

Career Readiness: Preparing the Student



The following two practices from the REL Southeast infographic, [Preparing a Career Ready Student](#), focus on how parents and educators can help with *Preparing the Student* for careers.

Establish work readiness behaviors and social skills (employability skills)¹



It may be helpful for parents and teachers to discuss the importance of employability skills with students. There are free federal online resources that can help. For example, the U.S. Department of Labor [Career One Stop website](#) provides resources that focus on work readiness behaviors and social skills.

These include how to:

- [write a resume](#)
- [complete a job application](#)
- [interview and negotiate for a job](#)
- [network and make helpful contacts](#)
- [consider readiness for background checks](#) including a [student's online social media presence](#)
- [focus on work values.](#)

It may be specifically beneficial to focus on the steps for finding a job with little or no work experience.

Systematically explore the “career related aspects” that promote better person-environment fit, including initial goal formation, exploratory actions, and computer-assisted career guidance programs²

Students will benefit from encouragement by parents and teachers to explore careers that may be a good fit for them. There are free federal online resources that can be used for this purpose. For example, the U.S. Department of Labor Career One Stop website provides students with [computer-assisted career guidance programs](#). At this site, parents, students, and teachers will find three free assessments including an [interest assessment](#), a [skills matcher](#), and an [interest profiler](#) that will help students consider which careers align with their interests and skill set. Teachers and parents may also want students to consider [creating a job search plan](#) and making an [initial goal formation](#) for their career search.

Another resource for exploring careers is the U.S. Bureau of Labor Statistics [Occupational Outlook Handbook](#). Parents and educators may ask students to explore occupation groups listed there or select occupations of interest while considering median pay, education level requirements, projected jobs, and growth rates. The U.S. Bureau of Labor Statistics [K-12 Student Resources and Teacher's Desk site](#) also offers an app for digital devices and K-12 Student and Teacher Resources including games and quizzes, student resources, and classroom and home activities.



1 Bloch, D. P. (1996). Career development and workforce preparation: Educational policy versus school practice. *The Career Development Quarterly*, 45(1), 20-39.
2 Super, D. E. (1983). Assessment in career guidance: Toward truly developmental counseling. *Journal of Counseling & Development*, 61(9), 555-562.