**Connecting Career Development and Mental Health for Youth in Schools**

# Module 2 Fundamentals of Career Development for K-12 Educators: Introduction

# Welcome to Module 2!

Big Picture: How do we understand career development in modern times?

Exercise: My Personal Time Line

# Education Professionals
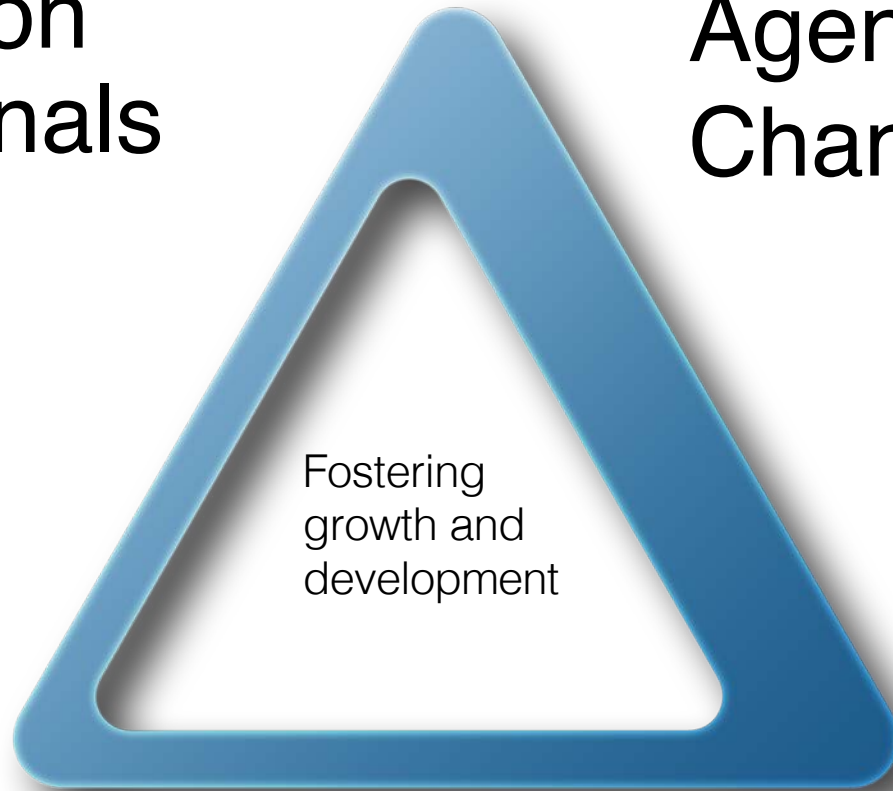
# Agents of Change

Fostering growth and development

**3**

# Why is it important for teachers to "get" career planning?

SFU

# COMPREHENSIVE CAREER NEEDS SURVEY

Final Results and Future Directions

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# Why is it important for teachers to "get" career development?

- In a survey of > 7,800 students in grades 7 to 12:
  - Less than 1/3 turned to school guidance personnel for career help
  - 55% of JH students and 67% of SH students rated career planning as "important" or "very important"
  - Less than 13% of HS students would approach the teacher of their required career education course
  - Understanding interests/abilities (82% for both JH and SH students) and pursuing passions (74% for JH; 84% for SH) were the 2 highest expressed needs
  - Major conclusion: **getting support for their career plans was a major concern for students**
    - Magnusson, K.C., & Bernes, K. (2002).

# Teachers make a difference ...

- In post-secondary settings, students turn to their instructors (42%) before they turn to career service centres (37%) for career-related help (Environics Research Group, 2011)

- Teachers at all levels are "unwitting" sources of career support - or of career interference.

# Consider ...

- There is a rich body of evidence demonstrating how one's perceptions skew both information **AND** planning processes

- Krumboltz's patterns of perceptions:
    - **World-view generalizations** (WVG's); and
    - **Self-observation generalizations** (SOG's).

- There is also a rich body of evidence that suggests that schema – these deep-seated beliefs – are developmental and heavily influenced by what children encounter in their formative years.

- Teachers –from K-12 – can play an enormous role in shaping both SVG's and SOG's

# Upon completing this module, you will ...

- Appreciate the complexity of career development

- Explain broad trends in the world of work, and help students to think about them

- Identify common career development myths held by educators, parents and students, and the negative impact of those myths

- Use "Career" and "Career development" in ways that support student growth

- Explain key career development messages for teaching practice

- Describe the four essential challenges youth face in their career development

# Exercise: Your Personal Time Line

1.  Take a blank sheet (or start from a new page in a Word document) and draw a horizontal line across the middle of the page.

2.  Label the far left end point of your line as "Age 0" and a point 2/3 of the way down the line as your current age.

3.  Working your way backward (it sometimes helps to think in 5-year intervals), identify and label any key decisions you have made regarding life, work (such as when you accepted your current job) or learning (such as a decision to go to university or a choice of major) throughout your life.

4.  Next, indicate any times when someone had a significant influence on your thinking or decisions.

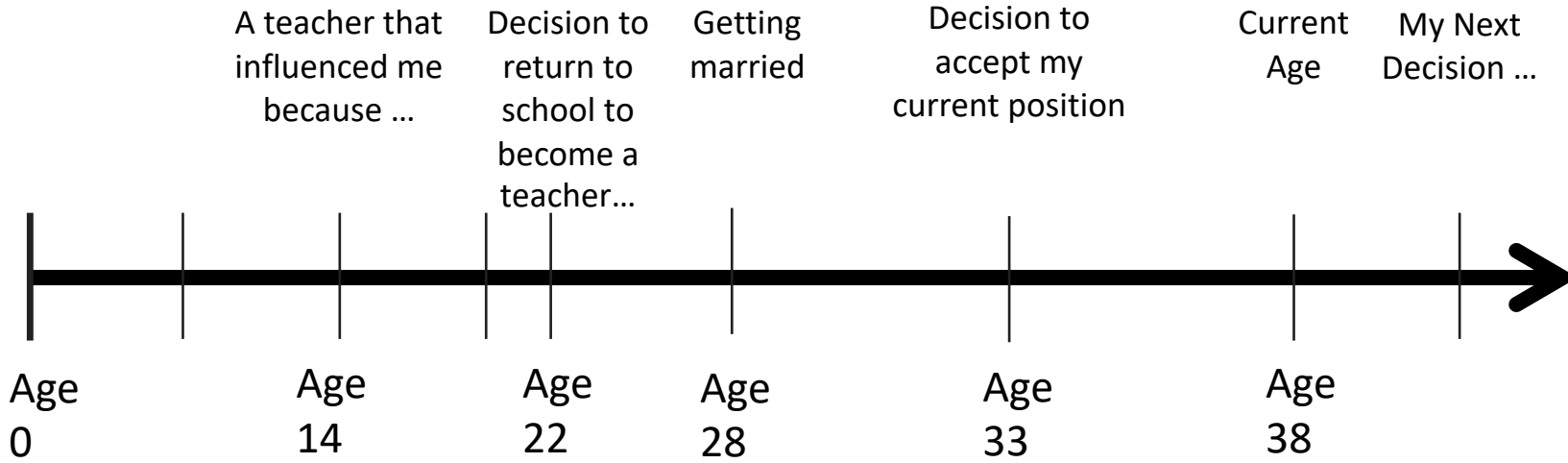5.  Finally, consider what your next career decision will likely be.

A teacher that influenced me because …

Decision to return to school to become a teacher…

Getting married

Decision to accept my current position

Current Age

My Next Decision …

Age 0

Age 14

Age 22

Age 28

Age 33

Age 38

# A sample time line …

# Time-line Reflections

1. Think about one work-related decision you have made. What factors were involved in that decision for you?

2. Think about one education decision you have made. What process did you use to come to that decision?

3.  Think about one "life" decision you have made. How did that decision impact your career time line?

4. Think about one person that had an influence on you. What did that person do, and why was it so influential?

# Summary

1. Everybody's time line is unique.

2. There are multiple, complex factors that came together to result in your career time line.

3. Whether you know it or not, **you are a career influencer**. You may as well be intentional about it!