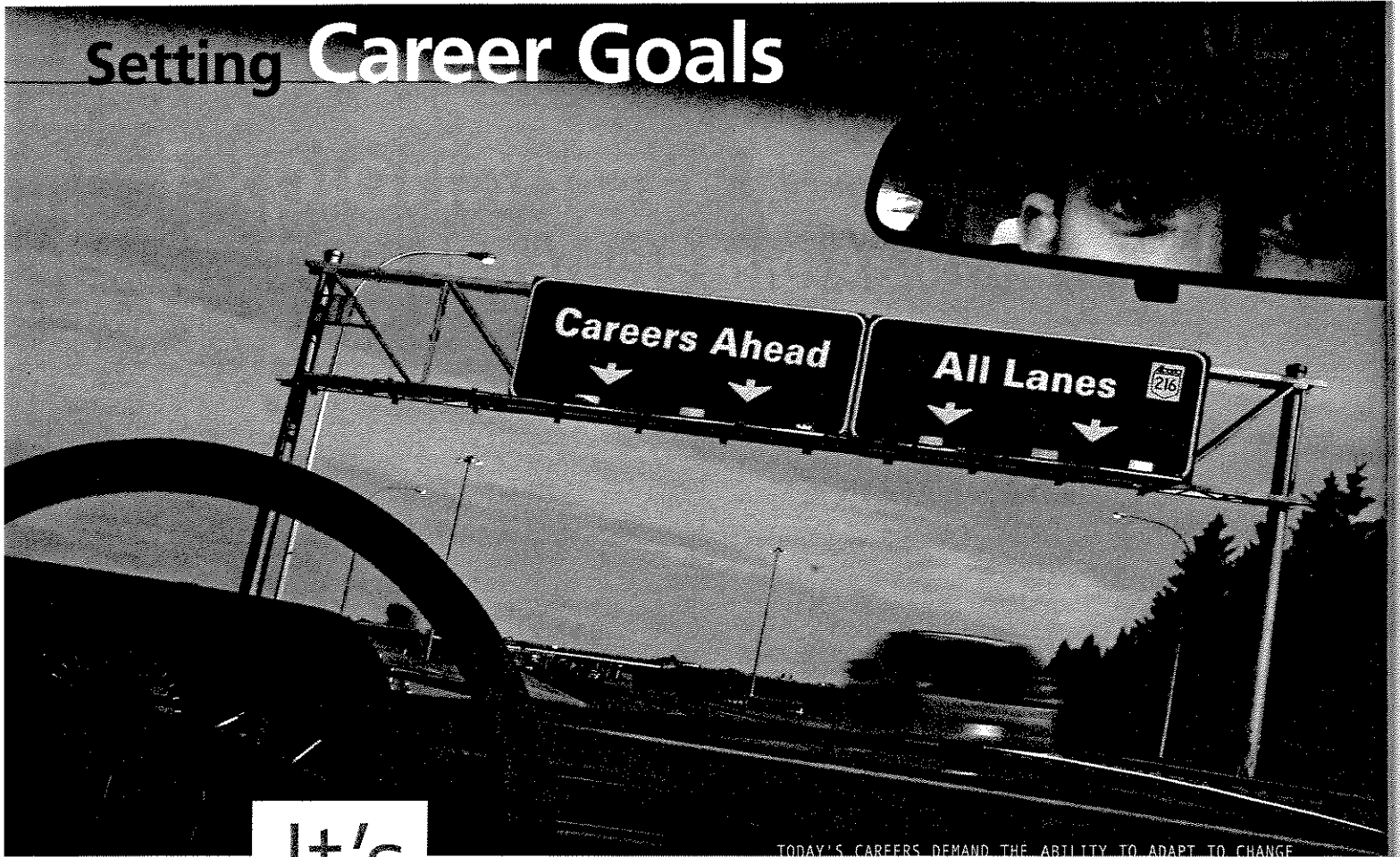


Setting Career Goals



TODAY'S CAREERS DEMAND THE ABILITY TO ADAPT TO CHANGE

It's IMPORTANT TO HELP YOUR TEEN SET REALISTIC AND ACHIEVABLE GOALS.

Career goals give teens a sense of direction to follow during and after high school. Discuss the importance of setting goals and finding strategies to achieve them. Encourage your teen to actively pursue his or her goals.

As your teen sets goals, it's important to remember that today's careers demand the ability to adapt to change. In the 21st century, individuals may have a number of careers over the course of a lifetime and there is a need to continually learn new skills and information. For this reason, encourage your teen to keep his or her options open and plan to be flexible and adaptable. Help your teen to monitor future job opportunities by identifying and discussing trends as he or she watches the news or reads newspapers and magazines. Encourage your teen to explore the business and careers sections of the newspaper. Model for your teen the desire and intent to pursue lifelong learning.

By grade 12, teens will probably have expressed interest in specific careers, but they may still be brainstorming ideas. Encourage your teen to use the Internet and other sources to find out more about careers he or she is interested in and to explore other possibilities. For example, www.nextsteps.org has links to occupational profiles that can be searched from A to Z. Alberta Learning Information Service at www.alis.gov.ab.ca and Human Resources and Skills Development Canada at www.hrsdc-rhdcc.gc.ca websites help teens discover career options and research predictions about future career trends in the global economy. These websites also describe employment rates for graduates from different programs of study, the occupations they found work in, typical earnings, and much more.

High school is a crucial time for students to work on a career goal-setting process. Encourage your teen to complete the **Career Goal-Setting** activity below and the **Developing Your Goal** activities on the next page as they gather information. Your teen may want to develop an action plan for two or three career choices, so that if something happens to the first choice, he or she can still be on the way to achieving other long-term goals.

Activity: Career Goal-setting

What career/careers am I suited for?

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Where can I learn more about these careers?

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How much post-secondary education do these careers require?

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.....

.....

Where are the schools that offer the programs I'll need?

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.....

Are there other courses that will be required or helpful when I apply for this program in the future?

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How can I find people who will give me work experience in these fields?

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How will I work towards getting the best possible grades this year?

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How will I keep track of my progress on this goal?

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Activity: Developing Your Goal

My personal learning or career goal is:

.....
.....
.....

What is influencing this goal?

- | | |
|--|--|
| <input type="checkbox"/> new information | <input type="checkbox"/> paid or unpaid work experience |
| <input type="checkbox"/> influence of another person | <input type="checkbox"/> discovery of new strength or talent |
| <input type="checkbox"/> personal interests | <input type="checkbox"/> other |

Minimal education/training needed for my career goal:

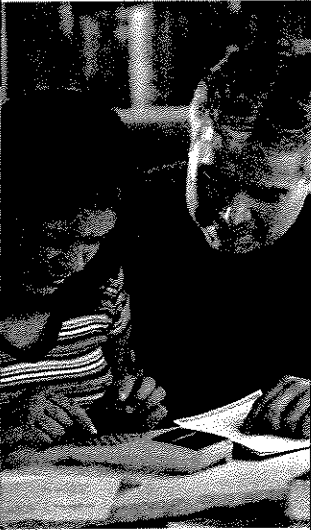
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High school courses and minimum marks needed to be eligible for these post-secondary training opportunities:

.....
.....
.....

What steps do I need to take to reach my career goal?

-
-
-
-
-
-
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-



Reviewing and Updating Academic Goals

YOU WILL NEED to review and update your academic goals on a yearly basis. Your interests may change, you may develop or uncover new skills, eligibility requirements for post-secondary programs may change or new high school courses may be offered.

Take an honest look at your report card and define areas that you would like to maintain, areas you would like to improve upon, and areas you'd like to explore. Use the chart below to organize your thoughts.

Activity: Updating Your Academic Goals

For the school year ending: 20 _____

Date: _____

My term report shows that I did well in the following areas. I would like to maintain my marks in these areas.

- _____
- _____
- _____
- _____

Some of the things I did that helped me achieve the marks I wanted are:

- _____
- _____
- _____
- _____

My term report shows that I need to improve in the following areas:

- _____
- _____
- _____

I will make improvements in these areas by doing the following:

- _____
- _____
- _____

I would like to explore the following areas:

- _____
- _____
- _____

My new goals for the coming year are:

- _____
- _____
- _____

I have reviewed my academic goals.

Date: _____

Signed: _____

KNOW YOUR STRENGTHS AND WEAKNESSES TO BE SUCCESSFUL AT
 ABILITY TO
 BE HEALTHY
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