



Actively Listen:

Listen to your career explorer's thoughts, interests, and aspirations. Feel free to ask open-ended questions to help them articulate their goals and values.

Place a time Pressure:

Avoid pressuring your career explorer to make quick decisions. Career planning is a process, and it is okay for them to take the time they need to explore and reflect.



Foster Independence:

Encourage your career explorer to take ownership of their career planning. Encourage them to use this as an opportunity to make decisions and learn from the process and exploration.

Overload with information:

It is important to provide guidance, but try to not overwhelm your career explorer with an excessive amount of information. Help them focus on what's most relevant to their goals.



Provide Guidance:

Offer your career explorer guidance and help interpret the information with them. Share insights and information about the world of work and education.

Focus solely on income:

While financial considerations are important, try not to place too much emphasis on income potential alone. Prioritize finding a career that aligns with interests and values.



Promote Balance:

Emphasize the importance of a balanced approach to career planning, considering both personal interests, values, and skills and the practicality of different options.

Dismiss alternative paths:

Be open to alternative pathways, such as vocational training, apprenticeships, or community college if they align with the student's interests and goals.



Be Supportive:

Provide encouragement and celebrate your career explorer successes and offer guidance in times of uncertainty.

Be overbearing:

Avoid micromanaging the process. It is essential for your career explorer to have space to make decisions and learn from the experience.



Stay Informed:

Stay informed about educational and career trends and options, so you can provide up-to-date information to your career explorer. P2C's Career Data Tool is a great way to explore this!

Wait to Start Career Exploration:

The career and post-secondary education planning process can be overwhelming especially if you put it off. Meet with a school counselor early and often to stay on track for success.



Start Career Exploration Early:

As soon as your career explorer expresses interest in a career, encourage activities such as interviewing a workforce professional or job shadowing.