

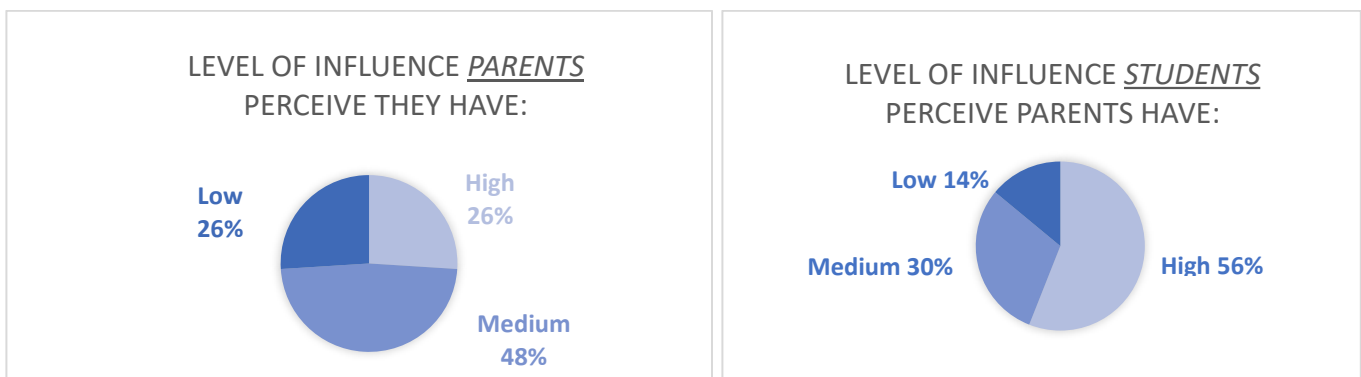
Capital University

Parents as Career Coaches

Parents,

Your role is important in your student's career decision-making process. These tips will help you to be a productive career coach for your student, enabling them to make smart decisions about their major and career.

Perceived Parental Influence



From: *National Association of Colleges and Employers*

Three Roles as Career Coach

Listener



Advocate



Network Resource



Listener

- **Provide non-judgmental listening and honest feedback.**
 - The key word here is “*non-judgmental*”.
- **Initiate conversations on career plans.**
 - Talk with your student about the courses and activities she or he is enjoying and how your student is doing. Remember to ask if their interests have changed; most students change majors at least once!
- **Listen, respond, and ask questions.**
 - Your willingness to listen and be a sounding board will keep you in the loop.
- **Help your student clarify ideas, priorities and concerns.**
 - Give feedback on specific abilities you see in your student; this will help develop a solid sense of self.
 - Help them develop independent decision-making skills.



Provide non-judgmental listening and honest feedback!

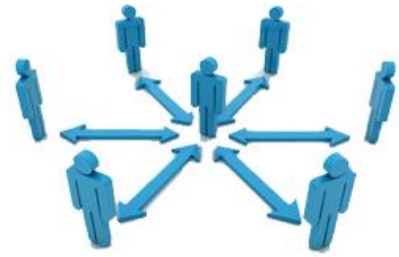
Advocate

- **Encourage involvement in campus activities.**
 - Extracurricular activities provide the opportunity for students to gain valuable skills, including leadership, planning, organization, and time management.
- **See the situation from your student’s perspective.**
 - Empathize with your student on the difficulty of the process and the number of decisions they have to make.
 - Remember what it was like when you were their age.
- **Encourage your student to avoid procrastination and to begin the career planning process early.**
 - Support your student’s exploration of new areas of study and interests.
 - Encourage your student to take full advantage of all resources available to them.
 - Be prepared to support your student through the ups and downs of the career search process.



Network Resource

- Help your student develop contacts for information, advice, and assistance in career planning and job searching.
- Refer your student to colleagues, friends, neighbors, family, and community members with experience related to their interests.
- Offer encouragement, and help them learn how to approach people and ask for this kind of information.
- Suggest your student make connections with faculty.
 - All faculty schedule weekly times to help students with questions about class or academic progress.
 - Students ultimately need professors to provide references for jobs/internships, scholarships, or graduate school applications.
 - The greatest success in course work and the most substantive references are often proportionate to the level of communication students have with faculty.
- Suggest an internship or part-time job.



70% of College Students say they feel pressure to select a major.

What is NOT your role?

- Pressuring them into selecting a major
 - 70% of students say they feel some pressure.
- Giving a bias or prejudice against certain careers
 - Don't panic if your son or daughter is excited about majoring in something like History, English, or Art.
- Constantly asking the question, "have you made a decision yet?"
 - Listen for indications from your student that you m, and then back off!



Career Development

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