

Connecting Career Development and Mental Health for Youth in Schools



# Module 3 Everyday Career Development for K-12 Educators: 3.3 Having 5P Career Conversations

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# Review and Preview

- The classroom can provide a range of opportunities for supporting youth career development, and in doing so, for fostering well being in students
- Having a conceptual framework – the career adaptability skills and the general processes of career helping - will allow you to recognize “teachable moments”.
- As powerful – or even more powerful - are the casual conversations you have with your students

# Having 5-P Conversations

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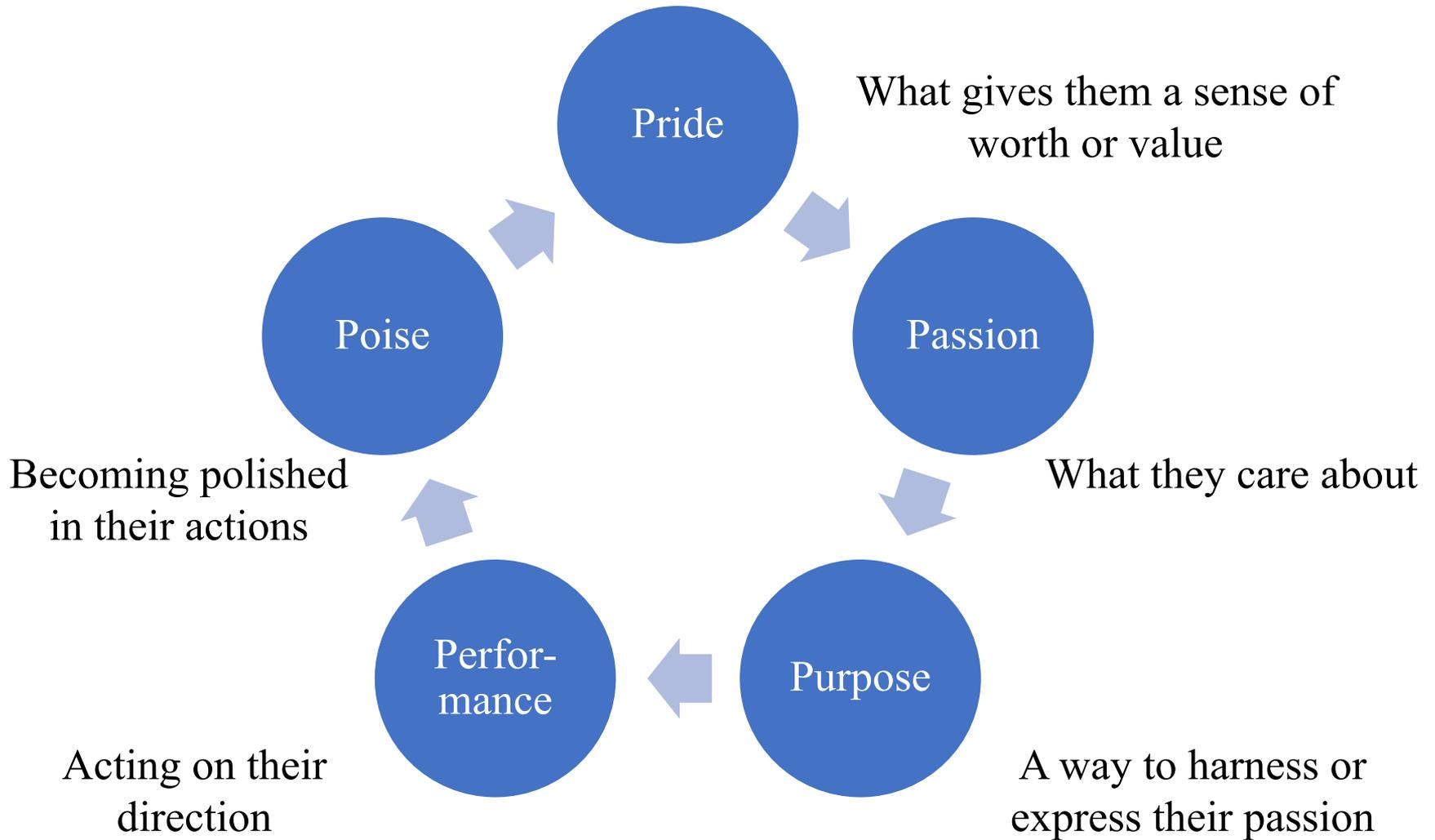
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# Recall the 5-Process Model ...





# 5-P Conversations: Pride Prompts

- Pride represents a positive feeling about an accomplishment. Your goal is to get them talking about something positive
- May be a career influencer conversation starter:
  - “Tell me about something you have done that you feel pretty good about.”
  - “Tell me about something that you are really interested in.”
- May be based on something you have observed – something that the student has done or told you about.
  - “Well – that was an impressive accomplishment! How do you feel about it?”
- Look for and acknowledge expressions of emotion – especially excitement, enthusiasm, or pride

# 5-P Conversations: Passion Prompts

- Passion is the fuel behind a pride story. Your goal is to understand why the student was proud of the story
  - Why was that such a meaningful experience for you?
  - How do you feel right now, when you think about it?
  - How would you like to feel that way again?

# 5-P Conversations: Purpose Prompts

- Purpose provides direction; a way to harness one's passion. Your goal is to help the student establish even a tentative way to harness their passion.
  - How might you create another experience that would fulfill some of the same values, interests or skills for you?
  - What other situations might need the same skills?

# 5-P Conversations: Performance Prompts

- Action creates momentum, and momentum is one of the most important concepts in active career development. Your goal is get the student to take one more action related to an area of passion.
  - What is a next step you can take in that direction?
    - How do you feel about that step?
    - What feedback would you find helpful?
    - How could you use that feedback to improve, tweak or repeat what you just did?

# 5-P Conversations: Poise Prompts

- Poise is performance with confidence. Your goal is to help the student “unpack” what they did to develop this confidence.
  - What do you think you accomplished?
  - What specific steps did you take to make that happen?
  - When you think back on that experience, how did it make you feel?
  - It sounds like you have just created another pride story! What’s next?

# A Comment on Change

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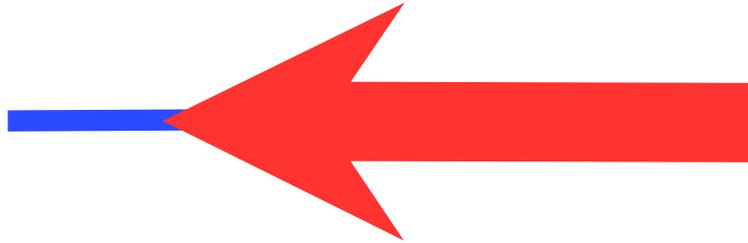


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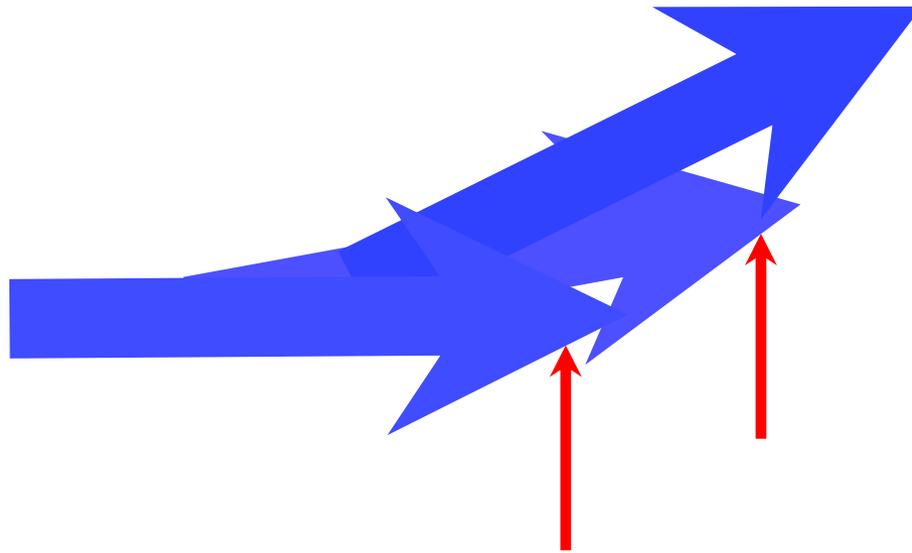
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# How most people think change happens



# How change usually happens ...



Small nudges  
get the greatest  
change over  
time

# Summary:

Everyday conversations provide “micro-opportunities” for influencing career paths

Each micro-opportunity reinforces adaptability skills, and increases career confidence

Small nudges create the greatest change over time.

# Coming Next:

In Module 4, you will be introduced to a way to conceptualize well-being and mental health;

You will see the direct effects that career strategies and interventions - such as the ones we have been talking about in Modules 2 and 3 - have on well-being and mental health!

# This concludes Section 3.4

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