

# Careers conversations with your child

A career is a **journey through life, learning, and work**. Traditionally, people have thought of a career as staying in or 'moving up' in a specific company or sector. A more modern way of thinking about a career is as a **journey**, which can take different directions.



## Start by asking your child this question:

On a scale of 1-3:

How confident do you feel about what you'd like to do after school/college?



**1. Not at all confident** (I've got no idea what I want to do!)



**2. Somewhat confident** (I've got some ideas, but I'm not sure!)



**3. Very confident** (I know exactly what I want to do!)

## Now read the advice below about follow up questions you could ask.

**1.** Your child **doesn't know** what they want to do after school/college



### Self awareness

- What activities have you enjoyed at school/college or in your free time, even if you're not sure how they could turn into a career?
- When you think about the future, what kind of life do you imagine living? What do you want it to feel like?

### Opportunity awareness

- Has anything you've heard, read, or seen recently made you curious about a certain career path?
- If you could try out a few different jobs just for fun, what would you want to explore?

## Decision making

- What will you feel like once you've figured out your next step? Excited, motivated, relaxed, or something else?
- What do you still need to think about or find out before you feel ready to decide?

## Transition skills

- Who could you talk to who might have been through this stage, like alumni or friends in a similar position? How might this be helpful?
- What's one thing you could do in the next month to move forward in figuring things out?

## 2. Your child **has some ideas** about what they want to do after school/college



### Self awareness

- Out of all the options you're considering, which one excites you the most at the moment and why?
- What kind of work environment do you see yourself enjoying and why? E.g. Do you want to work indoors or outdoors? What times of day do you want to work?

### Opportunity awareness

- Are there any careers you've learned about that made you think, 'I could see myself doing that'?
- Are there any options you're considering that you'd like to learn more about, even if you're not sure if they're the right fit yet? What are they?

## Decision making

- If you had to choose between two options right now, what would your 'plan A' and 'plan B' be?
- What information or support would help you feel more confident in making a decision?

## Transition skills

- What are the next steps you need to take to turn your ideas into a reality?
- Is there someone who can give you advice, or help you with resources or connections?



### 3. Your child **knows exactly what they want to do** after school/college



#### Self awareness

- What excites you the most about the career path you've chosen?
- Does this choice fit with the kind of life you want to build for yourself in the future? What might that look like?

#### Opportunity awareness

- Have you talked to anyone who works in this field or does something similar to what you're thinking about doing next?
- What's one thing that's making you feel really sure about this career path? What have you ruled out that doesn't feel like the right fit for you?

#### Decision making

- How confident are you feeling about your decision, and is there anything that could help you feel even more certain?
- What challenges do you think you might face, and how can you prepare for them?

#### Transition skills

- How can you stay on track and motivated as you make the transition to this next step?
- What kind of support would be most helpful to you as you move forward with your plan?

#### Next steps



##### Next steps for your child:

- ☐ Talk to your school/college careers adviser.
- ☐ Network with school alumni or people doing the jobs you're interested in.
- ☐ Use Unifrog tools like the [Careers library](#), [Subjects library](#), and [searching](#) tools.

##### Next steps for you:

- ☐ Explore what Unifrog has to offer by reading [this guide](#) for parents and caregivers.