

A Career Planning Support Checklist for Parents/Family Members

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As a parent, you may be wondering how you can assist your son or daughter as they engage in their career development process. Some suggestions include:

___ **Assist** your son or daughter in understanding that they'll be entering a world of work that is rapidly changing. These changes, including globalization of the economy, growth of technology, outsourcing of work, and changes in organizations, could mean a very different work experience and career path than you've engaged in. Your ability to reflect on career changes you've experienced and to discuss these with your son or daughter can help him/her realize s/he will probably have to think differently about work and need to focus on a career path versus a career ladder.

___ **Realize** that "career placement" made sense when most individuals left college and accepted a job with an organization that they would generally continue to be employed by for the majority of their working years. Due to the many changes in the world of work, your child will not be able to count on this type of stability and thus, should not focus on being placed (a term that connotes a static, unchanging situation and inactivity). Rather, your son or daughter needs to think in terms of a career path that's very fluid and active, and that they're very intentional about. They need to understand that multiple job and career changes will be a reality. Again, by describing family members or friends who have experienced job and career-related changes, you can help your son or daughter understand the need to shift thinking from "placement" to continual career changes and, thus the need for career development that prepares one for change.

___ **Familiarize** yourself with the CSB and SJU Career Offices' services and resources. Understand that the offices provide an array of services and resources to assist your child with their self-exploration, career exploration, the career decision-making process, testing of career possibilities, and transitioning from college. Use this information to alert your child to career programs they may want to attend, resources they may want to read, and services they want to utilize. A good starting point is the CSB/SJU Career Services' home page located at: <http://www.csbsju.edu/career>. While you can assist your child to make timely and effective use of our services, resources, and programs, remember that it's still up to them to utilize career services.

___ **Demonstrate** your interest in your child's career development by continually asking your son or daughter questions to get him/her talking about their career development. These questions should start with their first year of college. Once you've asked the questions, sit back and listen to your child describe the resources they've used, the experiences they've engaged in, and the contacts they've made.

___ **If** your child hasn't actively embarked on their career development journey, encourage him/her to visit CSB/SJU Career Services.

___ **While** listening to your child's journey, recognize that people travel at different speeds and in different directions. Encourage your son or daughter to ascertain where s/he is in their career development and to recognize what might be most helpful at this point. A career professional can assist your child with this process, but only if s/he connects to the Career Services offices. Throughout your son or daughter's college experience, remind her/her to check in with our offices.

___ **Help** your son or daughter understand that academic major is not the only predictor of career choice. The Career Services' offices have numerous examples of students who majored in an area they were very interested in and then chose to pursue a career that didn't seem to be related to the major. Some CSB/SJU examples are: the Biology major who became the Web Designer for MLT Vacations, the History major who became a Senior Investment Analyst, the Theater major who became a lawyer, the Music major who became a Physician, the Economics major who became a Vocational Rehabilitation Consultant, and the Chemistry major who became a Judge. Many of you know individuals who pursued a major they had a passion for and then chose a non-traditional career path for that major. As a parent, share those stories with your son or daughter because many young adults continue to believe that "academic major" limits them to particular careers or that they have to major in a specific area to pursue a particular career. That is not to say that there are not some careers which require a specific major – there are. But there are also many careers that require a set of **skills** rather than a prescribed academic major.

___ **Assist** our offices by contacting us and providing leads on possible internship sites, shadow opportunities, volunteer experiences and job opportunities. Understand that we may not always have a student who wants to pursue the lead you've provided at the time you share information with us, but realize we'll circulate the information and enter it in the appropriate database.

