

Career choice

Recommendations for parents/guardians



The transition from school to work is a big opportunity for young people. They can choose a career they enjoy and thereby gain new motivation. Therefore, they should choose a profession that suits them. It is normal that difficulties may arise when choosing a career. To successfully transition to vocational education, young people need to know about their options early on. Research shows that parents/guardians can provide significant support in this process. These are the recommendations.

What can you do as a parent?

- **Inform yourself** about the job market. If you know about it yourself, you can support your son/daughter.
- Use your **contacts** at work, among acquaintances and relatives to help your son/daughter find internships and (trial) apprenticeships.
- Be a **role model**. Tell your son/daughter about your own professional experiences and report positive experiences from the professional world.
- Motivate your son/daughter **early** (around 7th grade) to think about career choices.
- Encourage your son/daughter to do **internships** and **trial apprenticeships**.
- Cooperation between teachers and parents is important in young people's career choices. **Stay in touch with the teachers**.
- Set high, but not *too* high **expectations** for your son/daughter. Trust that he/she will make the right choices.
- Adolescents are independent, but they must **keep agreements**. Demand that your son/daughter to be reliable.
- Offer **emotional support**. Discuss career choices regularly. Show sincere interest and comfort your son/daughter in case of rejection. Encourage your son/daughter to keep looking even if they are rejected.
- Support your son/daughter **with all your possibilities**.

Contact:

Research Center Learning and Socialization, School of Teacher Education
FHNW www.fhnw.ch/ph/wisel, ife.sozialisation.ph@fhnw.ch

Would you like to learn more about it?	Participate in the school event on career orientation for young people and parents
Who organizes it?	A team of experts from the School of Teacher Education FHNW, the school principal and class teachers
When?	Thursday, 10.11.2022 from 19:00 – 21:00
Where?	Sekundarschule Bruggwiesen, 8306 Brüttsellen
Program	1) lecture on career orientation, 2) exchange of experiences in groups, 3) informal part with a small aperitif
Translations	Translators will be present at the school event for parents/guardians without knowledge of German. Please indicate your mother tongue in the registration form if you would need a translator.

The organizing team and the school are very pleased to welcome you and your son/daughter to this event. At this event, you will receive new information that is very important for the career choice of your son/daughter and which you should therefore not miss.

Please complete and return the registration form to the teacher.



Registration for school event on career orientation for young people and parents

Would you like to participate in the school event?

- Yes**, I will participate.
- No**, I will not participate.

Would you like a translator at the school event

If yes, in what language? _____

Will your son/daughter participate in the school event?

- Yes**, he/she will participate.
- No**, he/she will not participate.

Location, Date: _____ Signature: _____