**Careers: what can you do as a parent?**

The choices your daughter or son makes after year 11 will influence their future. You can help them to make the right choices for them in different ways:

1. **Research**

Finding out about all different choices and options is a good way for your child to make an informed choice - it means they will make a choice based on reality. You can help by directing them to information or finding out information that might help them. You can use our Links page to do your own research if you feel that will help.

1. **Support**

Deciding on a career is not an easy thing to do. It’s a journey and sometimes the destination is unclear. By giving your support as they make different decisions you will help your child to be confident and to feel able to make mistakes without fear of looking stupid. If you don’t know where to go for help try the pages in the careers section of this website like Careers: What can you do? or the Useful Links section.

1. **Encouragement**

Encouraging your child to do things outside of school, to identify their talents and skills and to try out different things, including part-time work or work experience, can help them to become more rounded individuals who are prepared for the transition from school to college. The more things that they participate in the more ready they will be for life outside of school and, in the future, independent living. There is evidence that the time parents put in to their children directly affects their children’s future attainment (<http://ideas.time.com/2012/10/24/the-single-largest-advantage-parents-can-give-their-kids/>), so your input as a parent is important.

1. **Attend open days**

Going to open days with your daughter or son can help them to work out which option is best for them. You know your child best, so you can help to guide them and show your support by encouraging them to look at different colleges as a way of making an informed choice. Look at our Colleges page for more information about which colleges are accessible from Longdendale. When you attend open days try to encourage your child to look at different courses, so that they have all the information to make a good choice for them.

1. **Help them to prioritise**

Sometimes there is so much information to look at that young people get confused. If you are there for them you can help them to prioritise their ideas. Students are much more likely to succeed if they are doing something they want to do, rather than what you want them to do, so resist the temptation to push them into something that you feel will be good for them.

1. **Help with their CV**

Creating a CV is a tough job even when you’re an adult, even more so when you are 15 or 16, so your daughter or son will probably need help. Rather than doing it for them, try to guide them to do it themself. Remember, if they want an apprenticeship then they MUST have a CV. There are lots of sources of help – the internet, teachers, family, career advisers. Look here to find Positive Steps’ CV guide.  *(link to School CV Worksheet)*