

# 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

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

## How you as parents can support your daughter/son

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- Tell your son/daughter about your own career choice or about your everyday working life.
- Take advantage of suitable opportunities and talk to your child about their interests and abilities.
- Show openness and take ideas, dreams and career aspirations seriously.
- Find out about the various professions and training courses together.
- Attend information events together, visit the ZEBBI or accompany your daughter/son to the BIZ.
- Plan the next steps, give suggestions or help with organizational matters (create a schedule, organize taster sessions, etc.)
- Motivate your daughter/son to do as much as possible independently.
- Encourage them after rejections. Convey a positive attitude and confidence "you can do it..."
- Seek advice from job counselors if you have any questions

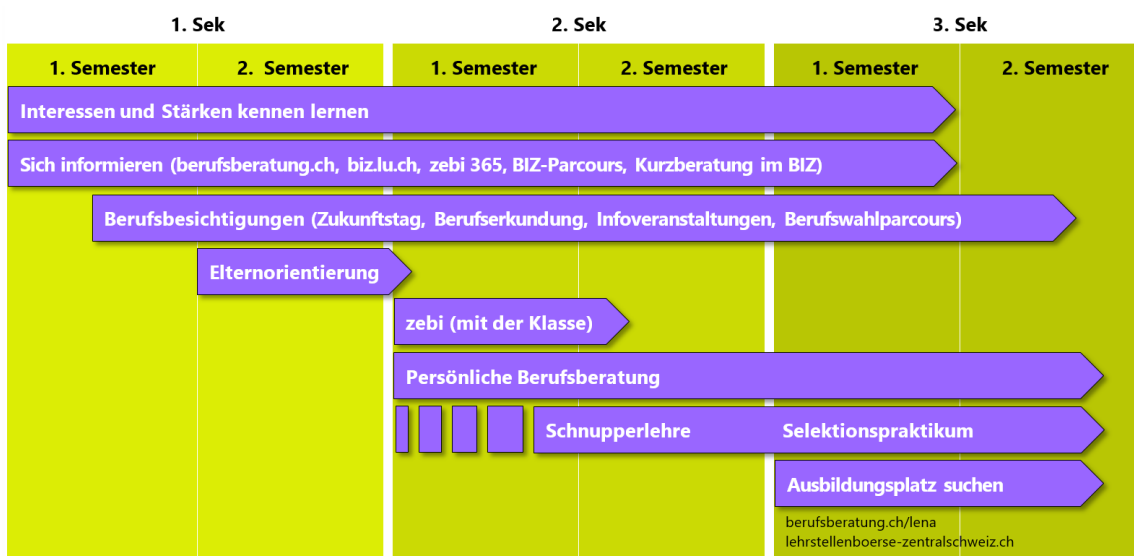
## Good to know

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- The first career choice is not a final decision, but a beginning. It is a first step that can be built on later. The Swiss education system offers many opportunities.
- There are no good or bad professions. A profession is suitable if it matches a person's abilities and interests.
- Young people are more likely to be active in their career choices if they have the opportunity to practise decision-making situations and take on responsibility in their everyday lives.
- Career choice is equally important for young women and men. Career choices 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.  
([www.beruf.lu.ch/berufswahlfahrplan](http://www.beruf.lu.ch/berufswahlfahrplan)).



## 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	<a href="http://www.biz.lu.ch">www.biz.lu.ch</a>
Information on career choice	<a href="http://www.beruf.lu.ch/berufswahl">www.beruf.lu.ch/berufswahl</a>
don't miss a thing - subscribe to our newsletter	<a href="http://www.beruf.lu.ch/bizinfo">www.beruf.lu.ch/bizinfo</a>
Information about the biz app including download	<a href="http://www.beruf.lu.ch/bizapp">www.beruf.lu.ch/bizapp</a>
You will find career descriptions, relevant videos and more helpful information at	<a href="http://www.berufsberatung.ch">www.berufsberatung.ch</a> > Berufe
Short descriptions on further education are available at	<a href="http://www.beruf.lu.ch/studium">www.beruf.lu.ch/studium</a> > Gymnasien und Fachmittelschulen
There are regular events on different careers and there are schools for further education. They are available at	<a href="http://www.beruf.lu.ch/sprung">www.beruf.lu.ch/sprung</a>
Motivate your child to complete trial apprenticeships. Tips on how to proceed	<a href="http://www.beruf.lu.ch/berufswahl">www.beruf.lu.ch/berufswahl</a> > Schnupperlehre & Lehrstellensuche
Support your daughter/son in looking for an apprenticeship. Useful information is available at	<a href="http://www.berufsberatung.ch/lena">www.berufsberatung.ch/lena</a> <a href="http://www.beruf.lu.ch/offene_lehrstellen">www.beruf.lu.ch/offene_lehrstellen</a>
An overview of other ideas for bridging the gap after compulsory school is available at	<a href="http://www.beruf.lu.ch/berufswahl">www.beruf.lu.ch/berufswahl</a> > Zwischenlösungen
Scholarships	<a href="http://www.stipendien.lu.ch">www.stipendien.lu.ch</a>