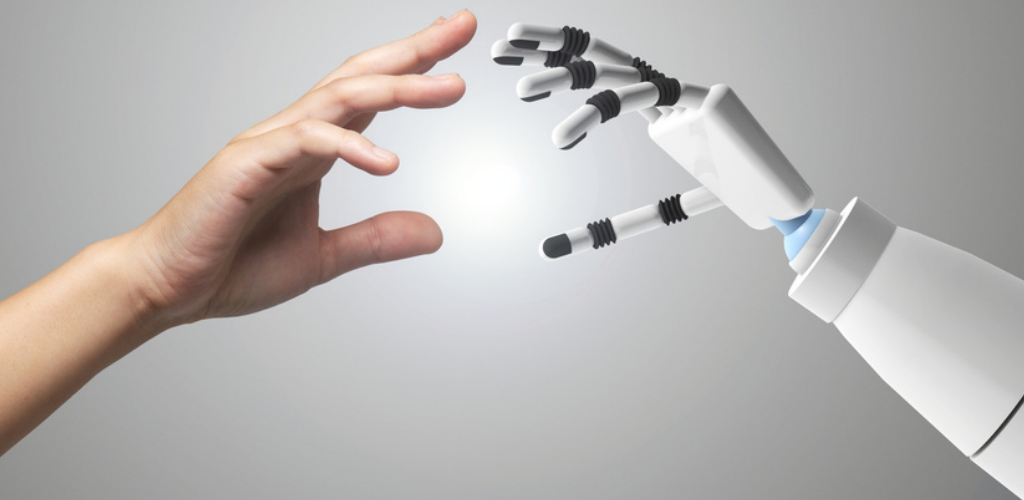


The Career Confidence Checklist for Parents of Teens

PREPARE YOUR TEEN FOR ADAPTING TO THE FUTURE OF WORK

THE *virtual*
CAREERS HUB

Future-Proofing Your Career Starts Here!



THE CAREER CONFIDENCE CHECKLIST FOR PARENTS OF TEENS

Practical Steps for Parents to Help Their Teen make confident choices.

By graduation, your teen should have explored who they are, career curiosities, work environments, had opportunities to discover future work interests, and reflected on actions that would help them pave the pathways beyond high school.

Check off each milestone as your teen goes through secondary schooling.

Self-Awareness & Direction

- ☐ Able to identify strengths, interests, and values.
- ☐ Has explored 3–5 employment ideas aligned with their aspirations.
- ☐ Can identify skills they enjoy using.
- ☐ Has set one personal & one academic growth goal for the year.

Future Pathway Exploration

- ☐ Has attended at least 2 university/college or career fairs.
- ☐ Has researched 3 programs or future pathways (uni, internship, vocational, entrepreneurship).
- ☐ Understands what subjects or qualifications are required for
- ☐ Explore careers impacted by AI & future trends

Real-World Experience

- ☐ Has joined 1–2 extracurricular clubs or leadership roles.
- ☐ Completed volunteer hours or a short internship.
- ☐ Completed a passion project or online course (design, coding, writing, etc.)
- ☐ Has built a small portfolio of achievements

Life Skills for Independence

- ☐ Had a part-time job and learned about job finding strategies.
- ☐ Gained basic workplace skills: teamwork, accountability, problem-solving
- ☐ Gained financial literacy foundations: budgeting and saving, and understands the concept of salary.
- ☐ Gained public speaking confidence and able to speak to new people and groups of people.

Parent Role:

- Champion your teen's career exploration journey.
- Have monthly "What's working? What's next?" check-ins.
- Celebrate effort, not perfection, and NOT grades.
- Encourage career curiosity.
- Remember, it's okay not to have all the career answers but it's not ok to procrastinate.

✓ Ready to Make This Easier?

Help your teen step into the future with clarity, confidence, and strategic support...

Join the MV Careers Virtual Hub for Monthly Guidance & Tools

✚ Click on the "Virtual Careers Hub" logo to learn more.

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