

LET'S TALK

# Careers

WITH OUR KIDS!

New Brunswick  
Nouveau Brunswick

PERSONAL WELLNESS 6-9  
CAREER CONNECTED LEARNING STRAND

## Career Connected Learning

### Tips to Get Started

- Kids start to form ideas about what they want to do for work when they are very young.
- A career is the life you want to lead – not just a job, occupation, or profession.
- Career Connected Learning helps youth feel better prepared to follow their interests to potential career pathways.
- Learners need support to prepare for a rapidly changing world of work.

#### DISCUSS INTERESTS RELATED TO CAREERS.

##### WHY IS IT IMPORTANT?

These discussions improve well-being, mental health and satisfaction in life.

##### IDEAS FOR PARENTS/GUARDIANS

- Encourage youth to ask questions and be curious about their futures
- Make talking about future plans part of family activities.
- Help your youth discover their passions.
- Focus on things they are interested in.
- Support them when discussing career opportunities.
- Look for opportunities for your youth to discover and develop their skills.



#### DISCUSS HOW PERSONAL NEEDS RELATE TO YOUR YOUTH'S INTERESTS.

##### WHY IS IT IMPORTANT?

This increases youth engagement and motivation to pursue interests and develop related skills.

##### IDEAS FOR PARENTS/GUARDIANS

- Ask students what they are interested in learning about most (at school, at home, and in their community).
- Work together through the decision-making process about family decisions.
- Support your youth in making decisions related to first jobs like babysitting, yard care, etc.

## CONNECT WITH COMMUNITY MEMBERS

### WHY IS IT IMPORTANT?

This helps build understanding of potential future goals and career pathways.

### IDEAS FOR PARENTS/GUARDIANS

- Create a family account on myBlueprint at [www.myblueprint.ca](http://www.myblueprint.ca). Check out [myBlueprint.ca/support/videos](#) for how to set up an account.
- Talk about interests and ask questions about potential career paths

Explore these resources:

- Future Ready Learning (gnb.ca)
  - [LGBTQI2S+ Post-secondary, Career and Life Experiences](#)
  - [Labour Market Information for Youth](#)
  - [Your Path After High School](#)
  - [Transitions for Students with Disabilities](#)
- [Career Connected Learning - The Why](#)
- [Career Connected Learning - The Solution](#)
- [Career Connected Learning \(gnb.ca\)](#)
- [Hope for the Future \(gnb.ca\)](#)

## DISCUSS ACTIONS TO MAKE THE WORLD A BETTER PLACE.

### WHY IS IT IMPORTANT?

This can help youth work towards future careers for a sustainable planet.

### IDEAS FOR PARENTS/GUARDIANS

- Discuss areas of interest and related skills, knowledge, and/or occupations in relation to making a positive contribution to their community and the world.
- Talk about global issues that are in the news and what youth are doing to take action.

## TALK ABOUT THE POTENTIAL OF FUTURE CAREERS.

### WHY IS IT IMPORTANT?

This lessens fear of and anxiety about the future.

### IDEAS FOR PARENTS/GUARDIANS

- Model skills needed to manage learning, work and, transitions.
- Avoid discussing the future as scary with little hope for success.
- Discuss how people are creating sustainable careers.

Explore these resources to better understand sustainable careers

- Climate Leadership - The Gaia Project
- Green Jobs for Hiring Organizations (nrca.gc.ca)
- Explore the [Career Development Toolkit](#) with your youth to help support them in identifying how their preferred skills can relate to potential careers.

**PARENTS ARE THE THE BIGGEST INFLUENCER IN THEIR CHILD'S CAREER DECISIONS, MORE THAN THEIR TEACHERS AND FRIENDS.**

**CAREER EDUCATION HELPS STUDENT MANAGE TRANSITIONS BOTH AT SCHOOL AND AT WORK.**

**MENTAL HEALTH AND WELL-BEING IMPROVE THROUGH TALKING ABOUT FUTURE CAREERS.**