

Career Planning and Preparation

Planning connects exploration to preparation for one's future. Planning involves an increased emphasis on self-awareness of the skills and knowledge required for work, and connecting one's own preferences and skills to future options.

What should my child be able to do in high school and early adulthood?

1. Demonstrate positive social skills—practice interacting in a variety of settings for a variety of different purposes.
2. Demonstrate appropriate behavior—practice thinking about my behavior and how I can improve.
3. Demonstrate adaptability and flexibility in responding to change—practice generating at least to alternative solutions to problems.
4. Identify personal goals—set small goals for self-improvement.
5. Identify career goals—careers are a process not a final destination. Think about the type of career you would like to have and think about strategies to achieve that career.
6. Identify educational performance levels needed to attain career goals—what are the specific educational requirements needed to achieve my goals?
7. Develop career and educational goals with short-term objectives—write your long term goal on a piece of paper. Then list the smaller steps needed to achieve the goal or goals.
8. Use career information resources to support your planning—go to your local public library and ask the librarian to assist you in identifying career planning materials.
9. Develop job search skills by writing a resume, completing an application, and practice interviewing for a job.

These skills cover some of the most important indicators included in the National Career Development Guidelines for the planning and preparation developmental stage. The guidelines describe what children and adults should understand and be able to do at various stages of their career development. They include specific goals and learning indicators grouped by the three principle domains:

- Personal and Social Development
- Educational Achievement and Lifelong Learning
- Career Management

This framework may help you think about the types of activities you can do to help with career planning and preparation through the high school and college years. (It is also reflected in the content of these websites.)

<http://www.mychildsfuture.org/parents/item.htm?id=123&previous=20&edlvl=3>

http://www.acrnetwork.org/ncdg/ncdg_framework.aspx