

# HELPING PARENTS & CAREGIVERS DEVELOP CAREER AND POST- SECONDARY SKILLS

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Jennifer R. Curry, Ph.D., NCC, Shirley B. Barton Endowed Professor  
Abbye McDonald, B.S., Registered Line Therapist, M.Ed. Candidate



# Objectives



Participants will be able to:

1. Articulate 2 reasons why parents/caregivers are a critical component of K-12 career and college counseling
2. List three parent-friendly websites for career and post-secondary exploration with K-12 students
3. Describe 2 activities that families can find in their local communities to explore careers
4. List two ways counselors can help parents connect school to the world of work

# FAMILIES ARE CRITICAL TO K-12 CAREER AND COLLEGE COUNSELING

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- Ecosystems approach to school counseling
- Parents are a main source of influence on children's career and college expectations
- Parents are a main role model for their children
- The parent-child relationship fosters values that children base career and college decisions on
- Parents choose the opportunities they expose their children to (within access boundaries)



# EXPOSURE AND ACCESS-FREE WEBSITES

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- [girlswhocode.com](https://girlswhocode.com)
- [Code.org](https://code.org)
- Occupational Outlook Handbook  
<https://www.bls.gov/ooh/>
- Onet <https://www.onetonline.org/>
- NASA: <https://www.nasa.gov/kidsclub/index.html>
- Zoom (PBS Kids)  
<https://lpb.pbslearningmedia.org/collection/zoom/>

# FREE WEBSITES

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- Time for Kids (includes financial literacy articles)  
<https://www.timeforkids.com/>
- <https://kids.nationalgeographic.com/>
- <https://www.bbc.co.uk/history/forkids/index.shtml>
- The old farmer's almanac for kids  
<https://www.almanac.com/kids>
- DESIGN!  
<http://www.kidsthinkdesign.org/fashion/think.html>

# FAMILY FUN- AROUND THE COUNTRY

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- **Maker Faires:** A convention of DIY enthusiasts started by Make magazine including robotics, 3D printing, computers, arts and crafts, and hacker culture
- **Touch a Truck:** **Touch a Truck** is an annual event that provides children the opportunity to interact with the wide variety of businesses and vehicles that protect, serve, and build in their local area
- Parks and Recreation camps and programs
- 4H programs

# FAMILY CAREER ACCESS

- Ask parents to consider ways to connect with their children's interests: local libraries and parks departments
- Agricultural and Mechanical Colleges often have cooperative and extension programs such as Ag Magic, 4H and more
- Join local interest groups: Geology, Astronomy, Gem and Mineral Society, Archaeological Society, Historical Society
- Lowe's Kids DIY Workshops /Home Depot
- [kidsgardening.org](http://kidsgardening.org)



# TEACH PARENTS TO BECOME SKILLFUL INTERVIEWERS...

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*At the library, restaurants, bakery, grocery store, getting an oil change...and everywhere...ASK:*

- What do you like most about your work?
- What subject(s) did you like in school?
- What is the hardest thing about your work?
- If someone was interested in your type of work, what skills might they need to develop?
- What is something that you have to do everyday that might surprise people?
- What is something you didn't do well at first that you are really good at now?

(Curry, 2017)



# GIVE STUDENTS CAREER TITLES AND ASK PARENTS TO DO THE SAME

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- In classrooms and during activities, have students try on career titles (i.e., “Today you are all going to be authors” “This afternoon you will be a chemist”)
- When students are at home, parents can do the same (e.g., a child helping his parent cook is trying on the career of chef)
- After completing tasks, it’s important to ask how the student liked their time in the career (how did you like being a gardener? )
- Do you enjoy being a painter? What do you like about it?





**Would you like to be a paleontologist today?**



**How did you enjoy working as a baker?**

# FOR MIDDLE SCHOOL STUDENTS...

Encourage their parents to focus on careers, not just college



# BY MIDDLE SCHOOL...

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We want parents to understand the connection between career and post-secondary choices

The 5 rules of the college payoff:

- *Rule Number One* is that education level matters, and generally more education is better.
- *Rule Number Two* is education level matters, but program of study and majors matter even more.
- *Rule Number Three* is that although field of study is important, it does not control one's financial destiny-there is great variation within majors.
- *Rule Number Four* is that less education can be worth more.
- *Rule Number Five* is that humanities and liberal arts majors never catch up with the highest earning majors.

(Carnevale & Cheah 2018)

# IN MIDDLE AND HIGH SCHOOL

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- Encourage parents to help their children to discover their innate talents, skills and interests, rather than choose or dictate a career for them
- Parents can help their children develop knowledge of the world of work by talking about their own careers and encouraging family members to do the same
- Choose high school courses that align to future career interests
- Choose rigor based on career interests

# CAREER CONCERNS PARENTS SHOULD WATCH FOR/AVOID

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- Procrastination
- Temper unrealistic expectations don't be a dream squasher
- Carrying too many higher -level subjects against teachers' advice
- Lack of motivation to do homework or extracurricular activities
- Interference from social activities or a weekend job which is funding their social life
- Selecting a career pathway because it is financially lucrative

# MORE WEBSITES-COLLEGE

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- College Navigator (NCES)  
<https://nces.ed.gov/collegenavigator/>
- College Scoreboard  
<https://collegescorecard.ed.gov/>
- Big Future-College Board (Road Trip Nation)-  
Link Careers & Majors, search for scholarships,  
financial aid, determine college costs  
<https://bigfuture.collegeboard.org/>

# REFERENCES

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Carnevale, A. P. & Cheah, B. (2018). *Five rules of the college and career game*. Georgetown University Center on Education and the Workforce.

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Curry, J. & Milsom, A. (2021). *Career and college readiness counseling in P-12 schools* (3<sup>rd</sup> ed.). New York: Springer.