

# Introduction to My World of Work for Parents and Carers

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and date



# **Service to Individuals Within Mainstream School**



## My World of Work

Choose a career

Get a job

Make a change

Learn and train

Information for me

Services



### My World of Work is here to help you

Whether you're just starting out with your career plans or are thinking about making a change, My World of Work offers tools and advice to help you.



Careers in the third sector



Uni and you. The insider's view



Tips for job hunters



10 ways to spot your strengths



My World of Work is here to help you

### My career toolkit

My Strengths

Careers A-Z

My Interview

Job Search

My CV

Course Choices

### My Account

Create an account and find the right career advice, tools and information for you.

Log in/Sign up

### Job of the week - Acupuncturist

Acupuncturists treat a variety of ailments by inserting fine needles into specific points under a person's skin, to stimulate the body's energy flow.

Find out more about becoming an acupuncturist.



Watch a video with acupuncturist Phil Haxby-Thompson

### Weekly poll

# Toolkit for individuals to access the different tools

## My career toolkit

My Strengths

Careers A-Z

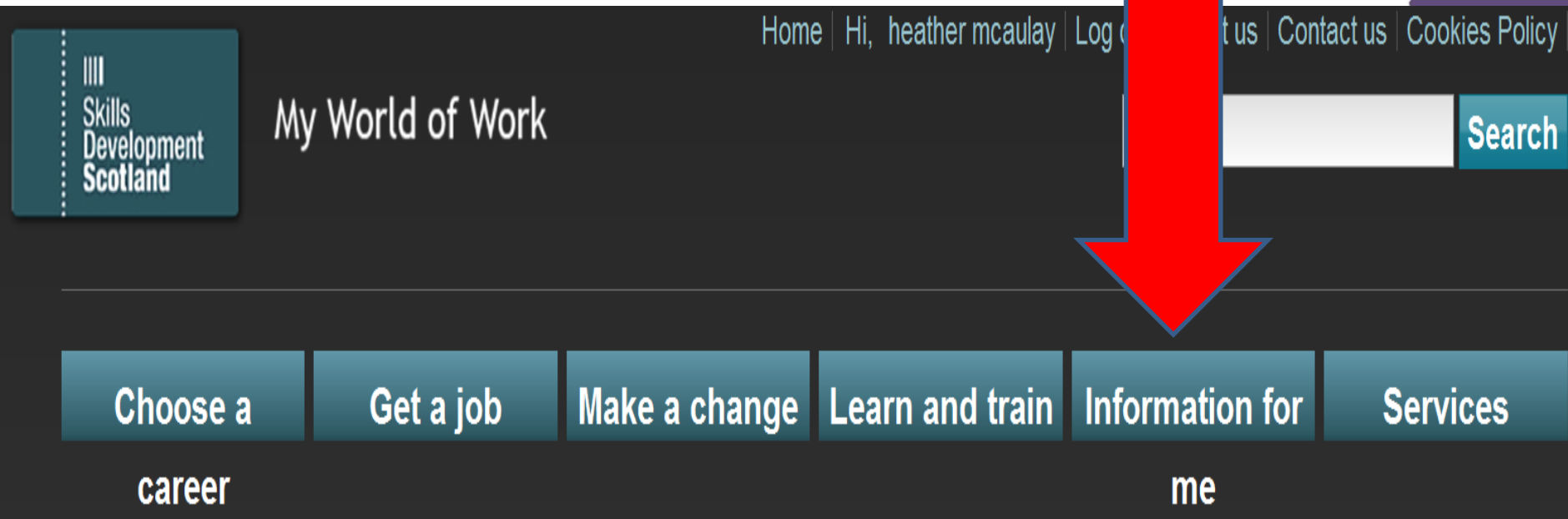
My Interview

Job Search

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Course Choices

# Parents and Carers Section under information about me section



The image shows a screenshot of the Skills Development Scotland website's navigation menu. At the top left is the Skills Development Scotland logo. To its right is the text 'My World of Work'. Further right is a search bar with a 'Search' button. At the top right are links for 'Home', 'Hi, heather mcaulay', 'Log out', 'Contact us', and 'Cookies Policy'. Below these is a horizontal navigation bar with six teal buttons: 'Choose a career', 'Get a job', 'Make a change', 'Learn and train', 'Information for me', and 'Services'. A large red arrow points down from the top of the page to the 'Information for me' button.

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Skills Development Scotland

My World of Work

Search

Choose a career | Get a job | Make a change | Learn and train | Information for me | Services

# Some examples of what information you can access under the parents and carers section

## Making the right subject choices with your child

Rated unrated | Share this?   

As a parent or carer of a teenager, it can sometimes be hard to believe that you have any influence on their decisions about the future. But young people are far more likely to listen to someone they actually care about, know and trust – even if it doesn't always seem that way.

'I wanted Sammy to do art as she has always been great at it,' says mum Shona. 'I'm a bit of a frustrated artist myself – but she was dead set on drama.'

'I don't think I handled it that well at first. I was maybe projecting what I'd wanted to do on to Sammy.'

It's not about creating a better version of your past – it's about enabling a future that's right for your child. Their career will never be a mirror image of yours.

### Don't push it

Professor Ewan Gillon, Clinical Director of First Psychology Scotland explains, 'Research shows that the best kind of relationship between parents and their children is one that supports the child to make his or her own choices and decisions, and not feel pushed into a particular direction by the aspirations or wishes of the parent.'



# Advising your child - the top 10 things not to say

Rated 

Share this?   

When advising your child on their future career, think about how they are influenced by your advice.

Here are the top 10 things **not** to say:

1. **“No son/daughter of mine is going to do that!”**

You may not want to admit it, but ultimately it is your child’s decision. Look into what they are proposing as a career – do you really know everything about it? You may be surprised what you find out. Take time to research together to see what the career can offer.

2. **“It’s all about computers nowadays. You’ll always find work there.”**

Is this true? Remember that things have changed since you left school, therefore the workplace will continue to change and we will all have to keep up with the changes.

3. **“In my day we didn’t have the same choices as you have now.”**

It may seem that more choice makes choosing a career easier – but does it really? The wider the choice, the harder it can be to make the right decision.

4. **“It’s your life...just don’t make the same mistakes as me!”**

Make sure you encourage your child to seek career advice.

5. **“Make an appointment with a careers adviser. They’ll tell you what to do.”**

No they won’t. A career adviser will listen and help your child make a plan; however the ultimate decision always lies with them.

# A parent's perspective on personal statements

Rated unrated | Share this?   

As a proud parent or guardian, you know exactly why an admissions officer should choose your child. Helping them put that on paper is another matter.

Susan Reynolds' daughter Lauren is preparing her application to study medicine. With fierce competition in the subject, a strong personal statement is a candidate's chance to stand out in a field where others hold the same excellent exam results.



## Be prepared

The main advice from Susan is to start early, and be prepared. For example, work experience is important in this career path but it took Lauren six months to get a volunteer position in a hospital ward. Even without that, a statement can take two or three weeks to complete. You will need to take time planning what to say, drafting some ideas, editing and rewriting.

Susan and Lauren started by researching personal statements together online, and discovered how important it was for the words to come from the applicant.

'I think the person has to write the personal statement themselves – there would be no point in the parent writing it,' says Susan.

## Know the course

That didn't mean she couldn't offer support in other ways. Susan found a book on

***'The person has to write the personal statement themselves – there would be no point in the parent writing it.'***