

What Parents Can Do

Elementary School

- Teach your children how to ask questions about work, perhaps role-playing a reporter with neighbors.
- Explore services and products available in your own community. For example, how many different jobs produced the food for your dinner?

Middle School

- Talk about what they see in the media. What is realistic? What is the real situation (if not realistic)? For example, is a career as a CSI really that quick and glamorous?
- When visiting the doctor's office or clinic, observe what types of employees there are. What type of education do they need to do their work?
- Introduce children to informational interviewing by asking adults how they got their job, what they do, what they like and dislike, and what kind of training and education they needed.
- Seek job-shadowing opportunities.

High School

- Consider a comprehensive career assessment with interpretation by a credentialed career professional. This is offered in each of our high school career centers.
- Investigate how creativity is used in the workplace in fields other than art. What different types of designers can you identify?
- When interviewing colleges, ask if your teen can speak with alumni in their intended major to find out how their education fits in different careers.
- Become familiar with online resources that provide basic information about careers, projected availability, requirements and salary. Career Cruising provides this for you (www.careercruising.com) – see your Counselor or Career Specialist for the login and password.
- Many talented students find themselves in competitive situations or performing independently. Recognize that teamwork is required in today's workplace. Community service, helping others and working on a project offers opportunities to stretch those interpersonal talents.

**These tips were adapted from *Early Career Planning is Essential for Gifted Adolescents*, written by Paula Kosin, M.S., L.C.P.C. and William Tirre, Ph.D.