

CCL FAMILIES

GUIDE FOR
PARENTS &
CAREGIVERS



Welcome to Career Connected Learning!

KIDS as young as preschool think about what they are going to be when they grow up. Research shows that parents, family members and caregivers have the greatest influence on a child's career decisions. Empower your student by building career connections at home. This guide suggests ways that you, as a parent or significant adult in a young person's life, can help them make thoughtful and satisfying choices on their career journey.

Getting ready for life's opportunities and challenges happens through a process of career awareness, exploration, preparation and training. The **Career Connect Oregon** resource hub has resources to help you and your student connect their learning to rewarding careers in Oregon. Discover more in this guide and at careerconnectoregon.org



See grade examples
on the next page...

5 WAYS TO CONNECT CAREERS TO STUDENTS IN GRADES K-4

1

Short talks

Begin to have short talks at home and share how work and jobs connect to doing well at school. Ask your child about what they enjoy doing.



2

Workplace visits

When running errands, ask your child what different jobs they can see. Consider taking your child to your workplace and talking about the types of tasks that you do on a regular basis. Perhaps a relative or family friend may be able to take your child to work too.



3

Guest speakers

Classrooms are a great place to present what you do for work. Consider participating in a career day or career fair at your child's school and share helpful tips for anyone interested in your career field.



4

Share books

Visit the library and read books together that show different types of careers. Talk about examples in your family and community that connect to the story.



5

Healthy habits

Setting goals is good practice, and achieving goals increases motivation. Help your child set and achieve **SMART** goals about behavior, time management and school:

- Specific • Measurable • Attainable • Relevant • Timely



See 5-8 grade examples on the next page...



5 WAYS TO CONNECT CAREERS TO STUDENTS IN GRADES 5–8

1

Strengths and interests

Talk to your child about strengths and interests. Consider asking, “What are things you enjoy the most?” and “What things do you feel you do really well?” Share your own experiences and strengths.



2

Share websites and books

Share websites and books with your child that focus on career interests and personal strengths. Talk about things you enjoy doing and things that you are good at—either at work or in your personal life.



3

Career pathways

Visit the careerconnectoregon.org website with your child to discover career interests and explore various career pathways. Begin discussing options for the future such as high school programs and career goals.



4

High School planning

Begin to talk about scheduling for high school. Review graduation requirements and explore what classes and extra-curricular activities your child’s school offers.



5

Habits of success

Help your child develop key organizational skills such as checking their planner each night, setting up a distraction free zone for homework, learning how to get help from school staff and building positive relationships with their peers.



See 9–12 grade examples on the next page...



5 WAYS TO CONNECT CAREERS TO STUDENTS IN GRADES 9–12

1 High School classes

Continue talking about career interests and explore the various pathways on the Oregon Employment Department's [Career Explorer](#). Review the education and training requirements for careers of interest. Discuss options for the future such as high school programs and career goals.



2

Graduation requirements

Review [Oregon's Diploma requirements](#) at the Department of Education. Explore elective classes that your child's school offers. Talk to a counselor about earning college credit in high school through dual enrollment, career tech programs and advanced placement.



CCL opportunities

Talk with your child's counselor and teachers about [key career experiences](#) such as job shadowing, volunteering, mentoring, youth-apprenticeships and internships. Consider attending career days, college fairs, and visit campuses to network.

3



4

Financial planning

Talk to your student about tuition costs. [Oregon Student Aid](#) has information on affordable financial aid options such as grants, scholarships, loans, and how to complete the Free Application for Federal Student Aid (FAFSA).



5

Future success

Consider keeping a calendar or timeline with important dates and events, such as career fair and college visit days, application due dates and scholarship deadlines.



Check out Oregon's CCL Resource Hub for more.

WWW.CAREERCONNECTOREGON.ORG