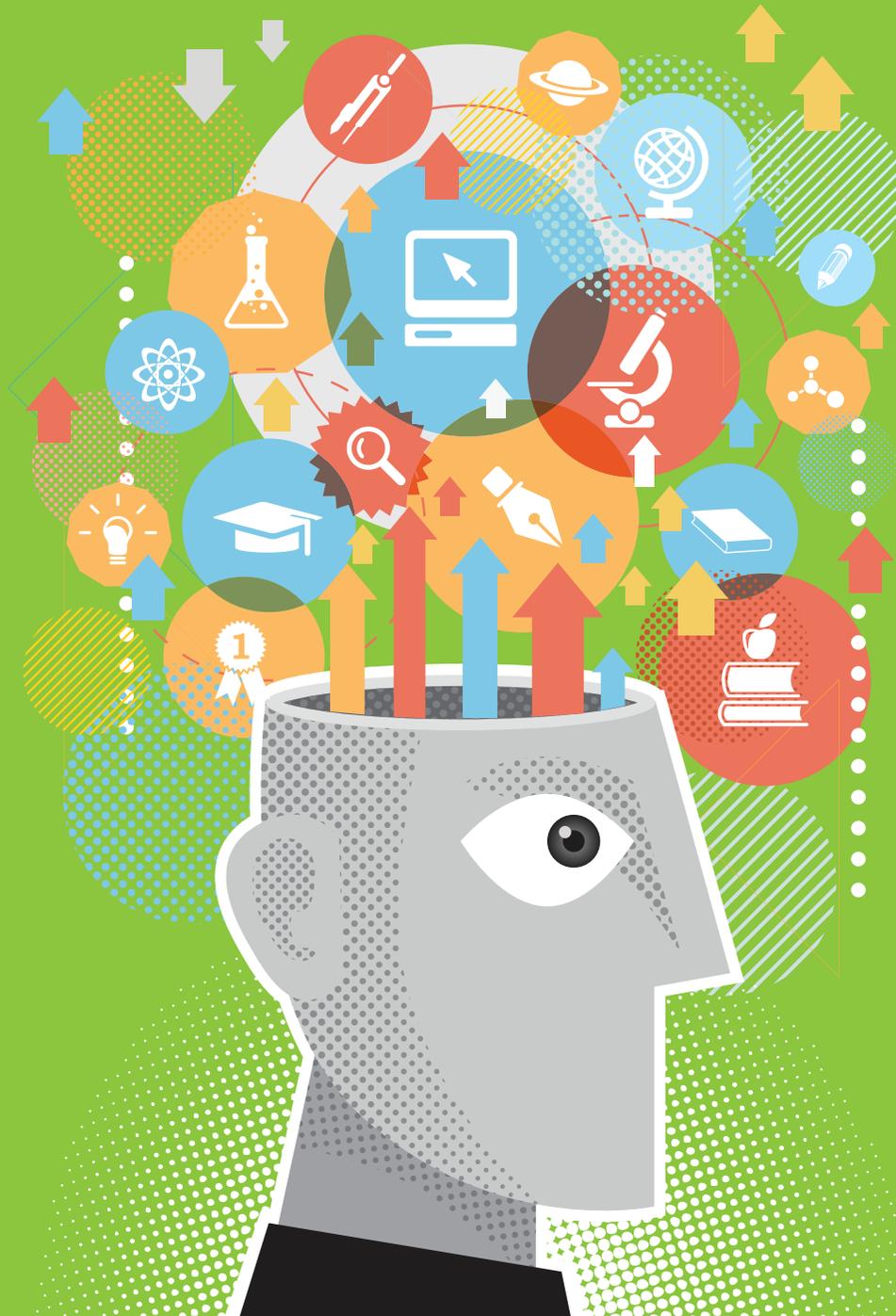
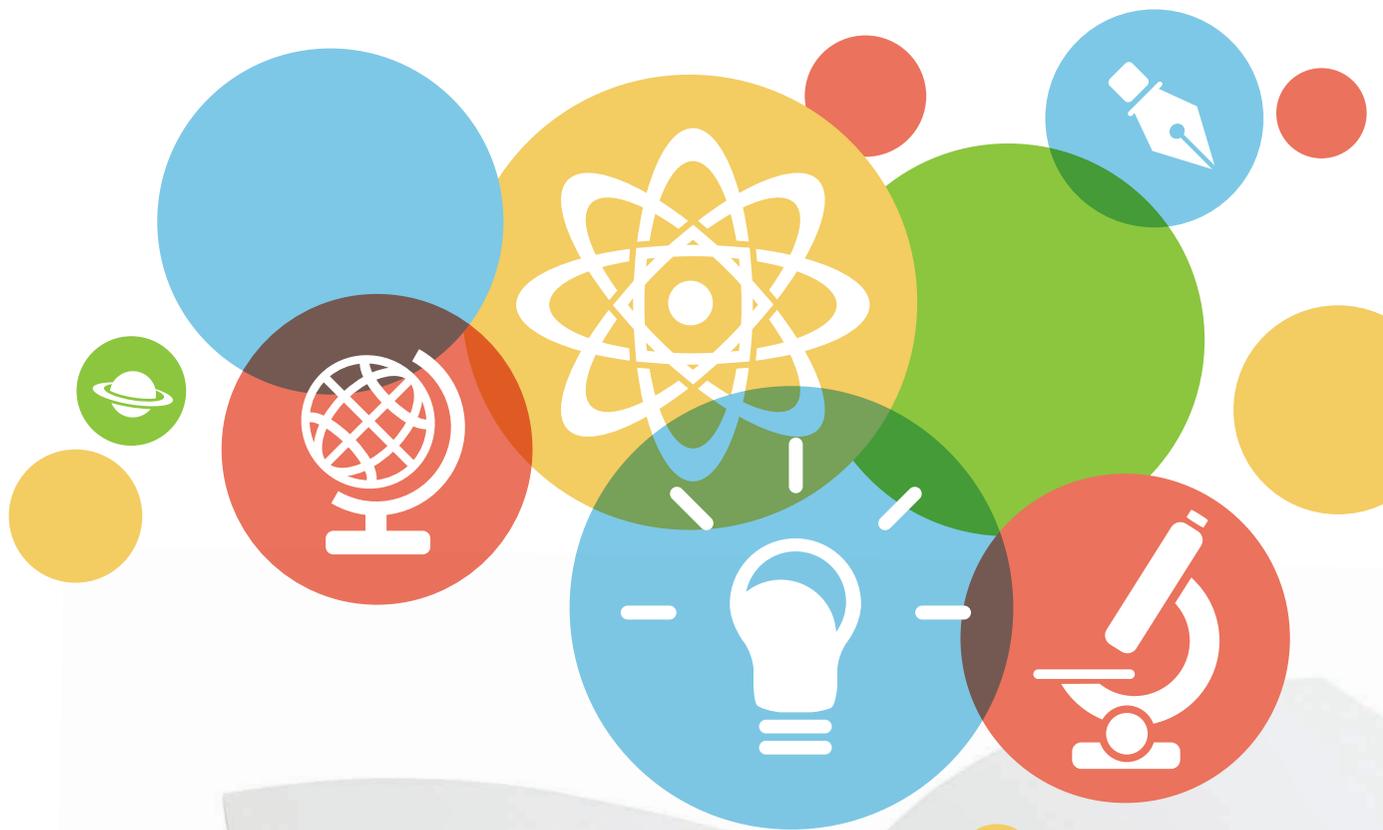


# Imagine Your Life

A Discovery & Exploration  
Guide

GRADE 4, 5 AND 6 PARENT





## PARENT GUIDE

*The Grade 4-6 Planning for Post-Secondary Studies: Parent Guide* provides background and ideas that support and enhance classroom activities at home.

This publication can be ordered online or downloaded at [alis.alberta.ca/publications](http://alis.alberta.ca/publications)

ISBN 978-1-4601-1431-5 (Print)  
ISBN 978-1-4601-1432-2 (PDF)

**For copyright information, contact:**  
Innovation and Advanced Education  
Campus Alberta Awareness  
Phone: 780-644-7206  
Fax: 780-422-3688  
Email: [caap@gov.ab.ca](mailto:caap@gov.ab.ca)

© 2014,2015 Government of Alberta,  
Innovation and Advanced Education

This material may be used, reproduced, stored or transmitted for non-commercial purposes. However, Crown copyright is to be acknowledged. It is not to be used, reproduced, stored or transmitted for commercial purposes without written permission from the Government of Alberta, Innovation and Advanced Education. This publication is not for resale unless licensed with Government of Alberta, Innovation and Advanced Education

Every reasonable effort has been made to identify the owners of copyright material reproduced in this publication and to comply with Canadian copyright law.

The publisher would welcome any information regarding errors or omissions.

Government of Alberta, Innovation and Advanced Education publications may contain or reference publications, trademark, patent or copyright held by third parties ("third party material") identified with a credit to the source. This does not grant the user a licence or right to that third party material. Users who wish to reproduce any third party material in this publication should seek permission from that third party.

This information was accurate, to the best of our knowledge, at the time of printing.

# Table of Contents

## Welcome

- 03 | **What is career and education planning?**
- 04 | **Why start career and education planning in elementary school?**
- 05 | **Why is post-secondary education important?**
- 06 | **How can you help your child with career and education planning?**

## Exploring Career and Education Planning with Your Child

—Exploring Together

- 09 | **Step 1—Who Are You?**
  - Activities to Try
- 12 | **Step 2—What's Out There?**
  - Activities to Try
- 14 | **Step 3—How Do You Get Ready for the Future?**
  - Activities to Try
- 17 | **Step 4—What Can You Do Right Now?**
  - Activities to Try
- 18 | **Closing Thoughts**
- 19 | **Resources**

# Welcome to imagine your life! a discovery and exploration guide for parents

This booklet will help you support your child in Grade 4, 5 and 6 Health and Life Skills Program of Studies.

Part of this school course is an age-appropriate introduction to career and education planning. Your child will be using the student guide, *Imagine Your Life! A Discovery and Exploration Guide for Grade 4, 5 and 6 Students*, to complete activities at school. To find out more about the Kindergarten to Grade 9 (K–9) Health and Life Skills Program of Studies, see **Check It Out! Health and Life Skills: Career and Education Planning**.

Even if your child never brings the student guide home, you can still use the activities and suggestions in this parent guide to help both of you start exploring possibilities for your child's future.

Studies show that adults in the parent role have a powerful influence on children's choices about their future. So whether you're a mom, dad, aunt, uncle, sibling or guardian, you're in a wonderful position to encourage your child to explore career and education planning. For more information about the influence you have, see **Check It Out! You and Your Child's Future**.

## check it out

### You and Your Child's Future

- This **Canada Millennium Scholarship Foundation** article looks at influences on students' post-secondary choices.  
[http://www.yorku.ca/pathways/literature/Aspirations/090212\\_Persistence\\_EN.pdf](http://www.yorku.ca/pathways/literature/Aspirations/090212_Persistence_EN.pdf)

## check it out

### Health and Life Skills: Career and Education Planning

The information and activities in the student guide support the Grade 4, 5 and 6 Health and Life Skills Program of Studies General Outcome: Life Learning Choices: *"Students will use resources effectively to manage and explore life roles and career opportunities and challenges."*

- Alberta Education—K-9 Health and Life Skills  
<https://education.alberta.ca/media/313382/health.pdf>
- Ministerial Order on Student Learning (#001/2013)  
<https://education.alberta.ca/department/policy/standards/goals.aspx>
- Alberta Education—Framework for Kindergarten to Grade 12 Wellness Education  
[http://education.alberta.ca/media/1124068/framework\\_kto12well.pdf](http://education.alberta.ca/media/1124068/framework_kto12well.pdf)

# WHAT IS CAREER AND EDUCATION PLANNING?

Career and education planning involves four steps that are repeated many times throughout life:

1. Get to know yourself.
2. Explore possibilities.
3. Choose a direction.
4. Make it happen.

Career and education planning is an ongoing process. At some point in your life, you probably thought about where you were and where you wanted to be, and then made choices to help you get there. That's how the career and education planning process works.

Chances are if you drew the path of your life and work, it would not be a straight line. See **Check It Out! Career Paths**.



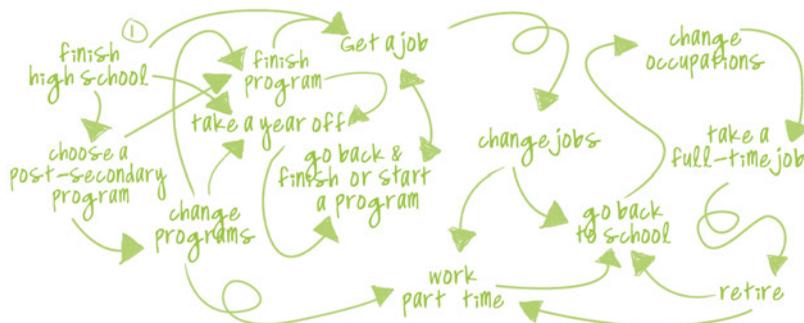
## check it out

### Career Paths

Many people think career paths look like this:



Actually, career paths look more like this:



Career and education planning is the process that can help us find our way through the many changes in school, work and life roles that we all go through.

## WHY START CAREER AND EDUCATION PLANNING IN ELEMENTARY SCHOOL?

Does Grade 4, 5 or 6 seem a bit early for your child to be thinking about careers?

In fact, when career and education planning activities are age appropriate, elementary school is a great time for your child to start **exploring** future possibilities.

Here's why:

- Career development experts say that career and education planning is a good fit for students in Grade 4, 5 and 6. Students at this stage are naturally curious, so this is a good time to introduce **exploration in career and education planning**.
- **Research** supports starting career and education planning in elementary school. Almost half of students make their decision about whether to attend post-secondary education **before they reach grade nine**.

The career and education planning activities in the student guide **encourage your child to explore**. The ability to explore will help your child

- succeed in the 21st century workplace
- take the “Best-Fit” approach to making decisions about post-secondary education. For more information about the Best-Fit approach, see **Check It Out! The Best-Fit Approach** on page 5.

In the student guide, the career and education planning steps are modified to be age-appropriate for Grade 4, 5 and 6.

Career and Education Planning Steps	Career and Education Planning Steps for Students in Grade 4, 5 and 6
1. Get to know yourself.	1. Find out about yourself.
2. Explore possibilities.	2. Discover what's out there for you to try.
3. Choose a direction.	3. Gather resources and information you may need.
4. Make it happen.	4. Look at what comes next.

### check it out

#### Post-Secondary Options

Explore more than 70 videos featuring post-secondary students from many different post-secondary schools and programs at [alis.alberta.ca/educationvideos](https://alis.alberta.ca/educationvideos).

## WHY IS POST-SECONDARY EDUCATION IMPORTANT?

Post-secondary education is the learning and training that comes after a secondary (high school) education.

It's not just about going to university and college to get a degree.

Post-secondary education includes a wide range of training, certificate and diploma programs, apprenticeship training and degree programs:

- Stats show that post-secondary graduates earn between \$180,000 - \$728,000 more than those with only a high school diploma<sup>1</sup>

## check it out

### The Best-Fit Approach

The ability to explore and find out about themselves and the world helps students take the Best-Fit approach when the time comes to choose a post-secondary school or program. The Best-Fit approach helps students

- recognize that everyone goes to post-secondary school for different reasons
- understand their own reasons for going
- make choices that reflect their values and interests
- understand how they learn best
- identify the programs and schools that best fit their needs
- plan what to do after they finish their post-secondary education

## check it out

### What is post-secondary education?

#### Post-secondary education includes

- certificate programs, such as accounting technician and health care aide
- diploma programs, such as licensed practical nurse (LPN) and industrial heavy equipment technology
- apprenticeship trades, such as steamfitter-pipefitter and communication technician
- degree programs, such as forest business management and environmental sciences
- post-graduate studies, such as post-graduate certificates or diplomas; professional degrees, such as medical doctor or nurse practitioner; and master's or doctoral degrees

#### To find out more about post-secondary education programs in Alberta

- visit OCCinfo Educational Programs at [alis.alberta.ca/occinfo](https://alis.alberta.ca/occinfo)
- download or order *Time to Choose...a Post-Secondary Education Program* at [alis.alberta.ca/pdf/cshop/timetochoose.pdf](https://alis.alberta.ca/pdf/cshop/timetochoose.pdf)

## HOW CAN YOU HELP YOUR CHILD WITH CAREER AND EDUCATION PLANNING??

You can make a big difference to how your child thinks about and gets ready for the future.

Everything children are exposed to at this stage affects how they approach their education and eventual career path.

As a parent you're in a great position to coach your child.

## HELP YOUR CHILD EXPLORE SELF AND WORLD

Exploring is a set of competencies and attitudes that will eventually help your child choose a path through the rapidly changing landscape of our world, and support them on the road to a post-secondary education.

- Exploring together can be a fun way to strengthen your relationship with your child.
- Exploring can include a wide range of activities:
  - trying new things
  - meeting someone who works in an interesting field
  - following up on interests by gathering information in the community, online or at the library.

## HELP YOUR CHILD TRY NEW EXPERIENCES

- Encourage your child to take part in activities in school and in the community such as arts, sports and clubs.
- Invite your child to talk about likes, dislikes and choices.
- Build resilience by allowing your child to own mistakes and learn from them.
- Encourage your child to talk about and keep a record of positive experiences.

## MODEL A POSITIVE APPROACH TOWARD LEARNING AND WORK

- Know what your child is learning.
- Connect school and work. Talk about how you use the skills and abilities you learned in school at work.
- Share positive stories about your work. Talk about what you like about your work, why you chose it and what's challenging.
- Let your child see you learning.

## Check it out

### Paying for Post-Secondary

Money should never be a barrier for Albertans to access post-secondary education. Funding options and programs are available to help make post-secondary education a reality for your child. See page 15 for more information.

# check it out

## Your Gen Z Child<sup>2</sup>

Your Grade 4, 5 or 6 child is a member of the Digital Native generation who are

- born between the mid-1990s and 2010
- born into a world where digital devices are everywhere
- “plugged in”
- digital-based learners
- always connecting with their friends using phones, messaging and social networking, across the room and around the world
- able to adopt the newest technology easily
- multi-taskers
- socially conscious and very aware of challenges like climate change and terrorism
- growing up in a world where major media voices are changing, for example, broadcast TV and radio
- growing up in a world where social patterns are changing rapidly, such as family structures, gender roles and cultural diversity

<sup>1</sup> Alberta Innovation and Advanced Education. 2014 Campus Alberta Planning Resource. <http://iae.alberta.ca/media/427131/capr2014.pdf>

<sup>2</sup> Gen Z information compiled from Grail Research. Consumers of Tomorrow: Insights and Observations About Generation Z. 2011. Accessed March 2013 from [http://grailresearch.com/About\\_Us/FeaturedResearch.aspx?aid=107](http://grailresearch.com/About_Us/FeaturedResearch.aspx?aid=107) and MacKenzie, J., McGuire, R. and Hartwell, S. *The First Generation of the 21st Century: The Pluralist Generation*. Frank N. Magid Associates, Inc. 2012. Accessed March 2013 from <http://www.magid.com/capabilities/generational-strategy>.

# Exploring Career and Education Planning with Your Child

## EXPLORING TOGETHER

The activities in this guide will help you encourage your child to

- feel comfortable with “not knowing” — for example, there are no right or wrong answers in the activities
- think about the future in an open and even playful way
- enjoy a sense of discovery and possibility.

Introduce the idea of exploring by asking your child this question: Have you ever wondered what your future will be like?

Follow up with some of these activities:

- Make a favourite stew or another family recipe with your child. Consider experimenting with “not knowing”:
  - What happens when you change up the ingredients?
  - Why not invent a recipe together?
- Share a picture or a memory of yourself in Grade 4, 5 or 6. Talk about what you imagined the future would be like at that time.
- Play **If I won \$1 million...** Invite your child to imagine winning big: What would happen? How would life change? What dreams or opportunities would become possible?

SHARE THIS THOUGHT  
WITH YOUR CHILD

“You have plenty of time  
to think about and explore  
what you want your future  
to be like.”

## Check it out

### When Can You Find the Time?

Finding time with your child to try the activities in this booklet can be challenging. But even a few minutes can make a positive difference. Try the activities when you're both

- in the car, on the bus or train
- at the table
- watching TV and ads come on
- between periods watching a game
- waiting in line anywhere
- doing the dishes or other chores
- walking the dog
- on a break from screen time

# Step 1: Who are you?

Step 1 of the career and education planning process—Who Are You?—is based on the idea that self-knowledge is the best foundation for building a future.

In Step 1, your child explores likes and dislikes, skills, abilities, strengths and values in age-appropriate terms: things they like, things they're good at and things that are important to them.

SHARE THIS THOUGHT  
WITH YOUR CHILD

“The more you know about  
who you are, the better  
you’ll be at making choices  
that feel good to you.”

## ACTIVITIES TO TRY

### WHAT IS...? GAME

In this game, your child explores self-knowledge by answering questions you ask. You can play this game many ways:

- Sit down together and take turns asking each other questions.
- Copy the questions and carry them with you to ask whenever an opportunity turns up.
- Copy questions and put them in a jar for your child to choose on a grab-and-go basis.
- Use the sample questions below, but also make up your own!

#### Questions

##### What is...?

- one thing you'd love to do that you haven't done?
- one thing you wish you knew how to do?
- the bravest thing you've ever done?
- the silliest thing you've ever done?
- the best thing about school?
- the best thing about your best friend?
- the best movie/TV show/video game?
- the best book/website/song?
- the superpower you'd like to have?
- your favourite thing that we do together?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## GOOD QUESTION GAME

Encourage your child to imagine future possibilities. Ask any or all of the following questions:

- If you could be a famous athlete, actor, writer or musician, who would you be?
- If you could give yourself some special talent or skill, what would it be?
- If you could invent one thing, what would it be?
- If you could know one thing about the future, what would it be?
- If you could do one thing for your family, community or country, what would it be?

## FUN PERSONALITY QUIZZES AND EXERCISES

Self-assessment exercises are often part of the career and education planning process. Children may complete several of these quizzes as they go through school. Check out the following personality quiz.

A personality code is a quick way of describing some things about a person.

There are no right or wrong answers in this personality quiz. Every kind of personality brings something special to the world.

1. Go to [careerinsite.alberta.ca](http://careerinsite.alberta.ca).
2. Click on the “Know Yourself” button.
3. Then click on the “Interests Exercise” button.
4. Create a log in that will allow you to take as much time as you need without losing your information.
5. Answer all the questions for the Interests and Abilities exercises.
6. Click on the “Get Results” button at the bottom of the page.
7. Based on how your child answered the questions, their interests and abilities will be ranked. If they have the same ranking for more than one interest or ability, click on either box to rank those interests or abilities that you feel best suits your personality.
8. Finally, click on the “Get Occupations” button to see what exciting occupations match your child's personality

### REMEMBER

This is just a fun exercise. The occupations provided are just suggestions and in are in no way the only options for your child. Try taking the test again or exploring other occupations on [alis.alberta.ca/occinfo](http://alis.alberta.ca/occinfo)

## WHAT WOULD YOU DO IF...? GAME

This activity encourages you and your child to explore some life situations and values, such as friendship, commitment, honesty and freedom.

Use the sample questions or make up your own.

### Questions

#### What would you do if...?

- you saw friends taking something that didn't belong to them
- someone you liked told you not to play or hang out with someone you also liked
- your friends invited you to the mall, but you wanted to hang out at home on your own for a while
- you were losing a board game to your little brother or sister
- your friend was chosen for something that you wanted to be chosen for, like performing a solo, being team captain or organizing a school project
- you have a chance to earn some money, but to do it you have to miss a friend's party

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Step 2: What's out there?

Step 2 of the career and education planning process—What's Out There?—makes the most of your child's curiosity. Step 2 is based on exploration and discovery, without asking your child to commit to any specific choices or future directions.

## ACTIVITIES TO TRY

### 5 WHYS...? GAME

To play this game, ask your child a “what” question and then dig deeper with “why” questions until you get to the root of why they like something. Start with the questions below and add your own.

#### Example:

You: What's the thing you're best at?

Your child: Soccer.

You: Why?

Your child: I'm fast, and I like kicking the ball.

You: Why?

Your child: It feels good when I get to move the ball around other players.

Etc.

#### Other Questions

- What's your favourite subject?
- What's your favourite family holiday?
- What's your favourite movie?
- What place would you like to visit?
- What would you do if you could spend the whole day doing what you want?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

SHARE THIS THOUGHT  
WITH YOUR CHILD

“The things you learn about  
yourself and the world will  
help you go in the directions you  
want to go.”

To get even more out of the game, find out what occupations are related to your child's interests. Start by checking out **Resources** on page 19. How could you help your child explore them?

## CAREER PATH

Draw your child a “map” of your career path so far—like the graphic on page 3—including all the work you've done, both paid and unpaid, and all the roles you've played, from student to parent:

- Share some stories about your journey.
- Invite your child to ask you 5 Whys questions about your life and work path. (See the 5 Whys game on page 12.)

Arrange for your child to do this activity with one or more of your friends or family members. This will help your child see how every career path is unique, and how others have made career choices.

## WORK YOUR NETWORK, FAMILY AND FRIENDS

Set up opportunities for your child to spend time with people you know and trust—family, friends, community members, co-workers—to find out about their work:

- education needed
- working conditions
- duties
- rewards and challenges
- and more.

## FIELD TRIP TO POST-SECONDARY SCHOOL

Watch for an open house and other public events at a post-secondary school near you, and plan to visit with your child. If a visit isn't possible, or if you want to do more exploring, check out some post-secondary school websites. Start at [alis.alberta.ca/post-secondaryschools](http://alis.alberta.ca/post-secondaryschools).

## LEARNING CLICKS PRESENTATIONS

Arrange a Learning Clicks presentation at your child's school. In these free presentations, post-secondary students show parents, teachers and counsellors the best tools for choosing and accessing post-secondary schools, programs and funding and how to get started. Visit the Learning Clicks website to find out more at [learningclicks.ca](http://learningclicks.ca).

## STEP 3: how do you get ready for the future?

Step 3—How Do You Get Ready for the Future?—focuses on the resources your child will use to build their future.

Your child is still a long way from making career and education decisions, so Step 3 invites your child to explore some general directions, without feeling pressure to make any choices.

### ACTIVITIES TO TRY

#### A PEOPLE TREE

In the classroom, your child will be making a People Tree. Each leaf on the tree represents a person your child can rely on. Whether or not you get to see the People Tree, ask your child to tell you about who is on the tree and why your child chose them.

Arrange for your child to spend some time with the people on the People Tree who are friends and family members you know.

#### BRING YOUR WORK TO SCHOOL

Your child's teacher may be looking for volunteers to visit the classroom and share their experiences in the working world.

You may be able to help out by

- volunteering to be interviewed about your work
- taking part in a career day or job fair in your child's classroom, from helping the teacher plan the event to being a speaker

#### MOVIE ROLE MODELS

Looking at the lives of well-known people from history or the present day can help your child see how others have faced challenges in their lives and still achieved their goals. Movies with inspiring characters, whether they're from history or fiction, will give you an opening to talk about challenges and resiliency. They may also show a variety of workplaces and occupations.

Check out movies like *Apollo 13*, *Big*, *Finding Neverland*, *Hugo*, *October Sky*, *Remember the Titans*, *The Mighty Ducks* and *Secretariat*.

SHARE THIS THOUGHT  
WITH YOUR CHILD

“Even though you don't know  
today what your future  
will look like, you can still  
explore how you'll create it.”

## MONEY \$ENSE

Paying for your child’s post-secondary education can look like a big challenge, so it’s important to note these points:

- Paying for post-secondary education is a “shared responsibility” among taxpayers, post-secondary institutions and students and their families.
- There are many funding options and programs that can help you and your family pay for your child’s education.
- Post-secondary education costs can often be planned for, and now is a great time to begin.

### Information about funding options

Most families pay for post-secondary education using a combination of

- student’s savings, and earnings from part-time and summer jobs
- family savings—Registered Educational Savings Plans (RESPs)
- scholarships, grants and bursaries
- student loans

Explore the following resources to discover what’s available:

- Paying for Post-Secondary School section—Learn about costs, scholarships, bursaries and more at [alis.alberta.ca/payingforschool](https://alis.alberta.ca/payingforschool)
- Loans and Grants—Check out this introduction to student loans and other financial supports at [alis.alberta.ca/loansandgrants](https://alis.alberta.ca/loansandgrants)
- CanLearn—Use these interactive tools to help you plan, save and pay for your child’s education at [canlearn.ca/eng/index.shtml](https://canlearn.ca/eng/index.shtml)
- Education Savings and RESPs — See how a Registered Education Savings Plan (RESP) could also qualify for government funding at [canlearn.ca/eng/savings/index.shtml](https://canlearn.ca/eng/savings/index.shtml)

### Information about managing and saving money

Saving money can be a challenge. One way to begin is with money management—when you’re aware of how your family makes and spends money, you may see opportunities to save more of it.

Start by checking out these money management websites:

- The Money Project at [themoneyproject.ca](https://themoneyproject.ca)
- The Financial Consumer Agency of Canada at [www.fcac-acfc.gc.ca](https://www.fcac-acfc.gc.ca)
- Your Money at [yourmoney.cba.ca](https://yourmoney.cba.ca)

## Tips from families

Only you know what will work best in your family. Here are some ideas that have worked for others:

- Start an RESP for your child. Anyone can contribute to it, including grandparents, other relatives and even your child.
- Help your child learn about money management:
  - Give chores a dollar value and pay your child by the job.
  - Provide an allowance and expect your child to pay for personal expenses.
  - Encourage your child to earn money outside the home, for example by babysitting or snow shovelling.
  - Encourage your child to put part of any money earned or received as gift into savings.
- Play Monopoly and other games that teach money skills.
- Set financial goals as a family, like saving for a trip or a special purchase.
- Teach your child about keeping track of income and expenses. Use the budget sheet on the inside back cover.

## STEP 4: what can you do right now?

Step 4 of the career and education planning process—What Can You Do Right Now?—introduces the idea that there are things your child can do right now to create a positive future, such as learning how to handle changes, set goals and manage time and money.

The focus is on **exploring** rather than making any specific plans.

SHARE THIS THOUGHT  
WITH YOUR CHILD

“The things you learn now will help you get ready for your future.”

### ACTIVITIES TO TRY

#### JUNIOR HIGH PREP

Try these activities to help your child with concerns about the transition to junior high:

- Visit local junior high school websites together.
- Take your child to open houses and other public events at junior high schools in your area.
- Encourage your child to talk about the transition.
- Some children are comforted by remembering transitions they’ve made in the past, such as from riding their bike on the sidewalk to riding on the street. Remind your child of successful transitions like these.

#### PRECIOUS TIME

In junior high and beyond, your child will be expected to manage time independently. These activities will help your child learn how to do that:

- Be a role model. If you’ve successfully managed time before but you’ve let things slide, start up your system again. Check out “Time-Saving Tools for Busy Lives” at [alis.alberta.ca/tips](http://alis.alberta.ca/tips) (search: time-saving).
- With your child, come up with a list of things you’d like to do together. How can you find or make the time you need to do them?
  - Could you have a screen-free night? Limiting computer, smartphone, tablet and TV time can free up hours every week.
  - Could you exercise together while you walk the dog? Or turn housework into a workout together?
  - Cook up big batches of favourite soups and stews to freeze and serve later. Then do something special together during the time you’d normally be making dinner.
- Invite your child to play the Time Bandits, Time Boosters Game in the student guide with you. Use the questions the game raises as discussion starters.

## SET A GOAL

Setting and meeting short- and long-term goals will help your child make the most of life's opportunities. Help your child develop this skill by working together to set and meet a family goal, such as travelling to visit a relative, growing a garden or saving for a special purchase.

- The best goals are **SMART**: **S**pecific **M**easurable **A**ttainable **R**elevant **T**ime-bound. Check out page 31 in the student guide for more information.
- See “From Dreams to Action: Setting SMART Goals” for suggestions for setting goals at [alis.alberta.ca/tips](http://alis.alberta.ca/tips) (search: dreams).
- Talk about your idea and set a SMART goal with your child.
- Make and follow an action plan to achieve the goal.

Celebrate your success together!

## closing thoughts

You may have learned something about your child's interests and strengths while exploring the suggestions in the *Parent Guide*.

Why not make or buy something small that reminds you of the time you've spent and the things you've explored together? Put it aside for safekeeping, with a note about your experiences. Give it to your child later, perhaps when he or she opens the keepsake box that is part of a classroom activity.

You can't be sure when your child will be ready to talk with you about the future, but those moments will happen. Because you've taken the time to explore the career and education planning process, you'll be ready to help your child see the possibilities and begin to shape a future.

That's something you can both feel good about!

# resources

## ALBERTA'S CURRICULUM

[education.alberta.ca/parents/resources.aspx](http://education.alberta.ca/parents/resources.aspx)

[learnalberta.ca/content/mychildslearning](http://learnalberta.ca/content/mychildslearning)

## ALIS-ALBERTA LEARNING INFORMATION SERVICE

[alis.alberta.ca](http://alis.alberta.ca)

The ALIS (pronounced Alice) website provides information, tools and resources for career and education planning and work search. Visit [alis.alberta.ca/video](http://alis.alberta.ca/video) and watch Getting Started with ALIS.

## OCCINFO

[alis.alberta.ca/occinfo](http://alis.alberta.ca/occinfo)

OCCinfo—occupation information—is a one-stop source for up-to-date information on Alberta's occupations, educational programs and schools. Click on Watch a quick tour.

## EDUCATION VIDEOS

[alis.alberta.ca/educationvideos](http://alis.alberta.ca/educationvideos)

Check out more than 70 videos featuring students sharing their experiences in a variety of different post-secondary schools and programs.

## OCCUPATIONAL VIDEOS

[alis.alberta.ca/occupationalvideos](http://alis.alberta.ca/occupationalvideos)

This resource features more than 200 five-to-six-minute videos with “real” people talking about their occupations.

## PAYING FOR POST-SECONDARY SCHOOL

<http://alis.alberta.ca/hs/fo/paying-post-sec.html>

Explore links and information in this resource to find out about funding your child's post-secondary education.

## STUDENTS WITH DISABILITIES

[alis.alberta.ca/disabilities](http://alis.alberta.ca/disabilities)

Check out these resources for students with disabilities and their parents.

### TIME TO CHOOSE A POST-SECONDARY EDUCATION PROGRAM

Download this publication for in-depth information about post-secondary schools and programs in Alberta at [alis.alberta.ca/pdf/cshop/timetochoose.pdf](https://alis.alberta.ca/pdf/cshop/timetochoose.pdf).

### YOUTH REFLECTIONS VIDEOS

See how young teens are connecting their hobbies to career and learning paths at: [alis.alberta.ca/hobbyvideos](https://alis.alberta.ca/hobbyvideos).

Find out how teens ages 15 to 17 are exploring potential occupations through volunteering, job shadowing and part-time work at [alis.alberta.ca/youthreflections](https://alis.alberta.ca/youthreflections).











Discovery

THE FUTURE



Exploration

WHO AM I?



WHAT'S OUT THERE?



What you will find inside:

- ➔ interactive career and education activities to do with your child
- ➔ coaching tips to help your child explore careers
- ➔ information about postsecondary education and training
- ➔ tips for encouraging your child to imagine their future

It's a Big World!

