CAREER DEVELOPMENT

Career Awareness

Career Awareness (elementary school) helps students understand the role of work, one's own uniqueness and basic knowledge about career clusters or groups of different occupations.

Your Child's Future NOW! The workplace has changed drastically since you were in school, whether that was two or 20 years ago. This rapid rate of change will continue, and young people will need more career guidance than ever before. Additionally, skills—and the capability to develop skills throughout life—will be the cornerstone of employability.

Your child has options! Did you know that not all careers require a four-year college degree? Your child has many options in Oklahoma for training that will lead to a great paying career. Some of those options are

- Community College • CareerTech
- University • Job Training • Military

Identify Your Child's Interests.

Your child probably is interested in many things. Talk to your child about his or her interests and then talk about possible career fields that are in his or her interest area.

Reading and Math Are Important

Did you know that reading and math skills are found in every career field in Oklahoma? Talk to your children about the reading and math skills they need to be successful regardless of what they are interested in.

Career Exploration

Career Exploration (middle school/junior high) helps students discover their individual interests, abilities, values and needs by exploring jobs and how they fit into the world of work.

Middle school students need more space and independence to discover new interests and build skills and knowledge, but they also need continued support and guidance from parents.

How Can I Help My Child Identify Interests? Research shows that people are more satisfied with their careers if they are based on interests and activities they enjoy. You can help your child identify his or her interests by talking about what he or she likes to do. Ask:

What is your favorite school subject? What extracurricular activities do you enjoy the most? What are your hobbies? What do you like to do with friends? What special skills do you think you have? What have you done that you are most proud of? What do you like to do in your free time? What interests you the most?

Career Planning and Preparation

Career Planning and Preparation (secondary/postsecondary) help students acquire specific preparation including the development of occupationally specific skills, the application of theory in real situations and the mastery of workplace basics. Transition to additional education/training, the workforce or both is essential in this stage.

Planning/preparation

For your child's high school work experience to be meaningful and valuable, it should:

- Relate to your child's interests;
- Help your child see what working life is like;
- Help your child discover his or her likes and dislikes;
- Help your child find his or her strengths and weaknesses; and
- Help your child connect schoolwork with future employment.

Continued planning/preparation

- People who don't have post-high school training are three times more likely to be unemployed than those who do.
- People who have some training after high school make more money and have better opportunities for career advancement than those who have only a high school diploma.
- Freshmen who don't have a career goal or academic major when they enter college are more likely to drop out.

Focus your child on a career goal

- If your child does not have a particular career goal, help him or her choose a post-high school program in a general area related to his or her interests.
- Encourage him or her to take challenging courses and continue to think about how he or she can use education to pursue a rewarding career.
- Remember that it's OK for your child to change career goals as he or she learns more about the world of work.
- Also keep in mind that it's better to have a plan that changes than no plan at all.

Good Luck on your SATs! Love, Mom

Good Luck on your ACT! Love, Dad

Take action in high school

Help your child:

- Identify the career or field in which he or she would like to work.
- Discover the skills needed for his or her chosen career.
- Get as much education and experience related to his or her career field as possible while still in high school. This can be accomplished in many ways, including elective classes, extracurricular activities, volunteer work, job shadowing, internships and part-time jobs.
- Collect information on the post-high school training needed to fit his or her career plan.
- Find the schools or colleges that provide the best training for your child's chosen career.
- Look beyond just starting a training program; set a plan for how to finish the program.

Resources for Youth

Oklahoma Commission on Children and Youth
Improve services to children by coordinating and communicating with communities and public/private agencies; independently monitoring the children/youth service system; testing models/programs for effective services; and certifying state operated children's shelters.
www.okkids.org • 866-335-9288

Oklahoma Department of Human Services Adult & Family Services Division
Provides access to programs that actively support safety, health, independence and productivity for children, adults and families at risk or in need.
www.okdhs.org/programsandservices/adult/
405-521-3646

Oklahoma Department of Rehabilitation Services
Expands opportunities for employment, independent life and economic self-sufficiency by helping Oklahomans with disabilities bridge barriers to success in the workplace, school and at home. www.okrehab.org • 800-845-8476

Oklahoma Employment Security Commission
Matches jobs and workers, provides unemployment compensation, prepares a skilled workforce to enhance and align skills to meet local labor market needs.
www.ok.gov/oesc_web • 405-557-7100

Oklahoma Housing Finance Agency
Offers affordable housing resources, including loans and rent assistance.
www.ohfa.org • 405-848-1144

Oklahoma State Department of Education
Offers information and technical assistance to families at all stages of the educational process and support for teachers and service providers.
www.ok.gov/sde • 405-522-3248

Oklahoma Department of Commerce
Responsible for promoting the development and availability of a skilled work force for Oklahoma high priority industry ecosystems.
www.okcommerce.gov • 405-815-6552

Oklahoma Association of Youth Services
Provides five core categories of program services provided by Youth Services Agencies: community development and education, prevention, diversion, behavioral outpatient/rehabilitation services and residential programs.
www.oays.org • 405-528-4120

National Center for Disability Education and Training
Delivers a variety of programs to advance the employment and independent living of individuals with disabilities.
ncdet.ou.edu • 405-325-0158

Oklahoma Department of Career and Technology Education
Provides leadership and resources and assures standards of excellence for a comprehensive statewide system of career and technology education.
www.okcareertech.org • 405-377-2000

Junior Achievement of Oklahoma
Teaches students relevant concepts of work readiness, entrepreneurship and financial literacy.
oklahoma.ja.org • 918-663-2150

Job Corps Center
Helps protect our environment by connecting students with businesses and their surrounding communities through green training.
www.jobcorps.gov • 800-733-5627

State Gear-Up
Works with Oklahoma 7th-12th-grade students and their parents to make sure they have the information they need to prepare academically, socially and financially for college.
www.okhighered.org/gearup/ • 405-255-9100

Local Workforce Investment Board
Carries out the purposes and functions of the Workforce Investment Act of 1998.
okcommerce.gov/assets/files/workforce-development/WIA_Map.pdf • 405-815-5278

Department of Mental Health and Substance Abuse Services
Community mental health and substance abuse services, crisis intervention services, psychiatric hospital services, alcohol and drug treatment.
www.ok.gov/odmhsas • 800-522-9054

Oklahoma Tribal Agencies
Offers various programs and assistance for those with a tribal membership card.
500nations.com/Oklahoma_Tribes.asp

Oklahoma Afterschool Network
Works to ensure that all children and youth in Oklahoma have access to safe, enriching learning opportunities during their out-of-school time.
www.okafterschool.org • 405-601-9560

OkCareerPlanner.com
Learn about industries, occupations, salaries, shifting demand, job openings, Oklahoma opportunities, education and training and more.
www.okcareerplanner.com

Oklahoma Career Information System
OKCIS supports lifelong career exploration and career planning and decision-making through easy-to-use, straightforward search and sorting utilities and an online portfolio for saving information from all system components.
www.okcis.org • 405-743-5157

Okjobmatch.com
Matching the right people with the right jobs.

OK Works
This portal is designed to connect job seekers, employers and community partners to the tools and resources needed to build Oklahoma's workforce.
www.ok.gov/okworks/

There are many ways to pursue education and training after high school, depending on your child's career goals:

- Apprenticeship training • Associate degree programs
- Bachelor degree programs • CareerTech
- Credential/Certificate programs
- Education beyond a bachelor's degree
- Military training • On-the-job training

e³ Oklahoma Workforce Youth Council
EDUCATION • ECONOMIC DEVELOPMENT • EMPLOYMENT

careertech

Also consider local options for more information such as school support services, workforce boards, etc.