

# Information for parents

Parents are extremely important in helping children make their career choices. Your support is critical in ensuring that children have the means to get the right further education.

## Career guidance at school

Preparation for making career choices begins in grade 7. This class aims to familiarize school children with different issues regarding career choice. Scholars are made to think about their interests and abilities and get to know more about different careers.

## You play an important role in your child's career choice as a parent

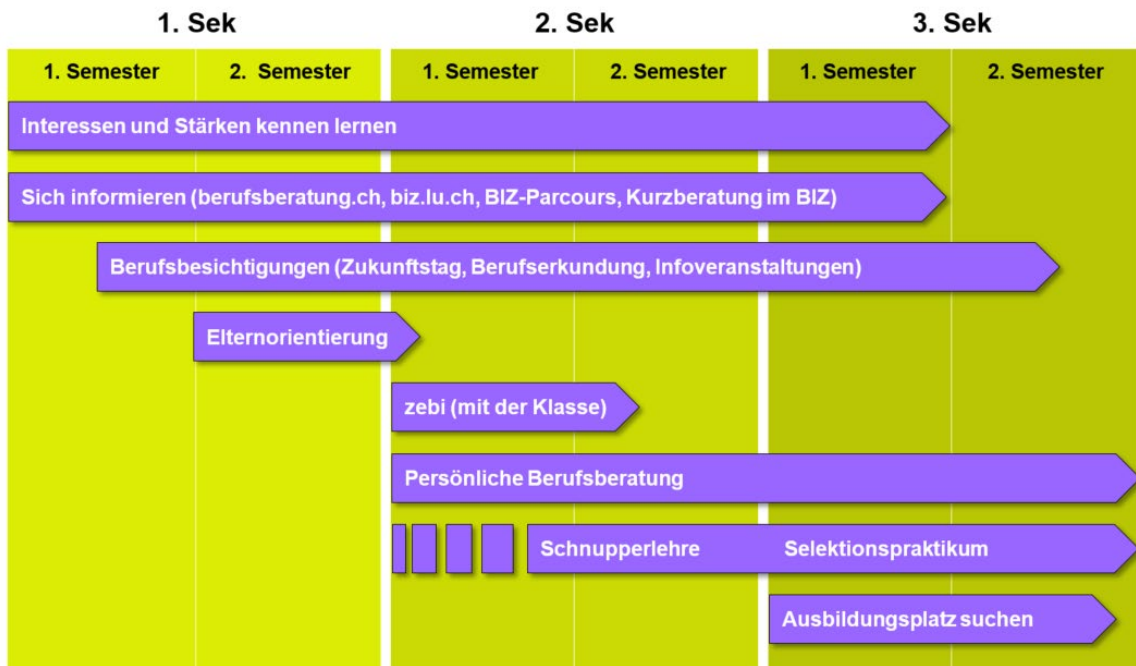
- Help your daughter/son develop ideas about what career they would like to pursue step-by-step
- Talk to your son/daughter about the way in which you made your career choice and speak to them about your work day. This will help your child to understand the work world.
- Use the right opportunities to talk about the interests and abilities of your child. This will help you identify possible career possibilities.
- Talk to your daughter/son about themes which are being covered during career guidance classes and look at the handouts they receive together.
- Take the first career ideas of your child seriously. There is often a reason that they have particular ideas about a career.
- Show interest and discuss possible next steps, like going to an Info-Event or shadowing, in order to explore a career interest.
- Youth are influenced by and dependent on input from their parents. Encourage your child to work as independently as possible

## Good to know

- The first career choice is not the end, but just the beginning. It is a first step which can be built on. The Swiss education system offers many possibilities.
- There are no „good“ or „bad“ careers. A good career is one which suits a person because it matches their interests and abilities.
- Youth will be more active in making career choices if they have the possibility to practice decision making and taking responsibility in their everyday life.
- That career choice is as important for young women as it is for young men. Career choice should not depend on gender.

## Career choice map

The career choice map is an overview of all activities that support scholars in making a career choice. It covers the entire secondary school period and shows what is planned when.



## Make use of the many sources of information

- Accompany your daughter/son to the BIZ. In a consultation with a career counsellor, you will have the opportunity to discuss any opportunities. In addition, publications are available to borrow.  
Opening hours of the BIZ:  
[www.biz.lu.ch](http://www.biz.lu.ch)
- Information on career choice:  
[www.beruf.lu.ch/berufswahl](http://www.beruf.lu.ch/berufswahl)
- You will find career descriptions, relevant videos and more helpful information at  
[www.berufsberatung.ch](http://www.berufsberatung.ch) > Berufe.
- Short descriptions on further education are available at [www.beruf.lu.ch/studium](http://www.beruf.lu.ch/studium)  
> Gymnasien und Fachmittelschulen.
- There are regular events on different careers and there are schools for further education. They are available at [www.beruf.lu.ch/sprung](http://www.beruf.lu.ch/sprung).
- Motivate your child to shadow. Tips on how to go about this are available at  
[www.beruf.lu.ch/berufswahl](http://www.beruf.lu.ch/berufswahl) > Schnupperlehre & Lehrstellensuche.
- Support your daughter/son in looking for an apprenticeship. Useful information is available at [www.beruf.lu.ch/berufswahl](http://www.beruf.lu.ch/berufswahl) > Schnupperlehre & Lehrstellensuche.  
A list of open apprenticeships are available at [www.berufsberatung.ch/lena](http://www.berufsberatung.ch/lena)
- An overview of other ideas for bridging the gap after compulsory school is available at  
[www.beruf.lu.ch/berufswahl](http://www.beruf.lu.ch/berufswahl) > Zwischenlösungen.
- Scholarships  
[www.stipendien.lu.ch](http://www.stipendien.lu.ch)