

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**.

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