



Career Development Resources

Career Trek helps children learn about career opportunities and their relation to post secondary education; however, every child needs multiple supports to achieve success.

This document provides parents, guardians, and educators with basic information on Career Development that can be used to help children and students meet their potential and begin building the foundation of their future careers.

The Trek

Children are immersed in an interdisciplinary educational journey. They are engaged in a dynamic investigation of their futures focusing on essential knowledge, understanding, and competencies. They must learn to create their careers and develop strategies for problem solving.

Children who understand how school-learning activities are related to their future goals are more likely to engage actively in their own learning to achieve success in their academics.

Definitions

What is a *career*? A career includes all of an individual's experiences, including work, learning, and leisure activities. Everyone has a career whether they are in the work force, at school, or at home.

Career Development is about growing throughout life. It is the total of an individual's experiences. It is about life long learning, life experiences, work-related experiences—including paid and unpaid work—family life, relationships, community activities, and leisure choices. It involves creating and discovering pathways that will hopefully lead to satisfying and rewarding lives.

Career Exploration is the process of investigating and reflecting on learning, interests, values, skills, educational interests, work, training, and post secondary opportunities. Career exploration can help a person learn how to make a life and to find a rewarding purpose with an emphasis on education, excellence, and service.



What You Do Matters

Research demonstrates that the major sources of influence on a child's career development are:

- Parent (s) and/or guardians.
- People in their lives that they admire.
- Their school experience.

How You Can Make a Difference

You can have a major influence on your child's career-life development in the following ways:

1. Work on building and maintaining an open relationship with your child and the people involved in his/her life.

- Share your interests, strengths, skills and attitudes. Talk about your career development.
- Talk to your children about their own personal interests, strengths, skills, favorite subjects, and career dreams.
- Help them to understand the importance of acquiring a variety of skills in and out of school (transferable skills).
- Help them to plan for post secondary education.
- Learn about the post-secondary programs that exist and how you can attain financial assistance to help your child to reach their goals.

2. School is your child's most important job right now. Ensure that part-time work and other activities do not interfere with his/her major role.

- Help your child to create a balance and learn how to manage their time.
- Encourage you child to learn how to set short and long-term goals.
- Meet with your child's teachers and counsellors to discuss your child's goals and aspirations.



3. By 2015, 70 per cent of projected new jobs will require some sort of post-secondary education. Start to look at how you plan to help finance your child's post-secondary education.

- Learn about scholarship opportunities, financial assistance, bursaries, and work/study programs.
- Encourage your child to research with you what the current opportunities are and what the different eligibility requirements are (i.e. number of university entrance courses

completed, academic averages, volunteer and or leadership experiences, financial needs of the family, etc.).

- Help your child see the importance of proper and timely planning.

4. Schedule an appointment for you and your child to meet with your child's counsellor. The earlier that everyone begins to see the options that are available the better.

- Understand the requirements for high school graduation and for post-secondary opportunities.
- Become more informed about educational and work opportunities available now and what the job trends are for the future.

Career Trek helps your child develop 21st century skills, discover their passions, and helps them to plan their career portfolio and personal career-life development plan.

Being active in your child's career plan can help them to explore, learn, and believe in themselves. Encourage them to find their passion, get involved in the process, and watch them grow!

For more information on Career Development resources contact:

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