

Plan for success - help your teen make the right career choices

For parents of secondary students

For students in secondary school

The 21st century offers today's young people opportunities unknown to previous generations. Their challenge is to develop the skills, knowledge and attitudes that will equip them to make the kinds of career/life choices required to achieve their personal goals and to make a contribution to society.

Be a 'guide on the side'

As a parent, it is your role to fully understand the career planning process and to assist your teen to work through it. Your role is not to provide the answers, but rather, to encourage your teen to ask the right questions and assist him to develop personally meaningful answers to those questions.

Use the career planning process

The career planning process is a lifelong and personal journey that seeks to find answers to four central questions.

Who am I?

- interests
- values
- learning styles
- personality
- multiple intelligences
- skills

What are my opportunities?

- secondary school courses
- extra-curricular activities
- community involvement
- fields of work
- occupations within fields of work
- education/training required
- post-secondary programs

- admission requirements
- costs

Who do I want to become?

- goal-setting (S.M.A.R.T.)
- decision-making
- managing/using information
- detecting bias
- fact vs. opinion
- rational vs. intuitive decisions

What are my plans to achieve my goals?

- a series of steps
- work backwards from the goal
- identify steps, resources, potential barriers, solutions
- the more detail the better

Remember the keys to success

- accept that change is constant
- focus on the process
- use your head, but 'listen' to your heart
- recognize the many pathways to destinations
- select a pathway that suits the individual
- look to the future (trends), not the past
- be flexible and revise plans as needed
- beware of the "Keep the doors open" myth
- access resources
- plan for lifelong learning

The following are opportunities and resources available to help students and parents in making decisions about appropriate post-secondary destinations:

Chart Your Course – Explore Your Future Direction

This common course calendar is available at www.peelschools.org. Look in the "Student Stuff" section.

Annual Education Plan (AEP)

See your teen's guidance counsellor for details.

Take Our Kids to Work Day is a one-day job shadowing experience available to students in grade 9.

Career Studies

Career Studies is a compulsory grade 10 course. Students develop the skills needed to effectively explore educational and career/life opportunities.

Work Experience

As part of a course, students are able to spend from two days to four weeks in a work environment.

Discovering the Workplace

This optional grade 10 course includes two short-term work experiences, an introduction to the Ontario Skills Passport and the opportunity for students to develop the essential skills important in any chosen career.

Co-operative Education

Co-op programs are available in all secondary schools. Students work at placements where they can apply and practice the skills and knowledge acquired in previous courses. Students may earn one, two, three or four credits. Information is available in the "Student Stuff" section at www.peelschools.org.

Ontario Youth Apprenticeship Program (OYAP)

Any full-time student enrolled in co-operative education, and working in a skilled trade placement, may become a registered apprentice while earning secondary school credits. After graduation, students can move directly into a paid apprenticeship. Details are available in the "Student Stuff" section at www.peelschools.org.

Summer School Co-op Programs

These programs offer the opportunity for students to earn two credits while working at placements. Programs run for approximately five weeks.

Specialized Experiential Learning Programs

Encourage your teen to explore the Peel board's specialized experiential learning programs:

- *Caring for the Future* is a regional health care co-op program.
- *Teaching Tomorrow* is a regional co-op program for future teachers.
- The *Construction Craft Worker* program allows students to earn three co-op credits related to construction technology. They also have the opportunity to take level one apprenticeship curriculum and become a registered apprentice before making the transition directly to the workplace.
- *Recipe for Success* starts with food preparation courses in grade 10 and ends with a co-op course in grade 12. This leads directly to the workplace and/or apprenticeship training and also includes industry-specific certifications.
- *Heating, Ventilation, Refrigeration and Air Conditioning* is a series of locally-developed courses offered in grades 10 to 12, which lead directly to work, college or an apprenticeship. These can be combined with co-op.
- All vocational schools offer a variety of multi-credit programs in the areas of construction, transportation, hospitality, tourism, and health and personal services.

Resources

www.makingmyway.ca
www.careercruising.com (see school for password)
www.ontariopropects.info
<http://jobfutures.ca/en/home.shtml>
<http://careermatters.tv.org>
www.osca.ca/cardev/htm
www.edu.gov.on.ca
www.apprenticesearch.com
www.tradeability.ca
www.ontariocolleges.ca
www.ouac.on.ca
www.careerparent.com

This tip sheet was prepared by Pat Evans, Instructional Resource Teacher/Experiential Learning, and John Lavelle,

Instructional Co-ordinator (Guidance and Career

Education).