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Overcome Career Barriers, Turn Them into Stepping Stones Towards Your Dream

Children may face numerous challenges while they explore their career paths.

The hardships that they will find in the process of choosing and achieving their goal are called career barriers.

If your children have a hard time dealing with their career barriers, give them accurate and objective information. On the other hand, for children who do not feel career barriers, you need to make them fully understand what they need to do in order to prepare for and achieve their dreams. Let's take a look at how to guide your children through the career barriers that are ahead of them.

These are some examples of career barriers

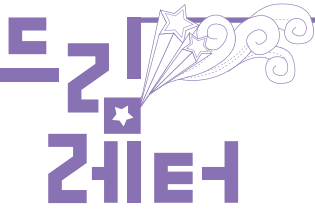
| | | | |
|-----------------------|-----------------------------------|---|---|
| Personal Factors | Lack of self-understanding | Low understanding of his/her characteristics, such as personality, interests, aptitudes, and values, which are taken into consideration when choosing a career path | "I don't know what I like or what I'm good at" |
| | Low Confidence | Thinks that he/she lacks the ability related to the desired career path due to physical weaknesses, insufficient academic performance, talent, or motivation | "I don't think it's something I can do" |
| | Lack of Information | Lack of knowledge in career progression and occupations and majors; and lack of information on career selection processes and procedures | "I don't know what I want to do" |
| Environmental Factors | Conflicts with the loved ones | When people who are close to them such as parents, teachers, or friends don't agree with their career decisions | "They want me to become a public servant, but I want to be a soccer player" |
| | Economic Difficulty | Economic difficulties in the course of choosing a career such as making living, high tuition, etc. | "Considering my family's situation, I need to make money rather than pursuing my dream" |
| | Social Stereotypes and Prejudices | Conflicts encountered in the career decision-making process due to stereotypes of school or occupation, gender discrimination, racism, etc. | "Why does everyone say I need to go to college?" |

Source: Careernet (www.career.go.kr) > Career Video > Causes of Career Barriers and Solutions



Help them understand their career barriers

Children who are frustrated and want to give up because of career barriers need to be guided to break their perception of career barriers. On the other hand, children with excessive self-confidence need help to correctly perceive their career barriers. For example, when a child says "I will start my own business in the future and be super-rich," he/she needs to understand the career barriers for it. You may check the information on how to prepare to be a CEO, or an "executive," with your child to help him/her realize that intense competitions and efforts such as a high level of education, competence, and qualifications are necessary. For children who don't feel the career barrier, you can help them increase their awareness and promote their career development.



Overcome Career Barriers Leap Towards Your Dream!

In the beginning of their career exploration, children may feel frustrated, thinking “why am I the only one not getting through this?” However, from stories of successful professionals, we can see many career barriers and the process of overcoming them. So what career barrier advices can parents give in realistic career talks with their children?



I love playing the piano so I want to become a pianist. However, my family is not financially well off and can barely pay for my lessons. Should I give up my dream?



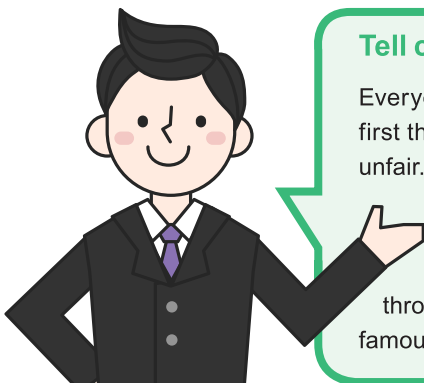
Conditions and circumstances of a career barrier is a major issue, but I would like to tell you that you could overcome any of them if you try hard. Rather than having negative thoughts about a career path and giving up in advance, think of them as stepping stones and strive towards your dream. There is a world-renowned golf player who became the best in the world in 2009 at the age of 19. Player Shin ○○, too, was playing golf in a difficult situation. But on top of that, her mother and two younger siblings got in a big car accident in her 3rd year of middle school. With this, her family got into the worst financial difficulty they could find themselves in and as a result, she suffered emotionally. Although Shin had to take a break from golf to take care of her siblings, she never thought about quitting. On the contrary, when she started playing again, she felt more determined. Shin played golf with all her heart, and became famous for her determination more so than her skills. Her family situation and the car accident were big obstacles for Shin, but after overcoming that hardship, she was able to grow into a world-class golf player.



I love soccer, and I am good at it. But everyone around me is telling me that it is difficult to become a successful soccer player, and the training is really hard. Should I need to listen to the teacher and get a stable job as a public servant instead?



The career barrier that singer Park ○○ faced was her parents' opposition. When she was in high school in the United States, she wanted to get involved in Theater and Film. But her father, who was a pastor, wanted her to study theology, and her mother wanted her to become a lawyer. Park prepared a presentation and persuaded her parents for an hour and a half, arguing several reasons. She did not deal with her parents the way most children do, such as arguing with them or running away from home. In addition, when she found out that there was no piano accompanist at her father's church, she made a deal to play the piano there every week. After putting in lot of effort, she was able to pursue the major she wanted and became a singer as she had once dreamed.



Tell children different stories about career barriers

Everyone faces their own career barriers. When your child runs into a career barrier, the first thing he/she feels is “Why do such things happen only to me?” He/she would feel it is unfair. Children tend to think that they should be able to have an easy journey towards their dream without obstacles. They may feel nervous that the barriers will stop them from achieving their goals. To correct this idea, parents and guardians should tell them that most people run into career barriers and even the most successful people have gone through many obstacles before reaching their goals. It is especially effective to talk about a famous person who had overcome the same career barrier that he/she is facing.



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Self-esteem and Career

A child's self-esteem is not formed overnight. Depending on how the parents treat and talk to their children, the latter's self-esteem may improve or be impaired. A child with high level of self-esteem can find a career path confidently by making various attempts and efforts. Let's see how you can improve a child's self-esteem.

Child with high self-esteem

- Has a positive outlook on everything.
- Is proud of his/her characteristics and possesses confidence.
- Knows and values himself/herself.
- Believes that he/she is worthy of the attention and love of others.
- Believes that he/she can do his/her job well.

Child with low self-esteem

- Has a lot of negative thoughts.
- Easily becomes frustrated and avoids difficulties.
- Blames himself/herself, thinking "I am a failure" when he/she makes a mistake.
- Has difficulties trying new things because of worries and fears.
- Plays the victim and blames others.

Source: Parents Onnuri blog > Children's Education Tip



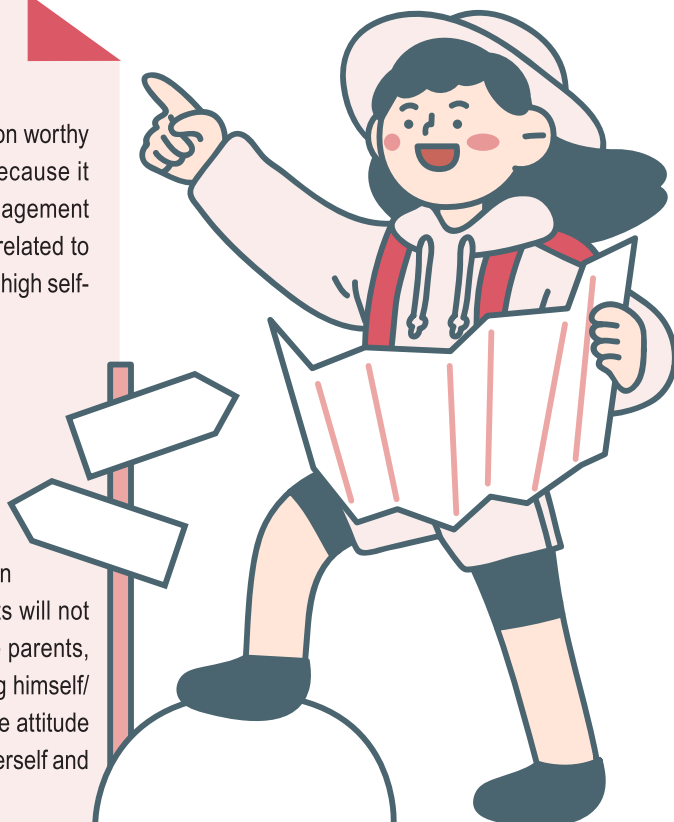
The Reason why self-esteem is important

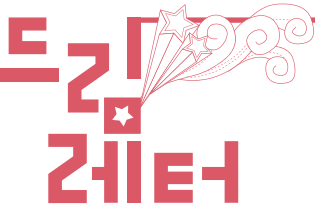
Self-esteem (Self-respect) is the attitude of regarding yourself as a person worthy of being loved. It is very important to improve a child's self-esteem because it affects many areas of life such as academic achievements, crisis management ability, leadership, and relationships. Self-esteem is especially closely related to academic achievement from elementary school to adulthood. In addition, high self-esteem can be a great help in your child's search for career path.



Your parenting attitude builds your children's self-esteem

One of the major factors that affect a child's self-esteem is the way the parents raise their child, that is, the "way to Love." A child who is praised and appreciated by his/her parents will try to do new things next time. On the contrary, children who are scolded and criticized by his/her parents will not even try when he/she gets a chance. Depending on the reaction of the parents, the child may think that he/she is competent and form an attitude valuing himself/herself, or have an opposite effect. A child with high self-esteem from the attitude of his/her parents can believe in their abilities, and also respect himself/herself and move forward with their dreams.





Improve Your Self-esteem and Go for Your Career

A child's self-esteem is most affected by their relationship with their parents.

Children who are complimented and appreciated by their parents have a positive mindset and are not afraid of challenges.

Raise your child's self-esteem so they can actively pursue their career path.



Fill out the following while talking to your child about self-esteem.

Why should you love yourself?

e.g.) I am precious and unique

What kind of things can you do to know yourself?

e.g.) I can think about what I like, and try them out

What is your short-term objective?

e.g.) I will read a science book in one month

What kind of career/occupation do you want to have in the future?

e.g.) I want to be a scientist and do a lot of experiments.

Source: Careernet (www.career.go.kr) > Career Videos > Videos by target > Middle Schooler (14-16-year-old adolescent) > search 'self-esteem and self-efficacy'

Why should you love yourself?

Learn more about self-esteem that raises confidence and a positive mind.

Tell your child that the person who can make him/her the happiest is 'himself/herself.'

Careernet (www.career.go.kr) > Career Videos > search 'self-esteem'





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For Your Child's Vague Dreams Give it Substance with Your Support

In high school, children would have to choose a career path, whether to continue going to school or to get a job. Children who have yet to decide on what to do need closer attention and advice. Let's find out how parents and guardians get prepared for a conversation with their children who have not decided on a clear career path.



Career Magnifier

**For children who say "I don't know yet,"
you need to trust them and wait**

In general, high school is the time when children need to develop and clarify their visions for their future and their career. So when children say, "I don't know yet," parents may get a little impatient. However, parents need to be aware children may feel pressured from your attitudes. Parents should show faith in their children. It is a good idea to listen to the child, find out what the child's interest is, and collect information about the related field and present it to them. It is also important to understand your child and not to have a stereotype even if you may not approve the career your child is interested in.

* Source: Ministry of Gender Equality and Family (www.mogef.go.kr) >
Good Parents Happy Child > Parenting information by children's age >
Adolescents' parents



Talk about career paths with indecisive children

Is your child still unclear about his/her career? Then it might be a good idea to do a little research in what career paths are there by the areas of interest your children have and their prospects to talk with your children. It is also important to evaluate and understand your children objectively. Have a free conversation with your children about their future, but help them find out what they can do and what they want to do. Know your children's interests, personalities, and abilities and guide them in searching and finding the information appropriate for the relevant career path. The attention and affection that parents give will be a strong support for the child's career concerns.

* Source: Nice Parents Service (par.dje.go.kr) > Education Activities
> Career Guidance > Career Guidance for My Child > High School



Career CLICK

Have faith and wait for your child. Meanwhile, it will be good to know some useful career-related websites so that you can readily provide the information when needed. The following websites provide various information about careers and occupations.

Careernet(www.career.go.kr)

Various career and psychological tests, career counseling, career videos, and information on jobs and majors

Worknet(www.work.go.kr)

19 types of occupational and psychological tests, career guidance, and academic information for further study

Ggoomgil(www.ggoomgil.go.kr)

Platform supporting career experiences.
Provides various program information and career experiences

Finding Career Information

Parents Onnuri(www.parents.go.kr)

Domestic and foreign educational policy trends for parents, children's education information, Parents' TV and study area, etc.

Korea Research Institute for Vocational Education & Training(www.krivet.re.kr)

Develops various qualification systems, and educational training programs, provides information and counseling on career

Korea Youth Counseling & Welfare Institute(www.kyci.or.kr)

Supports information on youth counseling and welfare, and 220 locations of youth support centers and shelters

Career Information App for Parents, '맘에 쏙 진로'

Search Google Play/App Store for '맘에 쏙 진로'
Provides guidance for children's career path, information about career and further study, etc.



The Starting Point for Effective Career Guidance

"Courage to observe"

The important thing in helping your child's career exploration is your interest and support as a parent. In order to effectively communicate with your child, you need to have the "courage to observe." If you force your opinion on your children without trying to listen to them first and understand what they need, it can be difficult to start the conversation.



One more step towards a career

For a successful career education, the role of the parents is essential. If parents' influence or if their personal desire is forced unilaterally, conversations with the child may stop and the career exploration that the child has done through school activities may become useless. In other words, many things can change depending on the parents' attitude. Professor Kim Bong-hwan of the Department of Education at Sookmyung Women's University says that parents need "the courage to observe" to prevent these kinds of problems. For children to think and choose wisely their career by themselves, they need to experience things on their own. Even if the parents may feel uneasy and frustrated to watch their children struggling, they need to be patient and have the courage to just observe. Be sure to provide help at any time, but do not force your thoughts on your children. In any case, it is important to listen to your child first.

Source: Ministry of Education, "Career education starts with happy family" <Happy Education> June 2016



What is a good way to talk to your child when his/her idea of a career is different from yours? Look at the examples below, on the left side of the table. Talk to your children how to improve your tone and try to talk positively.

| Parents' words that have negative effects | Parents' words that have positive effects |
|---|--|
| Why do you want to be a flight attendant of all things? | Ex) What made you want to become a flight attendant? |
| You're saying it only because they look cool on TV? | Ex) Don't you think you should find out more about the work flight attendants do, other than what you see on TV? |
| Do you even know how hard being a flight attendant is? | |
| Even if you become a flight attendant, you can't work for that long, I heard. | |
| Can't you just go to a college and live like everyone does? | |

* Reference: National Center for Parents Education
(www.parents.go.kr) > e-Library > Center publications
> Education materials
> Parent-child relationship > <Happy education for children>

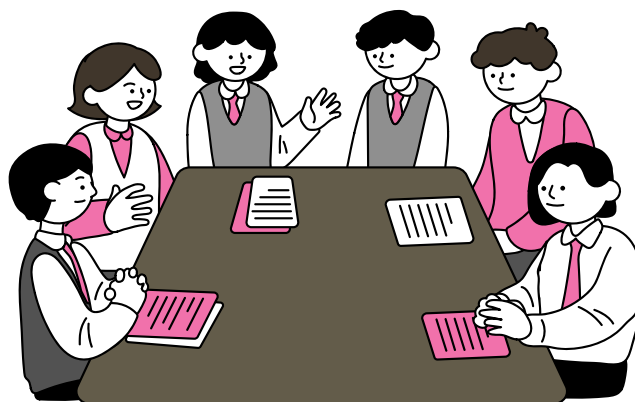


Career Path Recipe

Strengthen your child's behavior in a positive way!

There are times when you feel at a loss while raising a child. Let's learn the three keywords that increase children's self-esteem and lead them to be wiser.

YouTube (www.youtube.com) > Career Recipe for Parents
> [Dahaeng TV] How to increase positive behavior of children from multicultural families



Career Q&A

If you want a clue on how to have a conversation with your children who are facing difficulties finding their dream job, read the cases on Careernet open career counseling and guide them to explore their interests.

Careernet (www.career.go.kr) > Career Counseling
> Request Counseling > search 'I don't know how to decide on my career'

