

## **Parent Activity**

### **Taking Action**

*Set a good example for your children by managing your own career. Answer these questions and then follow-through on your action steps. Review your plan, professional development, and other activities at least once a year.*

1. Do I have a career development plan? If not, why?
2. What is the last professional development activity I participated in (conference, workshop, class, read book or magazine, challenging assignment, mentor relationship)?
3. Name five people I would classify as important to my career success? When was the last time I talked with them?
4. What action steps am I going to take in the next week, month, and year to advance my own career development? (Think about actions you can take related to questions 1, 2, and 3, above.)
5. How will I communicate with my children about my career goals and what I am doing to reach the goals?

Adapted from

*The Role of Parents in Their Child's Career Development*

(Nebraska Career Information System)