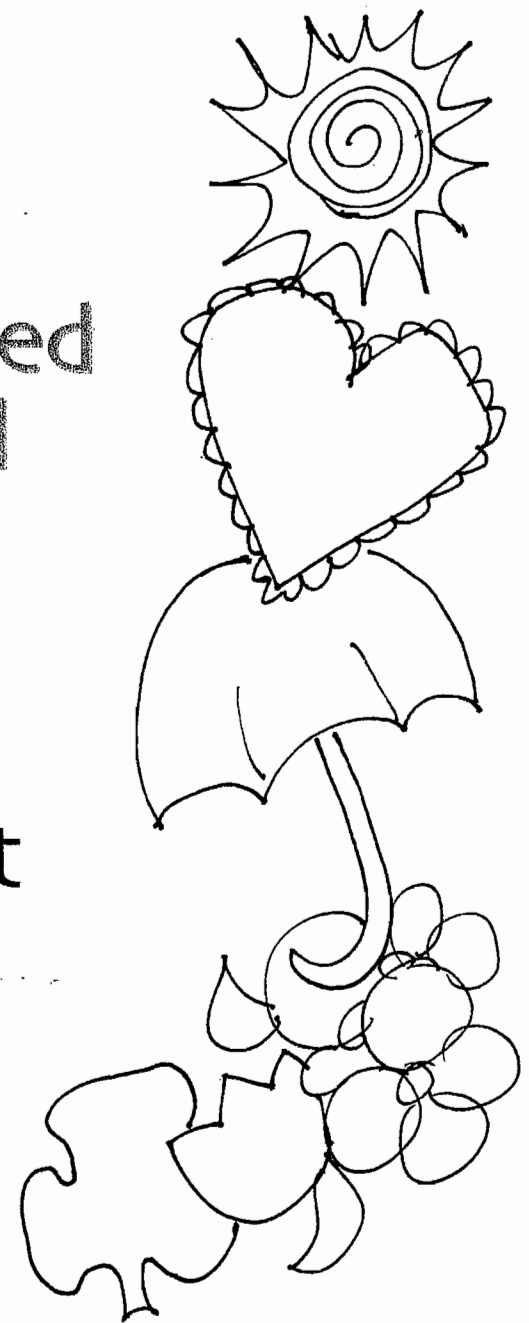




A Parent's Guide  
of  
Monthly Career Related  
Activities, Ideas and  
Conversations  
to  
Share with Your  
Elementary Student



*Provided by The Ohio Career Development Program*



# AUGUST/SEPTEMBER

*Parents are the number one influence on their children's career choices.* These months' activities provide a variety of ways parents can encourage positive work attitudes and a better understanding of careers.

## Employability Tip of the Month: Self-Motivation

Employers are seeking self-motivated employees who show a willingness to work hard at the responsibilities they are given. When parents face household tasks, try to approach them positively and encourage your children to help. Praise them for a job well done and for a willingness to help. Make a game out of the chore—maybe by pretending that you and your children are characters in a storybook while completing the task.

## **CREATE A GOAL CHART**

Make a daily chart for your children to help them achieve a goal and then reward them for their progress. For example, create a homework chart to encourage schoolwork completion and to emphasize the responsibility of being a student. Everyone enjoys receiving praise for a job well done—for a child, smiley faces and hugs go a long way.

## **BE A ROLE MODEL**

Be a good role model for your children. Share the positive aspects of your job and be careful about how much you complain about work. Talk to your children about careers and the importance of each job. Expose your children to all household chores regardless of gender.

## **FAMILY WORK INTERVIEW**

Have your child interview a relative about their career/job. Questions to ask:

- |                                       |  |
|---------------------------------------|--|
| What is your job?                     | How many hours do you work a day?      |
| How long have you had that job?       | How did you get the job?               |
| What do you like most about your job? | What do you like least about your job? |
| How many other jobs have you had?     | What was your favorite job?            |

## **"I SPY A WORKER" GAME**

Whether you are running errands with your children, or on a longer trip, play "I spy a worker". When you or your children see someone working, name the worker and what you see them doing. As you and your children get more practice think about the related careers to that worker. Who helps the police officer, construction worker or mail carrier that you do not see?







# NOVEMBER

Career Development theorists tell us that young children know what they like to do and can begin to think about the things they do well. The focus of this month's activities is to help your children begin thinking about their strengths and interests.

*Employability Tip of the Month:* Respect Diversity

The ability to respect differences in people is an important skill that employers expect from their employees. The diversity values you teach your children will stay with them into adulthood and will help them be better employees.

## HOPES AND DREAMS

Talk to your children about the hopes and dreams you had in elementary school. What classes did you most enjoy and in which ones did you do well? Does this relate to what you do for work or leisure now? What are your children's hopes and dreams? What do they like most about school? How do they enjoy spending their leisure time? What careers are your children curious about, and how might they relate to their interests?

## BODY TRACE

Some children will quickly identify physical attributes as being strengths, but ask them to dig deeper and explore personal traits, accomplishments and good deeds of family and friends. Get a large piece of paper (newspaper or taped-together construction paper will work) and trace your children's bodies. Talk about how they use different body parts to perform good deeds, help others, and accomplish personal goals. Have your children used their hands to help someone up who has fallen? Have they spoken kind words to someone who has needed support? How did they use their legs to win the soccer game?

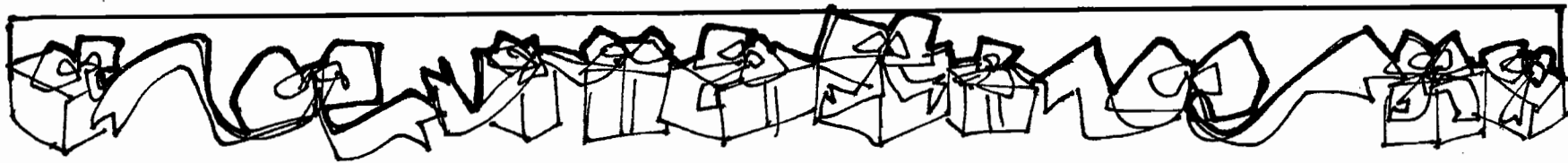
## I AM GOOD AT...

Help your children identify their personal strengths and interests. Provide ideas and praise when needed. Create a list and post it on the refrigerator or in their bedroom to remind them how many positive traits they have, and what they can do. Ask your child to list activities and classes that he/she most enjoys. In which ones do they excel? Help your child do research on these activities and possibly enroll them in a related after-school program.

## GIVING THANKS FOR FAMILY GIFTS

With your family members think of individuals' gifts they bring to the family. Gifts are the personal strengths or skills that, when combined, make your family unique. For instance, does one family member know how to make everyone laugh? Is one member particularly fair or kind to others? At a family dinner, share how you think each member shares his/her special gift with your family.





## DECEMBER

Each community is made up of neighborhoods of families who look out for one another and share their time and resources. People are particularly aware of the needs of others during this season of giving, but there are always people in need, no matter the time of year.

### Employability Tip of the Month: *Serving the Community*

Understanding the idea of communities and how they contribute to our well-being and sense of teamwork is important. Many employers now expect workers to participate in some kind of community service, whether through a company adopted project or during personal time. Your children need to be able to identify their communities, understand the importance of giving and receiving to maintain the communities, and participate in community service in school and at work in the future.

### **YOUR NEIGHBORHOOD**

Identify the needs of people in your neighborhood. How can your family help them? If you can't help them, who can? There are social service organizations in every community who help people--talk to your children about what they do and who they help.

### **WORKING FOR OTHERS**

Talk to your children about people whose job it is to work with others and provide needed services. Discuss how it feels to contribute to the well-being of others and how these contributions can be carried out throughout the year.

### **TAKE ACTION**

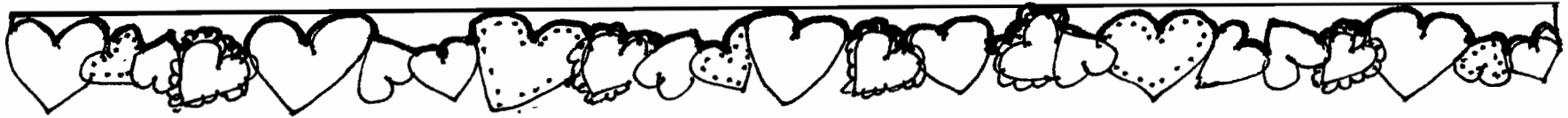
Discuss how important the gift of time can be to many people and how many gifts do not require money. Encourage your children to visit a shut-in or write to a relative they have not recently seen.

### **COMMUNITY SERVICE AT YOUR WORKPLACE**

Share with your children how your place of employment promotes community service. If you have contributed money, time and/or skills, share your experience and how you felt after contributing. If possible, invite your children to attend a community service project with you through your work or personal time.







## FEBRUARY

Newspapers and television news programs are filled with issues and problems at the local, state, national, and global level. Some issues don't seem to affect us personally, while others directly affect your life. Children need help understanding rights and responsibilities and how current events can affect the family.

### Employability Tip of the Month: *Communication Skills*

Good communication skills involve talking and listening. Children need many opportunities to listen, express their feelings, and practice critical thinking skills.

### **THE POWER OF CHILDREN**

Find newspaper articles or television reports of children becoming involved in local, national, or global issues. Once your children are aware of the issues, they may want to become involved. Talk to your children about the issues that are important to them and why they think it is important to become active in their community. How can your children use their voices and actions to communicate which issues are important to them?

### **PRESS CONFERENCE**

Watch press conferences or interviews of an athlete, politician, and celebrity. Ask your children to pay attention to the language these interviewees use. How do they speak? What vocabulary do they use? Does the language differ among the occupations (do athletes use different words and manners than a politician)? Hold your own press conference with your children about their day at school. Ask them to use the language they observed during the interviews.

### **COMMUNICATING AT WORK**

Talk with your children about how you use communication skills at work. Use examples where you effectively communicated directions, listened accurately, and asked important questions to avoid mistakes. Talk also about situations where ineffective communication caused mistakes and what happened.

### **COMMUNICATING AS A CAREER**

Brainstorm with your children workers who communicate for a living. For ideas, watch the local or national news, read the newspaper or magazine, or read your children's favorite books. How do these individuals use words to convey information, relate emotion and tell a story? How do these workers use their listening, as well as their speaking skills?









## MAY

This is the month that we celebrate motherhood. Share how your mother influenced you. Think about the skills that you hope to pass on to your child.

### Employability Tip of the Month: *Patience when learning a new skill*

Research shows us that people learn best when they perform an activity rather than by only being instructed how to perform it. Be patient as your children learn, to help them understand that everything is most difficult when it is new to them. Talk to your children about being patient with themselves as they learn. Site different examples, such as how hard it was the first time they rode a bicycle, but now they do it with ease. Discuss your learning process regarding your tasks at work.

### **ACROSS THE GENERATIONS**

Talk to your children about your mother's experiences and career opportunities during her lifetime. Share the changes and opportunities available to women in your generation versus your mother's generation. Discuss the differences among your generation, your mother's generation and your children's generation. How many more opportunities are open to women that were previously male dominated?

### **CHORES FOR EVERYONE**

Ask your children to join you in a household chore that they typically do not participate in. Provide specific directions to a task and then have them work with you.

Simple tasks can include:

Checking the gas level in the lawnmower  
Resetting clocks after a power outage

Changing the batteries in the smoke detector  
Checking tire pressure in the car or filling a bike tire with air

### **PASS IT ON**

Have your children teach one of their friends or siblings a newly-learned skill with your supervision. These activities will improve communication and listening skills as well as help them improve their ability to follow directions.

### **A PARENT'S WORK IS NEVER DONE**

Spend time with your children talking about the various tasks a parent does at home to run and manage the household. Create a list with your children of all the tasks that directly and indirectly impact their lives. Talk about how they can help, and what they already do to help you perform your duties as Chief Executive Officer of your family.



# JUNE AND JULY CHECKLIST FOR SUMMER LEARNING

The summer months are often filled with fun with friends, family and leisure activities. Keep career awareness in mind with these activities for your children.

## TIME TO...

How will I spend my time this summer to continue learning?

- Reading, vacation, sports, TV, computer games, outdoor activity, etc
- What job do I want to learn more about?
- Who in my community works at that job?
- Visit the work site of a relative to observe the job in person.

## SUMMER GOALS

What tasks or skills do I want to learn this summer?

- |    |    |
|----|----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |

## GRANDPARENT CHAT

Interview a grandparent or older family member.

What are your hobbies?

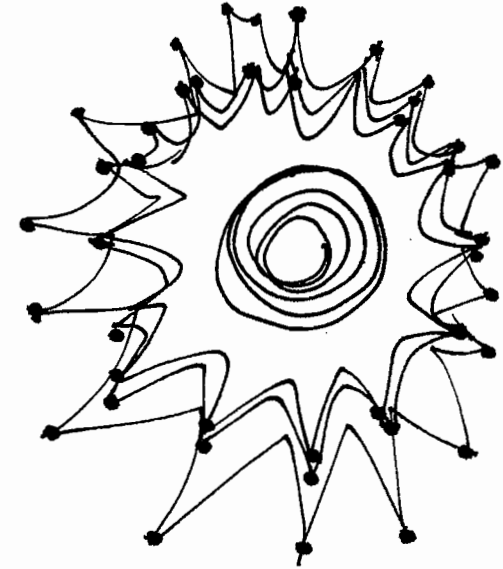
What was your favorite job?

If you could do any other job, what would it be?

After you retire, what will you do?

How would you spend your perfect day? What would you eat? Who would you be with?

Books I plan to read:



How many jobs have you had?

What made that job fun?

How many more years will you work?

Did you need special training for your job?

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