

Career Planning in Middle School

Adolescence is a time for discovering and exploring interests, abilities and skills. It's important for middle school students to start thinking about careers, to set educational and career goals and to learn about the many future choices and opportunities available to them.

This week is **Canada Career Week!** In preparation for this, grade 7 and 8 students in their Personal Development and Career Planning (PDCP) classes; have been completing a variety of assessment tools to better understand their strengths, interests, aptitudes and learning style. They are also identifying the many ways they are smart, using Howard Gardner's theory of Multiple Intelligences.

In the months of November and December, grade 7 and 8 students will be introduced to **Career Cruising**, an on-line career education program provided by the Department of Education. It can be accessed from home by visiting the website; www.careercruising.com .

Grade 6 PDCP classes are just beginning their unit on Multiple Intelligences. They are also completing an academic skills workbook titled; 'On Your Way to Great Grades' filled with activities, tips and advice on how to get their grade 6 middle school year off to a great start!

Here are a few tips and websites to check out as you work with your teen in his/her career development.

1. Talk with your child about their interests, abilities, talents *and* their career dreams.
2. Share your own work experiences and career path with them.
3. Encourage your child to get involved in school and community activities.
4. Look for opportunities to volunteer in the community.
5. Explore a variety of occupations and post-secondary options.

Websites:

www.jobbank.gc.ca

www.careersthathwork.ca

<http://www.youth.gc.ca/eng/home.shtml>

