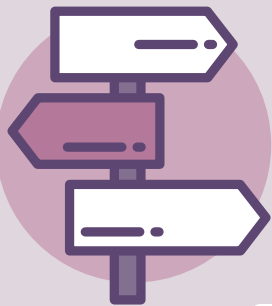


# Six ways for parents and carers to support children's career exploration

For young people to make strong career decisions, they need a clear understanding of themselves. As parents and carers, we should encourage them to reflect on their career interests, skills, values and influences. Let them explore and be curious, rather than trying to influence them in one direction.

## 1 Together with your child, complete the My career profile activities on myfuture.



Talk to them about how your results align with your career path. Discuss your child's results and how they feel about them.

► [Log in to myfuture's My career profile](#)

## 2 Watch myfuture's Occupation spotlight videos together.

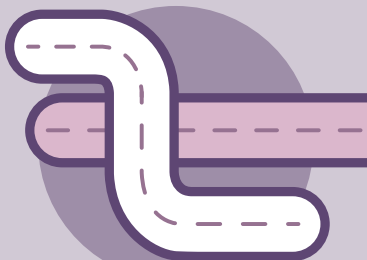


These videos show real people in real jobs. Ask which ones are more interesting or inspiring. Point out where you see your child's skills aligning with the job shown in the videos.

► [myfuture's Occupation spotlight videos](#)

## 3 Browse myfuture's School-to-work pathways infographics together.

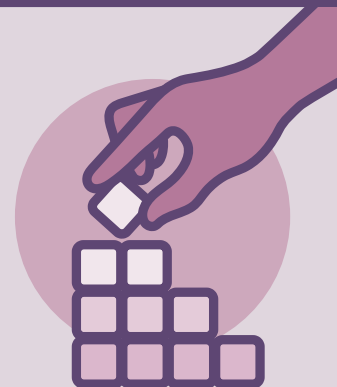
Highlight how there are many pathways to the same career destination. Fill in your own career on the blank template and discuss your career decisions along the way.



► [myfuture's School-to-work pathways infographics](#)

## 4 Encourage your child to imagine their ideal working lives in creative ways.

Ask them to draw pictures, create collages, write stories, act out roleplays, or build Lego or Minecraft scenes. Focus on curiosity and free exploration.



## 5 Help your child identify career influencers and mentors.



Encourage them to chat with friends, teachers or family members. As an influencer yourself, try not to push them in directions you want them to go, if that's not what they truly want.

► [myfuture Insights paper: Making career decisions: How influencers can help](#)

## 6 Notice your child's emotional states. Making career decisions can be stressful.



Sometimes, parental expectations make it more stressful. If your child is having a hard time, use the *Career Uncertainty and Anxiety Questionnaire* as a conversation starter.

► [myfuture Insights paper: Managing career uncertainty and anxiety](#)