

Saili Malo ✨

“LEVEL UP! PREPARING YOUNG PEOPLE FOR THEIR FUTURE”

Workbook 4
Parents and
Guardians



Talofa Lava, Kia Orana, Malo e lelei, Ni sa bula vinaka, Fakaalofa lahi atu, Malo ni and Kia ora.

The purpose of the workbook is to empower you to best support your young person with their career ideas and options, helping them to make positive decisions for their future.

Parents and guardians are the most influential people in a young person's career decision making, so the workbook will also provide useful tips and suggestions to make this journey smoother.



Meet Saini

Malo e lelei! My name is Saini and I live with my husband, two children and my parents. Education is important to me and I want my children to strive for academic success, as well as staying connected to their faith. Join me as we explore the best ways to talk to your children about their options.

Meet Eric

Talofa lava! My name is Eric and I have three children, one in primary school and two in high school. My wife and I both work full time (shift work) so we can support our family. We don't know a lot about the career options out there, but we want our kids to do better than us. Come along as we learn more about the options available to our kids.

Acknowledgments

Fakaalofa Lahi to Reno Paotonu (Director, Programme Delivery, Ministry of Education), Gabrielle-Sisifo Makisi (Manager, Strategy and Integration, Ministry of Education), and those who worked on the project: Luke Kelly (Design) with Andrew Tui (Content Writer) and Michel Mulipola (Illustrator).

We also acknowledge and value the voice of the Pacific Career Practitioners Network for their feedback in the process of content development.

This resource is to help realise the career dreams of our young people and their parents and support them into prosperous journeys ahead.

Malo 'aupito

Rose Jamieson

National Director: Te Pae Aronui - Parent Information and Community Intelligence (PICl),

Ministry of Education

July 2022

LESSON 1

Your career malaga (journey)



It is important to reflect on our own career malaga so we can acknowledge our experiences and the lessons learnt along the way. They also help us to appreciate the challenges and opportunities facing our children too.

Activity

Take time to reflect on your own career malaga so far.

How did you make decisions about your own work and study options?

Who influenced and motivated you?

What achievements are you most proud of?

Is there anything you would do differently now?

KEY MESSAGE: As parents and guardians, we all have incredible wisdom, experiences and stories to share with our children. They also help us to realise that some of these things are very different to what young people experience now.

LESSON 2

Know your young person's strengths



A key part of supporting your young person with their career exploration is knowing and identifying their strengths and talents. This gives them confidence!

Self Reflection

Write down what you think your young person(s) are good at doing. Also think about their best qualities and talents. Give examples on how they show this strength/talent.

In pairs, share with the person next to you what you think your young person(s) strengths and talents are.

Family

Take a moment to think about your family and the positive things you have learnt, or have passed down through the generations.

Write down your answers below to the following questions:

What are positive things that the family is known for?

What are the qualities that have been passed down through to your children?

What are the ways in which your family proudly celebrates their culture?

LESSON 3

Understanding expectations



As parents and guardians, we expect and hope for the best for your children. Our families went through struggles to create a meaningful life in NZ, so we expect our children to work hard to support the family and to strive to be successful.

These values are strong within Pacific culture, and for many young people, the desire to meet the expectations of their parents is high.

However, young Pacific people may find it challenging to manage the expectations of their parents and family, causing anxiety and uncertainty for some.

So let's use the following case studies to get a sense of what things young people may be thinking about in considering their future options.

Case Studies

Destiny is a year 13 student who is getting strong grades in English and Design and Visual Arts. Whilst her parents are supportive, they would like her to go into full-time work next year to support the family financially.

What expectations do you think the parents have for Destiny?

How do you think Destiny might be feeling in this situation? What might be the challenges or pressures she is facing?

What could the parents do to support Destiny in this situation?

Michael is a year 12 student who doesn't know what he wants to do in the future. He is the eldest child in the family and is quiet by nature. His parents want him to go to University, but he would rather do something hands-on and practical.

What expectations do you think the parents have for Michael?

How do you think Michael might be feeling in this situation?
What might be the challenges or pressures he is facing?

What could the parents do to support Michael in this situation?

Tana is a year 13 student who is proud of being in his school's first IV rugby team. His dream is to become a professional rugby player. He hasn't really thought of a 'plan B', but is pinning his hopes on achieving this goal.

What expectations do you think the parents have for Tana?

How do you think Tana might be feeling in this situation?
What might be the challenges or pressures he is facing?

What could the parents do to support Tana in this situation?

Teulia is a year 11 student who consistently gets high grades in school. She is also involved in the school's cultural group and youth leadership teams. Her family wants her to focus on studies and to obtain scholarships and awards.

What expectations do you think the parents have for Teulia?

How do you think Teulia might be feeling in this situation?
What might be the challenges or pressures she is facing?

What could the parents do to support Teulia in this situation?

Elijah is a year 11 student who loves music and enjoys devoting time to his Church. He is involved in the running of the Youth Group, but his commitments are having an impact on his school work and his grades are slipping.

What expectations do you think the parents have for Elijah?

How do you think Elijah might be feeling in this situation?
What might be the challenges or pressures he is facing?

What could the parents do to support Elijah in this situation?

Ma'ata is a year 12 student who is good at maths and likes solving problems. She would like to go to University, but doesn't know anyone in her family who has done that. Her parents are supportive but are often busy working to support the family.

What expectations do you think the parents have for Ma'ata?

How do you think Ma'ata might be feeling in this situation? What might be the challenges or pressures she is facing?

What could the parents do to support Ma'ata in this situation?

LESSON 4

Explore career information like a boss!



The more information we get about jobs and industry, the more prepared we are for guiding young people with their career choices.

It is impossible to know everything about jobs and study pathways, however we can learn how to find the information easily and quickly!

There are many useful online websites and tools with great career information, so now we will build our confidence to find it on our devices.

Activity

- 1 Use your device (phone, tablet, laptop or computer) to locate the Careers New Zealand website: www.careers.govt.nz
- 2 Click on 'Job Profiles' or use the search box to type the word: **SOCIAL WORKER**

Based on the information on the website, answer the following questions:

What does a Social Worker do?

How much does a Social Worker get paid?

How many years of training do you need to do?

What study do you need to complete to become a Social Worker?

What subjects are useful to take at school?

Activity: Now it's your turn!

Explore a couple more jobs that interest you. This could include the job you're currently working in right now.

Name of job:

What do you do in that job?

How much do you get paid in that job?

How many years of training do you need to do?

What study do you need to complete to do that job?

What subjects are useful to take at school?

Name of job:

What do you do in that job?

How much do you get paid in that job?

How many years of training do you need to do?

What study do you need to complete to do that job?

What subjects are useful to take at school?

LESSON 5

Practice career conversations



A key to supporting your child's career exploration is by having conversations that are curious, encouraging and engaging (and simple!).

Career conversations do not need to be formal and rigid, but can take place in the most normal of circumstances, such as sitting together in the lounge, cooking together in the kitchen, traveling together in the car and so on.

Below are fantastic tips and advice from Careers New Zealand www.careers.govt.nz on how to have these conversations.

Five Tips for supporting your young person:

- 1 Many young people don't respond well to being told what to do - instead listen and help them talk about their options.
- 2 Young people's career choices start at school - learn more about what they are interested in so you can give good advice.
- 3 Young people need time to make a good decision - don't panic if they haven't decided on a career yet. They may want to work until they find a career that suits them.
- 4 Your young person's ideas may be different from yours - let them choose their career.
- 5 Understand that technology is changing careers - your young person may be considering a job that didn't exist a couple of years ago. Be open to their choices and do some research.

Tips for having a career conversation with your young person:

- 1 Start with a general talk about their day, sports and hobbies. Ask questions about which subjects they like, their interests and what they think they're good at.
- 2 Give positive feedback. Share what you see are some of their strengths.
- 3 Explore their answers further - would they like a career that's related to their subjects and interests?
- 4 Discuss what your young person wants from life. Attitudes towards money, working life and challenges may help identify career options.
- 5 If your young person has a career dream in mind, talk more about this. What do they know about how to get into this career?
- 6 If they are worried they don't know what they want to do, reassure them. Offer the help them research their options.

Initial reactions:

What things surprised you?

What things did you already know?

In pairs or small groups, have a chat about the following things:

Why do you think Pacific peoples are under-represented in many industries?

What do you think holds Pacific peoples back from pursuing these opportunities?

Why is it important to increase the representation of Pacific peoples in key industries and jobs?

What can we do as parents and guardians to support young people to reach these goals?

What jobs exist now that didn't exist back when you were in high school?

LESSON 7

You've got this!



Did you know parents and family members are the most influential people in a young person's life when it comes to career decision making? You are not expected to know everything, but it's great when we can help them to find the information they need.

Know what support is available.

Go through the list and make notes about the things you can do to support your young person.

Share with the person next to you.

Know:

- » Be confident on how to find career and job information online and on social media.
- » Become familiar with the Careers New Zealand website www.careers.govt.nz.
- » Read information on the news, LinkedIn and websites to learn about different industries.

Show:

- » Be proactive and show your young person how to find information online and on social media about careers and jobs.
- » Share any useful articles, videos, news about careers with your young person.

“LEVEL UP! PREPARING YOUNG PEOPLE FOR THEIR FUTURE”



Published 2022 by the Ministry of Education
PO Box 1666, Wellington 6140, New Zealand.
www.education.govt.nz

All text and images copyright © Crown 2021.
All rights reserved. Enquiries should be made
to the Ministry of Education.

ISBN 978-1-77690-718-2 (Print)
ISBN 978-1-77690-719-9 (Online)