

HELPING YOUR TEEN CHOOSE A CAREER PATH

The first career decisions come early, while your teen is still exploring their strengths and interests. It's normal for your teen to hesitate or not to know what to do yet.



STRATEGIES TO SUPPORT YOUR TEEN

Help your teen find reliable information to make informed decisions.

Help your teen consider the pros and cons of each option, while leaving the final decision to them.

Validate and normalize their emotions about decision-making.

Respect your teen's pace.

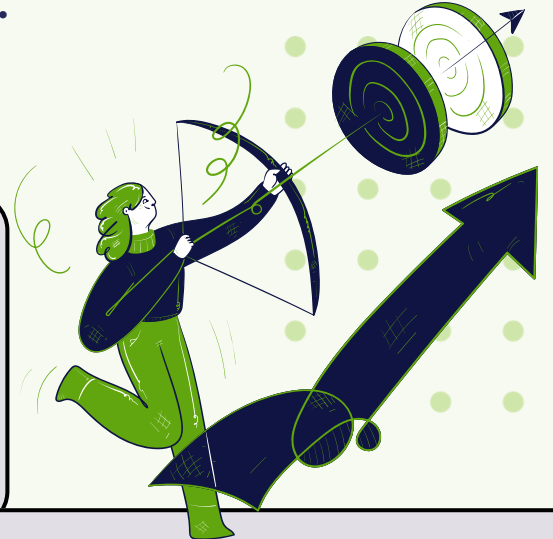


No decision is final!

Your teen can always change their mind and adapt.

HELP YOUR TEEN CHOOSE THEIR CAREER PATH

Is your teen unsure about their career path?
That's normal: the journey is rarely a straight line.
Detours and changes are part of the process.



Is your teen having trouble identifying their interests and strengths?

Encourage your teen to participate in activities that will help them get to know themselves better.

Extracurricular activities, committees, youth centres, volunteering, etc.



Have you noticed a lack of motivation in school or career exploration?

Help your teen find meaning in their journey by connecting specific tasks and goals.

"This course will lead you to the program you're interested in."

Your teen doesn't know much about careers and higher education?

Guide your teen towards reliable sources of information.

Career counsellors, career fairs, specialized websites, etc.

Is your teen afraid of making the wrong decision?

Remind them that every experience is a learning opportunity and that there's more than one path to finding fulfillment.

Would you like to help your teen choose a career with confidence? Consider consulting a career counsellor.

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