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Careers conversations with your child



A career is a **journey through life, learning, and work**. Traditionally, people have thought of a career as staying in or 'moving up' in a specific company or sector. A more modern way of thinking about a career is as a **journey**, which can take different directions.

Start by asking your child this question:

On a scale of 1-3:
How confident do you feel about what you'd like to do after school/college?



1. Not at all confident (I've got no idea what I want to do!)

2. Somewhat confident (I've got some ideas, but I'm not sure!)



3. Very confident (I know exactly what I want to do!)

Now read the advice below about follow up questions you could ask.

1. Your child **doesn't know** what they want to do after school/college



Self awareness

- What activities have you enjoyed at school/college or in your free time, even if you're not sure how they could turn into a career?
- When you think about the future, what kind of life do you imagine living? What do you want it to feel like?

Opportunity awareness

- Has anything you've heard, read, or seen recently made you curious about a certain career path?
- If you could try out a few different jobs just for fun, what would you want to explore?

Decision making

- What will you feel like once you've figured out your next step? Excited, motivated, relaxed, or something else?
- What do you still need to think about or find out before you feel ready to decide?

Transition skills

- Who could you talk to who might have been through this stage, like alumni or friends in a similar position? How might this be helpful?
- What's one thing you could do in the next month to move forward in figuring things out?

2. Your child **has some ideas** about what they want to do after school/college



Self awareness

- Out of all the options you're considering, which one excites you the most at the moment and why?
- What kind of work environment do you see yourself enjoying and why? E.g. Do you want to work indoors or outdoors? What times of day do you want to work?

Opportunity awareness

- Are there any careers you've learned about that made you think, 'I could see myself doing that'?
- Are there any options you're considering that you'd like to learn more about, even if you're not sure if they're the right fit yet? What are they?

Decision making

- If you had to choose between two options right now, what would your 'plan A' and 'plan B' be?
- What information orsupport would help you feel more confident in making a decision?

Transition skills

- What are the next steps you need to take to turn your ideas into a reality?
- Is there someone who can give you advice, or help you with resources or connections?



3. Your child **knows exactly what they want to do** after school/college

Self awareness

- What excites you the most about the career path you've chosen?
- Does this choice fit with the kind of life you want to build for yourself in the future? What might that look like?

Opportunity awareness

- Have you talked to anyone who works in this field or does something similar to what you're thinking about doing next?
- What's one thing that's making you feel really sure about this career path? What have you ruled out that doesn't feel like the right fit for you?

Decision making

- How confident are you feeling about your decision, and is there anything that could help you feel even more certain?
- What challenges do you think you might face, and how can you prepare for them?

Transition skills

- How can you stay on track and motivated as you make the transition to this next step?
- What kind of support would be most helpful to you as you move forward with your plan?

Next steps



Next steps for your child:

- [ ] Talk to your school/college careers adviser.
- [ ] Network with school alumni or people doing the jobs you're interested in.
- [ ] Use Unifrog tools like the Careers library, Subjects library, and searching tools.

Next steps for you:

- [ ] Explore what Unifrog has to offer by reading this guide for parents and caregivers.