

PARENTS



Help your teen find a rewarding career

It's not easy to find the career information you want. **To start, try these steps:**

1. Learn about your local labor market.

- What jobs are in demand?
- Who are the employers in your area?
- Are there internships available?

2. Discover careers that fit with your teen's interests, skills and values. Talk with your teen about taking an assessment.

3. Explore career options together.

Look for careers that are interesting to your teen, pay well and require education levels your teen can meet.

Your help is essential. See the reverse side for resources to help you and your teen.

Get help with these steps and more at

ISEEK's Parent Center

www.iseek.org/parents



RESOURCES



Information for parents about careers and education

ISEEK Parent Center. Help your teen explore careers, plan for his/her education and find a job. www.iseek.org/parents

MnCareers Parent Guide. Download at: www.iseek.org/mncareers/resources/parent.htm

Minnesota ParentsKnow Website. Get convenient and trusted child development, learning, health and parenting information. www.mnparentsknow.info

Get Ready for College. Learn how to prepare for, select and finance college. www.getreadyforcollege.org

Minnesota WorkForce Centers. No-fee tools, resources, job search and career planning services. **1.888.GET JOBS (1.888.438.5627)** www.mnwfc.org

Go Places. A free guide to the Minnesota State Colleges and Universities from your counselor. www.mnscu.edu/students

Your Teen's School Counselor. Contact the school to talk with your teen's counselor.

Minnesota State Colleges and Universities
is a partner in iSeek Solutions and an
Equal Opportunity employer and educator.