

## **Parent Activity**

### **Assessing My Own Career**

*While you are asking your children questions about their futures, take the time to ask the same questions of yourself. Share what you learn with your children. They will be more open about their career beliefs and plans with you.*

1. What are my interests, values, and skills?
2. How do I define success?
3. When in my career history have I really been satisfied? What made that so?
4. Where do I want to be in two, five, and ten years?
5. What do I want to accomplish before I retire?
6. What will I do with myself after I retire?

Adapted from  
*The Role of Parents in Their Child's Career Development*  
(Nebraska Career Information System)