



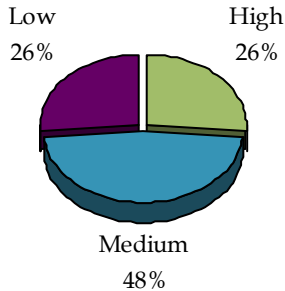
Capital University

# Parents as Career Coaches

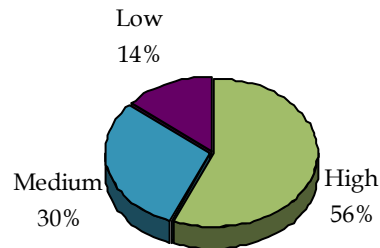
Parents, Your role is important in your student's career decision making process. These tips will help you to be a productive career coach for your student, enabling them to make smart decisions about their major and career.

## Perceived Parental Influence

Level of influence parents perceive they have:



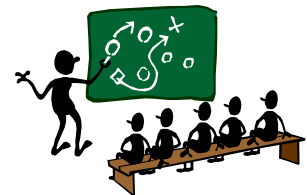
Level of influence students perceive parents have:



From: *National Association of Colleges and Employers*

## 3 Roles as Career Coach

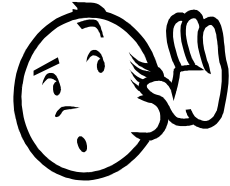
- Listener
- Advocate
- Network Resource



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## 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 to help develop a solid sense of self.
  - Help them to develop independent decision making skills



Provide non-judgmental listening and honest feedback.

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## 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 son or daughter 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 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 his or her 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 have open office hours to help students with questions about course materials or academic progress.
  - Students ultimately need professors to write letters of recommendation for internships, scholarships, or graduate school applications.
  - The greatest success in course work and the most substantive recommendations 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 the student you are getting carried away and **back off!!**

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