

# 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](http://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.

