

MOTIVATION AND PERSEVERANCE AT SCHOOL: FOSTERING YOUR CHILD'S CAREER ASPIRATIONS



WHAT ARE CAREER ASPIRATIONS?

A career aspiration is a long-term interest and desire to work toward a future goal. Aspirations relate to how young people see themselves in the future.



WHY IS THIS IMPORTANT?

It is easier for a student to persevere in their schooling if they have a goal, even if that goal changes or evolves over time. This is even more true during the pandemic, when COVID has altered or disrupted many young people's future plans or projects.



HOW CAN YOU HELP?

Anyone who has a young person in their life can have a positive influence on them, starting with their parents. This sheet has some tips and pointers to help you in this role.

BENEFICIAL PARENTAL ATTITUDES

Inspired by: Marlène Lebreux. "Orientation 101 pour parents : accompagner son enfant dans son choix de carrière."

- + Lead by example**
Be a model for your child: finish your tasks, value education, set goals, persevere, seek solutions to problems, and so on.
- + Explore**
Support your child as they explore the job market. For example, share your own experiences, or suggest reading material, tours, or other career-discovery opportunities.
- + Help them understand themselves**
You know your child, and you can help them clarify their interests, talents, and values.
- + Tolerate uncertainty**
It is normal and healthy for your child to change their mind or explore completely opposing fields. They might want to be a doctor one day and a pop star the next.

GOOD COMMUNICATION: THE KEY TO SUCCESS

TAKE THE TIME TO TALK ABOUT IT...

By **listening**, you help your child define and gain perspective on their interests, the issues they care about, their aptitudes, and their vision for their future. Feel free to **ask open-ended questions** to help them discover who they are, but don't bombard them with questions. Give them time to think about their answers, and encourage them to talk truthfully about what they are experiencing.

You should also use these discussions to put the young person's uncertainty into perspective; it is completely normal for them to not know exactly what their career plan should look like.

...POSITIVELY!

Parents play a unique role in building their children's self-esteem. Share your observations about positive aptitudes and personality traits—things like sporting or academic achievements, their ability to persevere through difficulties, their engagement in extracurricular activities, or the skills they have developed at their part-time job.

- + Accentuate the **positive**
- + Be **constructive in your criticism**
- + Help your children **find their strengths**
- + Set **clear and realistic** expectations

DEBUNKING CERTAIN MYTHS

Inspired by: *Hélène Poulain. Academos. "5 mythes à propos du choix de carrière."*

01.

"When you choose a career, it's for life."

You child may feel stuck and trapped if they believe that a simple choice will have such a huge impact on their life. It is important for them to realize that they can always change their mind. Help them put things in perspective.

02.

"Everyone has ONE job that is perfect for them."

People often change jobs many times throughout their career, and people's professional interests change and evolve throughout their lives. Your child does not have to find a professional "love at first sight" right away.

03.

"Taking science at CEGEP will open all doors."

While it is true that the sciences can open many doors that some young people might find interesting, the real question is: are these the doors that your child wants to open?"

VISUALISATION: NOT JUST FOR ATHLETES

High-level athletes use visualization to help them achieve their goals, but it can also be useful for young people. For example, a student might picture themselves receiving their diploma, visualize a sports or artistic performance, or imagine themselves at work in their future job. This sort of visualization helps them anticipate the steps that lead to the achievement of a goal. Inspiring, right?



REMEMBER THAT YOUR ACTIONS, WORDS, AND ADVICE COUNT FOR SO MUCH.

BY ACKNOWLEDGING YOUR STUDENTS' EFFORTS AND VARIOUS EDUCATIONAL AND CAREER ASPIRATIONS, YOU HELP THEM DREAM ABOUT THEIR FUTURE AND ENCOURAGE THEM TO PERSEVERE.