

PARENT & STUDENT ACTIVITIES

Parents and students are encouraged to complete the following activities together. Activities are designed to help parents become more involved with their child's career exploration and generally require information from 2008 *MnCareers* or require using Minnesota-based career information products.

- **Worksheet #1: Employability Skills:** This activity works to match your son's or daughter's qualities and strengths with valuable employability skills — a good starting place to learn if his or her career choice is a good match for what they like and what they do well.
- **Worksheet #2: SCANS Skills Activity:** This activity shows how work and school expectations are similar. The activity focuses on connections between school and work and emphasizes current work habits that will help later on.
- **Worksheet #3: Me, Inc.:** This activity encourages your child to think of his or herself as their own CEO, accountant, public relations person or secretary. The exercise is designed to encourage a positive attitude toward the world of work.
- **Worksheet #4: Begin the Exploration — Overview of 2008 *MnCareers*:** This is an excellent starting point for both parents and their children to become familiar with 2008 *MnCareers*. The activity provides an overview of the publication.
- **Worksheet #5: Assessing Interests:** This helps parents link their child's interests to careers and discuss how their results match their future dreams and current positions.
- **Worksheet #6: Career Planning List:** This lists activities specifically related to career planning, with room to add more.
- **Worksheet #7: Where Are the Jobs?:** This activity works to acquaint parents and students with labor market information available in *MnCareers*.
- **Worksheet #8: Future Options:** This activity encourages communicating about future career options.
- **Worksheet #9: Career Goals:** This activity focuses on goal setting and lays the foundation for achieving career and education-related goals.
- **Worksheet #10: Adult Interview:** This interview activity focuses on the student learning about an adult's past career exploration.
- **Worksheet #11: Schools and Programs:** This introduces students and parents to the higher educational opportunities in Minnesota, including schools and educational programs.
- **Worksheet #12: Application Checklist:** This activity is a pre-made checklist to use for tracking progress as your child applies for higher learning.
- **Worksheet #13: Program Evaluation Chart:** This final activity lets you & your child decide the most important characteristic when choosing a school.