



## QUICK IDEAS FOR FAMILIES

**DiscoverU is an exciting week for students across Seattle and South King County to explore college and career options!** DiscoverU provides an opportunity for us to highlight the importance of education beyond high school and have fun with career exploration. As part of DiscoverU, students will participate in activities at school and you can help continue the conversation at home. Encourage the student(s) in your life to think about their college and career goals and how they can get there.

Below are a few simple ways that families can incorporate DiscoverU into their homes. **Be creative and put college and career exploration in the spotlight!**

- **Share your own career path with your student**
  - How did you end up in your current job? What do you like about it? What don't you like? Did you have to receive special training (college or on-the-job training) to be good at your job? Did you always want to have that job?
- **Family and friend interviews**
  - Has your student learned about the careers of your own family members or friends? Have your student choose someone they know to interview about their career. Help them brainstorm questions they would like to ask during an interview. Page 6 of this handout (<http://goo.gl/NQB8Bo>) provides a sample family questionnaire to help a student with an interview.
  - Your student could identify jobs that they are interested in, by talking to anyone you know in your community (a neighbor, a church member, etc.) has that job.
- **Fill out a career interest survey with your student.**
  - Career interest inventory for middle school students: [https://dlr.sd.gov/lmic/pdfs\\_and\\_other\\_files/cwonders\\_interest\\_survey.pdf](https://dlr.sd.gov/lmic/pdfs_and_other_files/cwonders_interest_survey.pdf)
  - Career interest inventory for middle or high school students: <http://checkoutacollege.com/>, click on "Explore Careers" and then "Career Interest Survey"
- **Get the conversation going. Below are some discussion prompts:**
  - **Discuss the things you think your student is good at and talk about careers that might use those skills.**
    - For example, does your student like searching and finding information on the computer or planning activities with their friends, those activities involve important skills from word processing and analyzing information to communicating and organizing.
    - Other examples of skills employers look for include:
      - flexibility/adaptability
      - time management
      - teamwork and collaboration
      - problem solving
      - written and oral communication

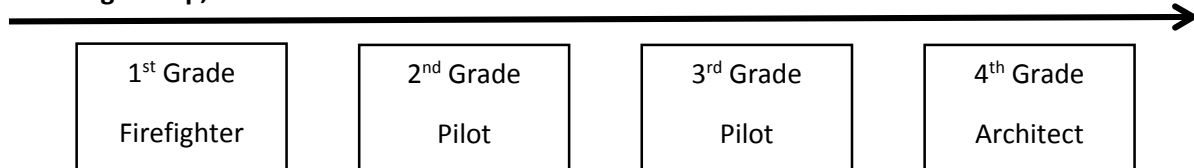
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[www.discoveruwa.org](http://www.discoveruwa.org)



- **Talk about an everyday object your child uses** (e.g. smartphone, ice cream) and brainstorm the jobs that helped develop, manufacture, sell, distribute and/or maintain that item (All Grades)
- **Create a “My future” growth chart** (Elementary)
  - Each year in the fall when school starts, ask your student what they want to be when they grow up or after high school. Mark it on the wall in the same way you would your child’s height. You may choose to make the chart more horizontal.

**When I grow up, I want to be...**



- **FRIDAY GAME NIGHT!** Play a game of career **charades**
  - Have each member of your family brainstorm careers and write them on individual pieces of paper. Set a timer for 2 minutes and have each
- **Make your own DiscoverU poster**
- **Help your student start their college search.**
  - Older students can get an account at the College Board. Through setting up a profile, students can read college profiles and get their SAT scores matched to different schools.
  - Check out a Barron’s book. Has majors at the beginning, start looking at degrees). Has admission’s office contacts. Parents section on College Board, Ready set grad.

#### **ONLINE RESOURCES**

Elementary: <http://acrn.ovae.org/parents/careeraware.htm>

Online career game for elementary students: <http://paws.bridges.com/cfnc1.htm>

Middle school and high school: <http://readyssetgrad.org/#parents/ready/preparing-their-education>

Videos: <http://www.careeronestop.org/Videos/CareerandClusterVideos/career-and-cluster-videos.aspx>

Website for parents: <http://acrn.ovae.org/parents/careeraware.htm>

#### **ACTIVITY PAGES**

Create an A to Z career book, elementary school: <http://www.vacareerview.org/resources/pdf/k-5/Careers%20from%20A%20to%20Z%202011.pdf>

Elementary worksheet to help kids think about careers: <http://www.vacareerview.org/resources/pdf/K-5/Career%20Count.pdf>

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