



Future Matters

Building Strategies to Help with Career Planning

A parenting workshop from the My Dad Matters toolkit

Overview

Career decisions are an extremely important part of a child's development. Fathers play a significant role in how their children identify their gifts, interests, and talents. But sometimes fathers themselves are looking to change a career or make other decisions about the employment path they are on. This workshop takes about 90 minutes to complete and is designed to address the following **objectives**:

- Understanding how academic/career choices impact future success.
- Getting involved in the process and decision-making of a child's future career path.
- Where support and resources are available.

Materials You Will Need

- Workshop outline handout
- Resource handout (see page 10)
- Career sheet handout (see page 12)
- 3x5 cards or scrap pieces of paper
- Pens/pencils
- Dry erase markers and board to write on

Facilitator tips:

- *Write legibly and clearly on flip charts or white boards.*
- *Become familiar with career resources in your community and online.*
- *Be willing to share your own experiences with the fathers, but keep the focus on their needs and experiences.*
- *Prepare handouts for each participant.*
- *The timer in the margin indicates approximately how much time should be spent at each section of the workshop.*

Introduction



Facilitator Introduction

Let them know who you are, what your interest is in facilitating this discussion, and what your role is in the group.

Participants Introduction

Have the fathers share their name, ages of children, and one thing they hope to learn in this workshop. Take note of what they want to achieve and match to the objectives, if possible.

Overview

- Understanding how academic/career choices impact future success.
- Getting involved in the process and decision making of your child's future career path.
- Learning where to get support and what resources are available.
- Committing to an action plan for assisting with a child's career decisions.



How Early Career Decisions Impact Future Success

Goal

To discover how career decisions were made early in the participants lives AND how these impacted them later on in life.

Discussion

Ask the group: How did you make your decisions about career choices early on?

Have them consider:

- Who was involved (parents, high school teachers, mentors, etc.).
- What was helpful or harmful from people who tried to help.
- What they did to make the decision (assessments, talked to people, visited jobs, co-op experiences, etc.).

Write their comments down on a flip chart or white board.

Ask the group: How have your early academic/career decisions positively or negatively impacted your current situation”

Make a two-column list, with headings Positive and Negative.

Write down the fathers’ comments in the appropriate column.

Ask the group: What do you wish was different about the ways you made your early academic/career choices?

Examples:

- I knew more of what I wanted.
- I had more direction from parents.
- I would not be as unhappy in my current job.
- I got exactly the training I was hoping for.
- I knew exactly what I wanted.
- I wish someone had helped out more.

How We Can Get Involved in the Decisions Our Children Make



Goal

To discover specific ways to guide children in making academic and career decisions.

Discussion

Refer to the previous discussion on what the fathers had wished was different.

Ask the group: What are some ways you would suggest getting involved with your child as they make these important decisions?

Write their ideas on the flip chart or white board.

Some ideas are:

- Ask good questions
 - What are their interests?
 - What careers support that interest?
 - Can I earn a comfortable living and support a family in that career?
 - Is that career viable long term? How does the future look?
 - View job descriptions online together.
 - What skills/qualifications/education are needed.
 - Where can I get some work experience?
 - Do I know anyone in that career that I can talk to?
- Talk with their Guidance Counsellor.
- Visit job locations with them.
- Know what their personality/career choice assessments reveal.
- Use a *Career Planning Worksheet* (see page 12) to help them be clear with their ideas.

Activity

Handout copies of the *Career Planning Worksheet* (see page 12).

Have the fathers fill it in according to their own career/academic path.

Encourage them to use this with their children to see their future potential, what information is needed, and what opportunities there are for assistance.



Where can I find some help? What resources are available?

Goal

For fathers to discover resources they can be accessing to help with career decisions.

Activity

Form groups of 3-4 dads.

Using the *Resource Handout* (see page 10), ask each small group to fill in 3-4 resources and how these resources may help with career decisions. For example, a resource could be a university website which provides information about school options, costs, and introduction to new career opportunities.

Once the groups have discussed 3-4 each on their own, ask them to share their ideas with the rest of the group.

Encourage the fathers to fill in their handout with the ideas from the other groups.

Tell the fathers these are great ideas to add to their *Career Planning Worksheets* (see page 12).

Here are some other examples that will be helpful for the fathers to know about:

- The schools have many teachers that offer tutoring at lunch for free (Join the SCC (School Community Council) to be more informed and have a voice in what goes on at their school).
- Guidance counsellors can assist your child by providing job sector ideas based on their strengths.
- You can hire private tutors to support your child but it can be expensive
- Visit colleges/universities to see campus and get a feel for the institution, talk to student guides about their chosen program and how they decided.
- Scholarships offer money to help pay tuition. They are awarded based on academics, social need, ethnicity or athletic skill. You have to fill out an application, submit transcripts, write essays and provide references.
- Get familiar with OSAP (Ontario Student Assistance Program) and eligibility.
- Check into contributing into an RESP and the tax benefits it brings.
- Job Fairs provide access to employers that can provide insight to a particular sector.
- Community Services are available in most regions and many employers use local agencies to hire as they have access to government funding for subsidies.
- Use social media to make connections in an industry gaining inside knowledge.

Using What I Have Learned



Goal

To commit to three action steps that will help your child with their career decisions.

Activity

Provide each father with a copy of *My Action Plan* (see page 11).

Have them get into groups of 2-3.

Ask them to talk with each other about three things they will do that they have learned during the workshop.

Have them write in what they will do, when they will do it, and what resources they will need.

Wrap-up



Ask if there are any questions.

Handout the list of website resources (pages 8-9) and encourage the fathers to check them out.

Thank them for attending and wish them all the best in their efforts in helping their children with making career decisions.

Resources

Career Advice/Resources

<http://talentegg.ca/>

<https://www.linkedin.com/>

<http://public.careercruising.com/ca/en>

<http://www.universityaffairs.ca/Default.aspx>

<http://www.tcu.gov.on.ca/eng/>

Job Boards

<http://talentegg.ca/>

<http://www.monster.ca/>

<http://www.workopolis.com/EN/Common/HomePage.aspx>

<http://www.gojobs.gov.on.ca/Jobs.aspx>

<http://studentplace.ca/>

<http://www.jobpostings.ca/>

http://www.torontojobs.ca/en/html/career_resources/jobsites.html

College/University sites

<http://www.aucc.ca/>

<http://schoolfinder.com/>

<http://www.canadian-universities.net/index.html>

<http://www.campusstarter.com/>

<http://www.campusstarter.com/UniversitiesAndCollegesByProvince.cfm>

<http://www.collegeanduniversityguide.com/canada.htm>

Canadian Scholarship Information

<http://www.univforum.com/canadian-scholarships.html>

<http://www.studentawards.com/>

<http://www.canadian-universities.net/Scholarships/index.html>

<http://www.scholarshipscanada.com/index.asp>

Community Resources for Employment

<http://www.ontario.ca/jobs-and-employment/summer-jobs-students>

<http://www.tcu.gov.on.ca/eng/search.asp?chosen=26>

<http://www.jvstoronto.org/index.php?page=under-30>

<http://www.ymca.ca/en/programs-and-services/employment.aspx>

http://www.hrsdc.gc.ca/eng/jobs/student/loans_grants/index.shtml

Resource Handout

| Resource | How can it help? What can we learn from it? |
|----------|---|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |



My Action Plan

| What I can do | When I will do it | What or who can help me |
|---------------|-------------------|-------------------------|
| 1 | | |
| 2 | | |
| 3 | | |

Career Planning Worksheet

Occupation: _____ Salary Range: _____

Education

| Level: | Duration: |
|--------|-----------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Skills/Qualifications:

Future Outlook: Poor Fair Good Excellent

Contacts in Industry:

Action Plan

| To Do: | Timeline: |
|--------|-----------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Future Matters: Building Strategies to Help with Career Planning
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Engaging Men Raising the Next Generation

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