

SUPPORTING YOUR CHILD ON THEIR CAREER JOURNEY

It is extremely important for a young person to feel a sense of ownership over their career journey. Often a parent's first instinct when their child is stuck in life is to try and fix the problem for them. While this is done with the best of intentions, it can teach the young person that they are not capable of doing it on their own, which may lead to them struggling when they reach the workplace. Also, by taking responsibility away from the young person they can feel as though their career journey is just another chore.

SO HOW CAN PARENTS HELP IN A MORE POSITIVE WAY?

The best thing a parent can do to help their child along their career journey is to act as a support person. This means thinking of things like making sure that they have phone credit so they can call employers back, practicing their interview responses with them and helping them find their way there on time. We've developed a list of how you can best support your young person while still letting them own their career journey:

INSTEAD OF...

A BETTER WAY TO HELP IS:

Telling them what job to apply for

Help them to find a job that plays to their strengths (they'll be happier and better at it!). The Career Quiz on Skillsroad is a great place to start. Once they know their skillset, have a discussion about which of the suggested industries appeal to them.

Writing their resume for them

Give them some feedback once they've given it a good attempt (you can start by directing them to the resume templates and tipsheets on Skillsroad). Then help them to proofread and check their grammar.

Making the call for them

Help them to work out the main points of what they are going to say and then practice how the call will go.

Asking them about their job search progress every day (they can feel like they are being grilled)

Set aside a dedicated time each week (e.g. Wednesday's at 5pm) where you spend 10 minutes discussing how their job search is going.

Solving problems for them

Ask questions like "what do you think you should do?" and "what advice would you give someone else in this situation?" to prompt them to come up with their own solutions.

Focusing on the outcomes (e.g. whether they get an interview)

Reward the effort. If you can see how hard they are trying make sure you praise their efforts. Whether they are seeing outcomes or not, this will encourage them to keep going.