

Parental Involvement in Career Decisions

Exercise 1

Place a mark on the following continuums:

The Involvement Continuum

1. How much your parents were involved in your career decision:

NOT ENOUGH-----TOO MUCH

2. How much you have been involved so far in your teen's career decision making (put a separate mark for each teenager):

NOT ENOUGH-----TOO MUCH

3. Now ask your teen to indicate how much you have been involved in their career decision making. Discuss differences. Be willing to listen and learn:

NOT ENOUGH-----TOO MUCH

*What are the implications of your answers to these questions?
How did you react?*

Exercise 2

Think about your own career satisfaction and aspirations.

Questions for Parents

1. What are my interests, values, and skills?
2. How do I define success?
3. How well does my current situation meet this definition?
4. Where do I want to be in two, five, or ten years? What do I want to accomplish before I retire?

Parental Involvement in Career Decisions (continued)

Exercise 3

Questions for Parents-- What Influenced Your Career Decisions?

1. How did you decide what career to follow? Who or what influenced your decisions?
2. What were your parents' expectations of what you would do with your life? Did you make them proud or disappoint them?
3. What did your parents do for a living? How satisfied do you think they were in the way they lived their lives? Did you ever discuss it with them?
4. What would you have done differently, if you had known then what you know now?

Exercise 4

Your Parents' Influence

1. Did you seek your parents' advice or rebel against it?
2. How do your children/teen's reactions to advice compare?
3. Did your parents expect you to follow their every word, or did they encourage you to form your own position?
4. Did your mother and father have different expectations of you?