



Get 10 common sense tips that will help you support your child's search for his or her future inside . . .

- The average person in the U.S. holds around nine jobs from the age 18 to 34.
- Technology is critical in almost every sector of the economy. As it changes, workers must be able to change with it.
- The workplace and the marketplace are international. This brings competition and opportunity, and workers need to be able to be flexible, innovative, and effective.

Lifelong learning is necessary . . .



- College graduates earn nearly twice as much as workers who stopped with a high school diploma.
- High school dropouts are almost four times as likely to be unemployed as college graduates.
- One of every five jobs in Oregon requires a bachelor's degree or higher.
- More than half of Oregon's jobs recommend some education beyond high school to be competitive during hiring.

Education pays . . .

- When it comes to important decisions – like education and career choices – kids value their parent's input.
- Your attitudes about school and work, about education and career goals, have long-term impact on your children's choices, decisions, and plans.
- Your actions to support education and career understanding help prepare your children to be successful in tomorrow's economy.
- Your relationship with your children – nurturing dreams and self confidence – is your most significant gift toward building their future.

Research shows . . .

Stop and think about how the workplace has changed since you were in school. How well prepared have you been for these changes? Change will continue at a rapid rate which means that young people need more career guidance than ever before. Additionally, skills – and the capacity to develop skills throughout life – will be the cornerstone of employability. Your involvement in your children's education builds the foundation for their future.

Why do you need to think about your child's future now?

Success in School → Success in Life

Parent = Future Success Involvement



Are you a parent or the significant adult in a child's life? If so, you are the most influential person in that child's career decisions.

This brochure will help you become an effective career advisor. A Web site, **MyChildsFuture.org**, provides more information and resources.

To learn more . . .

- For additional information about how you can support your children's career development, visit: **MyChildsFuture.org**
- To learn more about the career programs at your children's school, contact the school guidance office or career center.

You can also find career information online to help your children explore the world of work and education. Ask your school how you can use the Oregon Career Information System (CIS) at home. For more information about Oregon CIS, go to:

oregoncis.uoregon.edu

For Oregon labor market information, visit:

QualityInfo.org

This brochure's development has been supported by the Partnership for Occupational and Career Information (POCI). The POCI partner organizations are the WorkSource Oregon Employment Department, the Oregon Career Information System (CIS), the Oregon Department of Education, and the Oregon Department of Community Colleges and Workforce Development.

These agencies are equal opportunity programs and employers. They do not discriminate in employment or the provision of public services on the basis of race, color, religion, sex, national origin, citizenship status, age, disability, political affiliation or belief.



10 Ways You Can Support Your Child's Future

Nurture the individual . . .

Passion for life, learning, and work comes from within. Help your children discover their passions. Cultivate their sense of hope. Believe in their dreams, and they will believe in them.

1 Tell your children you are proud of them.

A positive sense about who we are is central to a healthy and productive life. High self-esteem, combined with hope for the future, feelings of control over life events, and a sense of purpose, build positive identity. Notice and praise your children when you see them doing a good job. Encourage them to spend their time doing things at which they feel competent and valued.

2 Listen to your children and express interest in those things they care about.

Talk with your children about the everyday stuff. (Believe it or not, 78% of middle school and 48% of high school age students say they want to talk more to their parents.) Start early by asking about their ideas and opinions regularly. Show them that you are really interested in what they think and feel, and they will become comfortable about expressing their thoughts to you.

3 Help your children understand who they are and what makes them special.

Ask your children questions about things that interest them and activities they enjoy. Talk about how they learn best – is it through reading, talking, or doing? Probe their unique interests to better understand them. Consider their favorite games, books, school subjects, toys, activities, and make believe. Share what you observe about their strengths and interests.

4 Recognize that your children and their career paths are unique.

Sometimes we expect that life should follow a perfect and predictable path. However, career development is a process, and everyone does it differently. Each child learns and develops at different rates. Talk about the positive aspects of these differences. Help your children express and cherish their uniqueness.

5 Be involved in school activities and support school work because education is important.

When you are involved in your children's education, they will achieve more regardless of your economic status, ethnic or racial background, or educational level. Be a partner with the teachers and school staff in supporting your children's education. Your children need to see that you care about how they do in school.

Your positive, proactive involvement is an important factor in your children's successes in school and work. Keep in mind that the career decision is each child's, not yours, to make. If you are listening, observing, and being involved, you will understand their paths and will want to be a part of making their dreams reality.

Children of all ages need their parents and other adults involved with purpose in their lives – to nurture and to motivate, to clarify and to connect, to challenge into realizing their dreams.

Connect to the real world . . .

Let their dreams create purpose, and let purpose fashion their goals. Challenge your children to reach for those goals and help them navigate the barriers.

6 Set a good example of school and work attitudes and behaviors.

Motivate through example. Model good work behaviors. Share workplace stories. Talk about the skills and knowledge you use every day in your job. Every time you talk about your salary, your workday highs and lows, your selection of work clothes – you send a message to your children about work. Be positive. Whether you realize it or not, you are passing on important work values.

7 Use everyday life activities to provide opportunities for your children to develop important life and work skills.

Encourage your children to be involved in activities that develop skills or knowledge. Begin with household chores to learn about responsibility and consequences. Volunteering and part-time jobs help develop reliability, decision-making, and self-respect. Music, sports, dance, and art expand self-awareness and knowledge about the world. Discuss what they are learning in these activities, what they like or dislike about them, and how they might want to use the skills they are learning in the future.

8 Encourage your children to make the most of career-related learning activities in school and the community.

Schools want to connect school to life so our students understand the importance of what they are studying. In Oregon, students must complete various career-related learning activities to earn their diplomas. Activities may include interest inventories, career research, education planning, job shadows, service learning, work experience, and classroom projects tied into real life issues. Talk about them with your children – help make them more than requirements on a checklist.

9 Believe that education after high school is possible and important for your children.

College is not for everyone nor is it necessary for all jobs. However, most people need some type of training beyond a high school degree. Your children need you to be positive about what they can achieve. If you feel that you are not in the position to help your children financially, remember that support comes in many forms. Despite rising costs, not all training is that expensive, and there are many ways families and students can get assistance. Commit to working together – your children to do well in school, and you to help in any way you can.

10 Have high expectations.

Set realistic goals but expect hard work and discipline. Make sure your children attend school. Ask them about homework, and verify that assignments are completed. Encourage them to take challenging courses. Help them overcome discouragement when they aren't able to reach a goal. Celebrate their accomplishments.