

# CAREER CONNECTIONS

## THE ASVAB CEP PARENT NEWSLETTER



FALL 2011

## IDENTIFY A ROLE MODEL

Our role models say a lot about us. Understanding why people choose particular role models provides a window into their ideals and their goals. As people talk about their role models, they are essentially talking about themselves.<sup>1</sup>

Professor of Behavioral Sciences, Dr. Mark Savickas, developed a "narrative counseling method for helping clients to fit work into their lives, rather than fit themselves to jobs." His career construction approach begins with a "career-style interview."<sup>2</sup> The interview includes questions concerning role models, favorite books and magazines, and movies and TV shows to name a few. The answers to these questions can help to solicit clues about someone's life goals.

### LOOKING FOR A WAY TO HELP YOUR TEEN ESTABLISH A DIRECTION?



**ASK:** Whom did you admire when you were growing up? Whom would you like to pattern your life after? List three heroes/role models.

- **What do you admire about each of these role models?**
- **How are you like each of these persons?**
- **How are you different from them?**

If your teen is having a hard time opening up, answer these questions yourself. Share whom you admired and why.

According to Savickas's theory, imitating role models helps people develop attitudes and form values and interests for certain activities. Consequently, skills develop through engagement in these activities.

The follow-up questions focus on the traits, values, skills, and other pertinent characteristics we deem important. During this conversation try to keep your opinion of what the role models are like to yourself. Let your teen talk.

Role models are only a fraction of the career construction theory. To learn more about Savickas's work, visit: <http://www.vocopher.org/resources.htm>

## Decision Making Tips<sup>3</sup>

Your Use these tips to help your teen navigate the decision making process.

### Identify priorities.

Determine what is important.

### Compare options.

The internet is a wonderful resource. Considering colleges? Use the internet to compare colleges side by side. Considering work? Use the OCCU-Find to explore over 400 careers.

### Get advice.

Talk to your teen and encourage him/her to talk to mentors, family friends, teachers, and counselors. Remember you've lived through what they're going through now. Share.

### Volunteer or visit.

Plan college visits or job shadowing opportunities so your teen can experience their options first-hand.

### Carefully consider the decision.

Allow them to think carefully about what is the best fit.

### Decide.

### Feel good about the decision.

Don't dwell on what might have been. Get excited about what's next.

## What Will Your Teen Do After High School?

We surveyed high school students who participated in the ASVAB Program and here's what they thought they'd do after high school:\*

- 48% - 4-yr College
- 8% - 2-yr College
- 2% - Vo-Tech
- 15% - Military
- 3% - Work
- 24% - Undecided



\*SY 2010-11

**GIVE** your child's **FUTURE** a boost today.

<sup>1</sup> Savickas, M. L. (1998). Career style assessment and counseling. In T. Sweeney (Ed.), *Adlerian counseling: A practitioner's approach* (4th ed., pp. 329-359). Philadelphia, PA: Accelerated Development.

<sup>2</sup> Savickas, M. L. (2009, June). The role of values in careers: Meaning and mattering in life design. Opening address for 9th Biennial Conference of the Society for Vocational Psychology, St. Louis, MO. <http://www.vocopher.org/resources.htm>

<sup>3</sup> College Decision-Making Guide How to Choose Which Offer to Accept <http://www.collegeboard.com/student/apply/letters-are-in/103.html>

## MOVING ON UP... AND OVER.

**"TODAY, 1 IN 4 WORKERS HAS BEEN WITH THEIR CURRENT EMPLOYER FOR LESS THAN A YEAR."<sup>4</sup>**

The needs of today's workforce have changed. An individual might decide to return to school or leave work to raise a family. Due to this shift in needs, the way a person's career progresses has also changed.

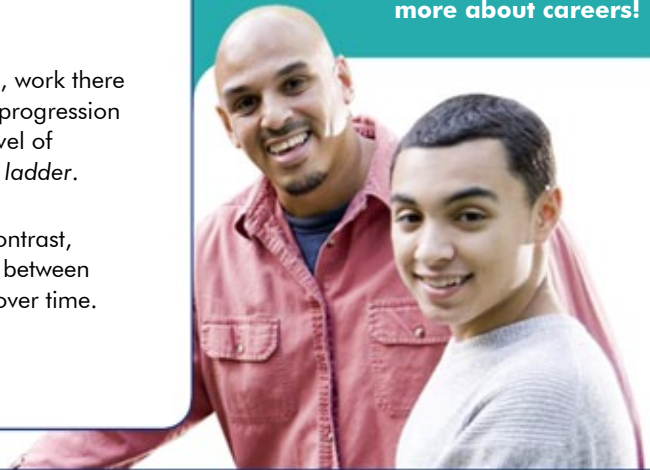
It used to be that an individual would get a job in an organization, work there for 30-years (hopefully earning promotions), and then retire. The progression of those jobs would be ranked from highest to lowest based on level of responsibility and pay. This progression was defined as the *career ladder*.

Career ladders display only vertical movement between jobs. In contrast, today's career lattices contain both vertical and lateral movement between jobs.<sup>5</sup> The ladder assumes that workers' needs remain consistent over time. "The lattice adjusts as workers' needs change over time."



[www.asvabprogram.com](http://www.asvabprogram.com)

**Encourage your child to participate in the ASVAB CEP to learn more about careers!**



## THE 30 FASTEST GROWING OCCUPATIONS, 2008-2018<sup>6</sup>

The Bureau of Labor Statistics characterizes occupations as "Bright Outlook" when they are expected to grow rapidly in the next several years, have a large number of job openings, or are new and emerging.<sup>7</sup>

Biomedical engineers  
Network systems and data communications analysts  
Home health aides  
Personal and home care aides  
Financial examiners  
Medical scientists

Physician assistants  
Skin care specialists  
Biochemists and biophysicists  
Athletic trainers  
Physical therapist aides  
Dental hygienists  
Veterinary technologists and technicians  
Dental assistants  
Computer software engineers, applications  
Medical assistants  
Physical therapist assistants  
Veterinarians  
Self-enrichment education teachers

Compliance officer (Inspector), except agriculture, construction, health and safety, and transportation  
Occupational therapist aides  
Environmental engineers  
Pharmacy technicians  
Computer software engineers, systems software  
Survey researchers  
Physical therapists  
Personal financial advisors  
Environmental engineering technicians  
Occupational therapist assistants  
Fitness trainers and aerobics instructors

## THE 10 INDUSTRIES WITH THE LARGEST WAGE AND SALARY EMPLOYMENT GROWTH, 2008-2018<sup>8</sup>

According to the Bureau of Labor Statistics, service-providing industries are projected to add 14.6 million jobs, or 96 percent of the increase in total employment, in the 2008-2018 period. Most notably, occupations in the healthcare and business services sectors are on the rise.<sup>8</sup>

Management, scientific, and technical consulting services  
Offices of physicians  
Computer systems design and related services  
Merchandise stores, sales  
Employment services

Local government, excluding education and hospitals  
Home health care services  
Services for the elderly and persons with disabilities  
Nursing care facilities  
Full-service restaurants

<sup>4</sup> <http://www.vocopher.org/Values/values.html>

<sup>5</sup> <http://www.onetcenter.org/ladders.html>

<sup>6</sup> The 30 fastest-growing occupations, 2008-2018. <http://www.bls.gov/news.release/ecopro.t07.htm>

<sup>7</sup> Employment Projections, 2008-2018.

<http://www.bls.gov/news.release/pdf/ecopro.pdf>

<sup>8</sup> The 10 industries with the largest wage and salary employment growth, 2008-2018. <http://www.bls.gov/news.release/ecopro.t03.htm>