

Virginia CareerVIEW

Middle School Parent's Guide

Career Exploration...Start to plan

Primary Goal: Give your student the most options available to maximize choices in high school and beyond!

Go to www.vacareerview.org and click on:

Students

Parents

- Supporting a child
- Parents Info
- Individuals with disabilities

- Student assessments
- Career Search
- Educational Info
- Printable activities
- Life Skills Interactive
- Website resources
- Virginia's Career Planning System



- Focus on:**
- Career Interests
 - Career Aptitudes
 - Work Values
 - Increased Self Understanding

At School:

- 1 Visit the school career center.
- 2 Visit your student's counselor.
- 3 Ask what career exploration activities are available.
- 4 Learn how to use the school's computer career programs.
- 5 Learn about programs in your school such as:
 - Career Exploratory Classes
 - Mentoring Opportunities
 - *• Youth Apprenticeship
 - *• Career and Technical Education
 - *• Internships
 - *• Work Study

*Participation in these programs should begin in upper grades..

At Home:



- Teach and reinforce positive work habits.
- Avoid stereotyping occupations.
- Discuss different occupations and their duties.
- Take your child to work.
- Emphasize work for both students and parents in the home.
- Assign age appropriate chores and responsibilities to your student.

In the Community:

- Visit different community workplaces.
- Volunteer with your student in community projects or organizations.
- Introduce your student to different community resource persons.
- Visit your local library to check out career books, resources, and research different occupations.

