

# Capital University

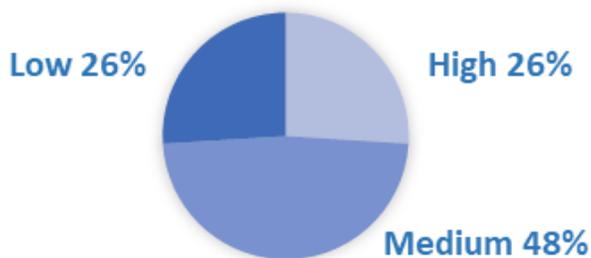
## Parents as Career Coaches

Parents,

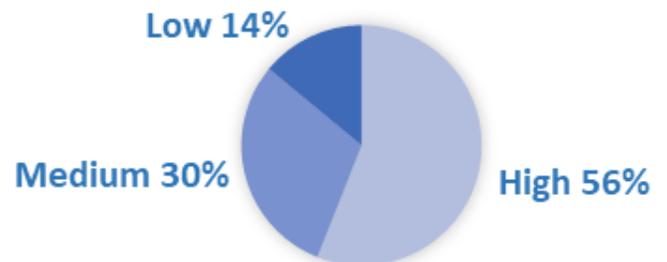
Your role is important in your student's career decision-making process. These tips will help you to be a productive career coach for your student, enabling them to make smart decisions about their major and career.

### Perceived Parental Influence

LEVEL OF INFLUENCE PARENTS  
PERCEIVE THEY HAVE:



LEVEL OF INFLUENCE STUDENTS  
PERCEIVE PARENTS HAVE:



From: *National Association of Colleges and Employers*

### Three Roles as a Career Coach

- Be a Listener
- Be an Advocate
- Be a Network Resource

## Be a 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 they are 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.

## Be an 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.

## Be a 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.**

## 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 student 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 made, and then back off!

**Career Development**  
**2nd Floor Blackmore Library**  
**Phone: 614-236-6606**  
**CareerDevelopment@capital.edu**



@Capjobs-Capital University



@capjobs



@capjobs