

FAMILY RESOURCE



Advice from a Career Educator



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HOW NOT TO TALK TO YOUR CHILD ABOUT THEIR FUTURE



Research shows that early exposure to career education:

- Broadens young peoples' horizons and raises their aspirations.
- Excites children about subjects, increases motivation, confidence and attitude toward learning.
- Challenges gender and social stereotypes .

Research also shows that students' career choices are most influenced by their families. How you talk to them about your job sets the stage for how they will feel about their future career journey.

There are many **misconceptions** about what a career journey should look like. Primarily, a young person must choose one career by Grade 12 and stick with it for life. The problems with this mindset are:

- Their chosen job may not align with the current or future job market.
- It assumes that a person's skill set, interests, values and motivators stay the same throughout their life.
- It overemphasizes that the self is what you do, not other areas of self-identity. It's not just a career journey but a life journey that we are talking about.

Instead of asking your child “what” they want to do, help them explore “**who**” they want to **become**. A career journey never ends, so let's set them up with the tools they need to make empowered and smooth transitions between work, education, and training.



MINDSET MATTERS



It's a journey, not a race.

There is a misconception that students who complete school the fastest and achieve high academic accolades will be most successful in life. Research shows that this isn't the case. Academic performance is often influenced by interests and motivation, not intelligence.

How does fear impact a student's and family's mindset about the future?

Don't let your fear about your child's future influence how they feel about their ability to be curious and try new things. Take the pressure off and learn to lean into the exploration of the unknown.

Motivation

Students are motivated when they feel their learning is connected to the bigger world. Help them connect with the people trying to solve problems they care about. If they notice pollution in a waterway, research who is trying to solve that issue right now. What is their job title, and what schooling did they need to do that job?

Who's in the driver's seat?

Consider your role in your student's future career journey. Are you driving the car, a passenger or sitting in the back? Be brave and ask your child how involved they want you to be in their career exploration. How involved were your parents in the direction that you took in your career?

Expose your child to people who do different jobs.

The best way to support your child is to expose them to people who do a broad range of jobs, because we know that kids can't be what they can't see.

