



PARENTING
TEENS

As a parent or guardian, you have a key role to play in helping young people make career decisions. Career development is a life-long process, beginning in childhood. Many adults state that they decided on their current occupations when they were children. Research shows that parental involvement is one of the biggest factors influencing the development of a child's sense of the world of work. While the information provided by career professionals is very important, the conversations you have with your teenager about their career decisions are also very valuable.

It is important to talk with your teenager about all the options available for further study and employment after school. There are a lot of options out there for them to think about, and it can take teenagers some time to get a sense of what they are interested in. Remember that almost everyone will change career direction multiple times in their lifetime, and your teenager may eventually take up a job that does not even exist yet. What you are looking to do is find a starting point for your teenager.

What parents can do

You can help your teenager by being positive about their ideas and opportunities for finding a satisfying career path.

- Consider together your teenager's suitability for different jobs and help them identify their **abilities, interests, and experiences**.
- Talk about their **hopes** and **visions** for the future and any ideas they have about **work** or **study**.
- Think about your own work and life experiences and the paths you took to get where you are. You might be surprised to discover that your teenager is interested in finding out about how you made decisions about your career.
 - Have you always worked in one occupation?
 - Have you tried lots of different kinds of jobs?
 - How did you know you made the right career decision?
- Talk to your teenager about the kinds of occupations they are interested in, and then talk to your friends about their line of work. You may know someone who has the occupation that your teenager is interested in.
 - How did your friends get into those occupations?
 - What are the good things/not so good things about those occupations?
- Think about the work experience your teenager has had, and how they felt about it. Learning what you don't want to do can be as important as learning what you do want to do. So even if they didn't enjoy the work experience, it is good to talk about why.
- Look at what activities your teenager is involved in outside of school, such as casual jobs, providing child care, sport, volunteer work or a creative hobby. Perhaps they have a special skill or talent that could lead to an occupation?
- Talk to your teenager's career adviser at school, and encourage your teenager to talk to them too.
- Keep an eye out for any career expos at your teenager's school, or in your local area. Career expos are a great opportunity to find out about the education and training providers in your area, and potential employers.
- Go with your teenager to a work preparation session run by the Student to Industry Program for all young people in the ACT.

Career development is a life-long process, beginning in childhood.

THIS GUIDE AND OTHERS ARE AVAILABLE ONLINE



Pathways through school

There are many different pathways that can lead to rewarding careers. Remember that people can move between pathways and are not locked into one occupation or education level. It is possible to move from work to study, TAFE to university, or from an Australian Apprenticeship into a long-term professional career.

Research shows that people are much more likely to get a job if they have Year 12 or an equivalent vocational qualification. However, some young people feel that staying on at school is not for them. If this applies to your teenager, they might want to consider combining their school studies with some practical, paid training.

Vocational Education and Training

Vocational Education and Training (VET) programs in schools allow students to combine vocational studies with their other subjects as they continue to work towards completing Year 12. In this way, students can keep their options open to pursue further full-time or part-time vocational training or to move into tertiary studies.

Australian School-Based Apprenticeships

Another option is to do an Australian School-Based Apprenticeship. This program gives young people the option of starting an Australian Apprenticeship while they are still at school. They are available in all states and territories. They can earn a wage as they work and study and this can give them a head start in their chosen career.

Pathways after school

Around 30 per cent of students go straight from school to university. To do that successfully, they need to know all about the university, the range of its courses and which campuses they are offered at, and its course requirements. For more information visit www.goingtouni.gov.au

Vocational Education and Training is great for people who like study that is practical, hands on and directly job-related. Courses are offered through TAFEs, Australian Technical Colleges (Year 11 and Year 12), registered training organisations and community training providers. For more information visit www.training.com.au

Apprenticeships offer practical work experience and formal training at the same time. Australian Apprenticeships are now offered in more than 500 occupations. They can provide new skills, a great start in an interesting career and a pay packet for the time spent on the job. For more information visit www.australia.gov.au/australianapprenticeships

Starting a business is another option to consider. Formal qualifications or business experience aren't always necessary (though they can be helpful) to start and run a business. There are a number of programs aimed at helping people build their enterprise skills and develop innovative ideas, as well as providing sources of training and education that assist in following innovative career pathways. For more information visit www.business.gov.au

Transition support for teenagers

The Department of Education, Employment and Workplace Relations (DEEWR) publish the *Job Guide* every year. This book lists and describes occupations and training options for career pathways, and is distributed widely to schools and public libraries.

Web: www.myfuture.edu.au or www.jobguide.dest.gov.au

Career Advice Australia

Career Advice Australia helps young Australians get access to the skills, training and support they need to make informed decisions about their future. Providers work closely with schools, career advisers, community groups, businesses and industry to help young people connect to their future.

Web: www.careeradviceaustralia.gov.au

Student to Industry Program

The Student to Industry Program (SIP) is a local community partnership that partners industry and employer groups with schools, community organisations and parents to provide information, opportunities and a support network for young people as they move through school to the workforce or further study.

Web: www.sip.net.au Email: student2industry@sip.net.au

Career advice for teenagers in the ACT

Canberra Careers Market

The Canberra Careers Market is held near the beginning of Term 3 each year. Employers, tertiary institutions, and recruitment agencies provide information about career and training opportunities, and there is an evening session where parents and carers are encouraged to attend with teenagers.

Web: www.canberracareersmarket.com.au

Canberra Tertiary Open Day

Canberra's major tertiary institutions hold open days on the final Saturday of each August. This is an opportunity for parents and carers to go with teenagers to help them get more information about training opportunities.

Web: www.tertiaryopenday.com



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Produced by ParentLink,
Department of Disability, Housing & Community Services
GPO Box 158 Canberra ACT 2601

Tel: 133427 Fax: 62050968
Email: parentlink@act.gov.au

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