

Supporting your child's post-school plans

A checklist for parents

The [myfuture](#) website helps students, parents, and educators explore career options and plan for the future. It offers tools for discovering interests, researching education pathways, and understanding different careers. This checklist can help support your child in exploring their plans for after school.

- ☐ **Help them discover themselves**
 - Encourage your child to explore their interests, values, and skills using activities on myfuture.
 - Look at career options related to their favourite school subjects.
- ☐ **Explore education and training**
 - Research different courses and training programs that match your child's interests.
 - Visit open days at TAFEs and universities together.
- ☐ **Learn about careers**
 - Check out various jobs and industries on myfuture to see what different careers are like.
 - Watch videos of people talking about their jobs.
 - Suggest that they talk to family members or friends who are working in jobs that interest them, to find out about different jobs.
- ☐ **Get ready for job applications**
 - Use templates and tips on [myfuture](#) to help them write resumes and cover letters.
 - Encourage them to talk to local employers about doing work experience at a workplace, to get a feel for their chosen career.
- ☐ **General support**
 - Talk to your child about their feelings and plans for the future.
 - Keep up-to-date with the resources and support available to your child.
 - Offer emotional support and reassurance as your child navigates this transition.
 - If they're interested in a particular job, encourage them to go online and find out more about it – what training is needed, how much they'll earn, and what the job involves.