

Resources on alis for Parents

Plan

Your
Career

Explore

Education
& Training

Look

For
Work

Succeed

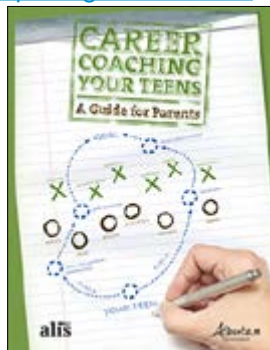
At
Work

As a parent, you can access [Resources for Parents](#) and knowledge that go beyond your own experiences to help your teen make the most of their career options.

Plan Your Career

Learn the 4 steps of career planning, how to be an effective coach, and where you and your teen can go to research occupations, skills and more.

- [550+ occupational profiles](#) Education, certification, employment outlook, working conditions, wage/salary ranges. Many have day-in-the-life [videos](#).
- [CAREERinsite](#) Explore career options based on your teen's values, skills, abilities and interests.
- [Career Coaching Your Teens: Exploring Possibilities](#) [PDF] Help your teen learn about different occupations, industry sectors and opportunities.
- [Career Research: DIY](#) Your teen can read about a career, talk to people, test out jobs.
- [Certificate, Diploma, Applied Degree, Degree... What's the Difference?](#)



- [Follow These Four Steps to Plan Your Career](#)
- [Identify Your Work Values](#) It's easier to set goals and identify opportunities when you know.
- [Parents: How to Help Your Teen with Career Planning](#) Find ways to offer support.

Supports for your teen

- [3 Reasons to Plan Your Career and Future](#)
- [5 Things To Do in 5 Minutes...To Help You Figure Out Your Career Path](#)
- [How to Discuss Your Career Plans With Your Parents](#)
- [Is Now a Good Time to Plan My Career?](#)

Explore Education and Training

Once your teen has sense of where they want their career to go, you can help them understand the type of learning they prefer, and choose between full and part-time studies.

- [Apprenticeship in Alberta](#) High school students can earn credits toward both an apprenticeship program and a high school diploma through the [Registered Apprenticeship Program \(RAP\)](#).
- [Choose a Post-Secondary School to Attend](#)
- [Employability Skills Help You Succeed at School](#) Learn about personal management, teamwork, communication skills and transferable skills.
- [Explore School and Program Options](#) How to apply, paying for post-secondary, apprenticeship.
- [Financing Your Education Through Scholarships, Bursaries, and Grants](#)

Resources on alis for Parents

Explore Education and Training (continued)

- [Talk With Our Kids About Money](#) This program, developed by the Canadian Foundation for Economic Education, helps parents, guardians and teachers discuss financial literacy with youth.
- Planning for Post-Secondary: [Grades 7, 8, 9](#); [Grade 10](#); [Grade 11](#); [Grade 12](#) Checklists
- [Time to Choose Your Post-Secondary Education](#)

Supports for your teen

- [Learning Clicks](#) Thinking about life after high school? Explore your options and discover how other students are forging their paths.

Look For Work

Your teen may have mixed feelings about getting that first job. You can help them build work search skills, understand what employers are looking for, and stay safe on the job.

- [Put Your Experience to Work](#) Identify work opportunities based on the strengths you already have.



Succeed At Work

- [Child Care Options and Subsidy](#) Child care options and child care subsidy program information.
- [Programs and Services for Parents](#) Family and social supports.
- [Time-Saving Tools for Busy Lives](#) 5 great tools to get you started.

Order Publications

- [Assessing You: The First Step in Career Planning](#) Discover your passions, skills and personal assets and learn how to market them to find work.
- [Career Coaching Your Teens: A Guide for Parents](#) Practical ideas and resources to help parents support teens exploring career options.
- [Career Planner: Choosing an Occupation](#) Exercises and tips to narrow your career choices.
- [Change and Transitions: The Path From A to B](#) Change and the emotional transitions and stresses that go with it are explored.
- [Imagine Your Life – A Discovery & Exploration Guide – Grade 4, 5, 6 – Parent \(also in French\)](#) Provides parents with background information that support classroom activities at home.
- [Money 101: Budgeting Basics for Further Education](#) How to figure out costs and finance post-secondary education; how to budget; bank and where to find and apply for financial assistance.

Supports for your teen

- [This is Your Life: A Career and Education Planning Guide](#) This workbook introduces Grades 9-12 students to career and education planning, and the planning process.
- [Work Search Basics](#) Your teen can learn how to create the right resumé and cover letter, get tips on networking and interviewing effectively.
- [Workability: What You Need to Get & Keep a Job](#) Through exercises, checklists, and personal stories, learn key skills and attitudes employers look for.
- [X-Treme Safety: Young Worker's Guide to Safety and Employment Rules](#) Personal stories, quizzes and checklists to working in a safe, healthy and fair environment.

Alberta Supports Centres

Located throughout Alberta, these centres offer information on occupations, career options, finding work, and education programs and funding. You can talk to a career and employment consultant, use phone and fax machines, and computers for job searches or word processing.