

How parents and carers can support children in their careers plans

As they make choices and plans for the future, young people need support from the people who know them best, their families. There are many ways that parents can offer support with choices. Here are a few ideas on how you can help:

- **Talk to your child about careers** they are interested in. Find out what they know already and encourage them to **visit the school careers library / National Careers Service website** to find out more.
- **Find out about what choices your child has to make in Year 9.** They will usually be asked to choose from a selection of GCSE subjects which they want to study in year 10 and 11. Most students will have compulsory subjects which they have to study along with a selection of options.
- Make an appointment to **speak to a member of the Careers Department** at the next Parents Evening – year 9, 11 and 13 only. They will be able to answer any questions you have about career plans.
- Encourage your child to **find out about what courses, jobs and training opportunities are available locally.** Your local authority may provide information on local options on their website – see MY Trust website.
- Complete a **computer-based career choice questionnaire such as Icould – buzz quiz.** Ask to see the results and talk them through together.
- Make the most of **Next Steps Evenings.** Your child may be considering post 16 study at a different institution to their current school and it is important to explore all of the options.

Get involved with **plans for post-18 study.** If your child is intending to enter higher education they need to plan ahead carefully. They need to think about:

- what subject/s they want to study
- which institutions offer relevant courses
- whether the program of study suits their needs
- will their GCSE grades and expected results from A levels (or equivalent) meet the course's entry requirements
- whether there is a work placement as part of the course
- whether they want to study close to home or move further afield; and
- whether the campus offers other facilities which are important to them e.g. sports facilities.

Encourage and support.

It is important to support your child to reach their **own decisions about their future.** Providing **support and encouragement** is immensely important and the more you know about the information, advice and guidance that is available and where it can be accessed the better. Don't be afraid to **contact the school if you have any questions.**

However, it is important to include your child as, ultimately, it is their future. With the **right information, advice and guidance** young people can make **informed decisions** about their future and successfully negotiate the tricky transition to adult status.

Adapted from: <http://icould.com/article/information-for-parents-helping-your-child-with-career-decisions/>