

A few more ideas to help you support your son or daughter with their career choices

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- **Gently challenge any choices that concern you**

Just as parents can be major influencers on young people's career choices, your teenager can be influenced by what their friends are planning to do, or maybe they haven't done enough research. Encourage them to think about what's right for them, and talk about how they can still make their own choices and keep their friendships. Look for opportunities to open up conversations around their choices and interests so you can help them to keep focused on researching opportunities and looking at how they fit with their interests and abilities.

- **Encourage your teenager to make a back up plan**

Practical reasons may prevent your teenager from being able to do what they had planned to do. Having a back up plan avoids last minute decision making and disappointment and it keeps them in control of the situation.

- **Be prepared for them to change their minds**

And if they do, encourage them to talk with you about their reasons for the change. Help them to research their ideas and support them on their journey. How many of us could be 100% certain about our future plans when we were younger?

- **Support your teenager's decisions**

Even if your son or daughter chooses a pathway that you disagree with, do try to support them with this. Remind them that you want the best for them and that this is their choice. If they realise later on that they made the wrong decision they will need your support in making the changes.

- **You can always help**

Don't forget that as a parent you already have lots of experience and you know your teenager better than anyone else. Be open and share information. Remind them about what they've achieved and encourage them to never give up.

There is lots of information at your finger tips. You can find more information at www.aspire-igen.com



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A Parents Guide to the Shine Careers Service

And how you can help your teenager with their career choices



What is Shine?

Shine provides careers education, information advice and guidance services to schools, academies and colleges.

Shine Careers Professionals are qualified and experienced careers guidance specialists, so you can trust that the advice and guidance we give is fair and based on individual needs.

All the information that your daughter or son receives from us is up to date, accurate and without bias.

Our aim is to support your teenager in making their own decisions and choices, so you can be sure that their future choices are right for them.

How does Shine work with your Son or Daughter?

- We deliver group sessions to young people in Years 7-13 on a range of topics, to help them understand the different options open to them.
- We meet with young people individually to discuss their ideas and plans.
- We work with young people and parents at open days and careers events.

How can Shine help you to support your Son's or Daughter's Career Decisions?

Young people repeatedly report that their parents are one of the main influencers in choosing their career pathways. So, it's important that you feel confident about advising your son or daughter about their future plans.

We can meet with you

- at parents evenings/consultation meetings.
- at your teenager's careers guidance interview.
- and you may be able to contact us via your daughter's/son's school to discuss career option choices.

To find out more about us
Visit www.aspire-igen.com
Email shine@aspire-igen.com
Call **01274 829 400**

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• Remember what it was like when you were a teenager

Times have moved on. Remember how it felt when you were a teenager, faced with making decisions about your next steps. It may help you to understand and support your son or daughter as they move towards adulthood and the world of work.

• Encourage them to recognise their interests and abilities

Your teenager is more likely to succeed if their choices fit their interests and abilities. Encourage them to talk with you about how they feel about different school subjects, spare time activities, practical projects, work experience. Notice what interests them and who their role models and influences are. Talk to them about what helped you to make choices about your own education and work.

• Find out as much as possible about the courses and qualifications on offer

The school will have a prospectus if it has a 6th form, so make sure you get a copy of this. Talk to the teachers, attend parent's events and open days.

• Understand how subject choices can influence future career options

If your teenager is in Year 8/9 and has no clear plans yet, encourage them to opt for a broad range of courses that will give them plenty of choice in the future. If they have a particular career in mind, they may need specific experience, subjects, qualifications and grades to do it.

For students in Years 11, 12 and 13, encourage them to keep an eye on the job market and to regularly review their own career interests. This way they will have a better idea of which courses or training they might want to follow. Look at course entry requirements in the online prospectuses.

For further education courses go to
www.ucasprogress.com

For higher education courses go to
www.ucas.com or unistats.direct.gov.uk

For apprenticeships, go to the
National Apprenticeship Service website at
www.gov.uk/apprenticeships-guide