

Parent Activity

Influences on My Career Decisions

Step back into your adolescence and early adulthood. Answer these questions truthfully. You will understand better what your child is going through. You will also be able to share your experiences.

1. How did I decide which career path to follow?
2. Who or what influenced my decision?
3. What messages did my parents and other adults give me about work?
4. What were my parents' expectations of what I would do with my career? Did I follow those expectations or an alternative path?
5. What would I have done differently if I had known then what I know now?

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