

# Career Corner

## OPHS Parents' Coffee

9/14/20

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# Agenda

- Presenter's Background/CV
- Career Initiatives Today
- Career Initiatives For the Future
- Career Resources
- Parent Recommendations
- Questions & Answers (Q&A)

# Presenter's Background/CV

- Duke BA in Psychology & French, Michigan MBA, UCLA College Counseling Certificate with Distinction in 2011
- Worked in Career Placement Office at University of MI and in the marketing research/consumer insights industry for 25 years
- Duke Alumni Admissions Interviewer from 1989-2009
- College & Career Center (C&CC) Technician at Oak Park High School beginning August 2019
- Part-time Career Advisor since Jan. 2020 (working Mondays-Thursdays from 8am-1pm)
- Worked as a substitute C&CC Specialist at TOHS (2018-2019) and NPHS (2017-2018)
- Passionate about working with high school students and helping them to learn about different jobs, careers, majors, minors, etc.



# Career Initiatives Today

- Career Chats Sessions with outside speakers at lunch on the 1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month (initiative being coordinated by 11<sup>th</sup> grader Elena Yan)
- Learn at Lunch Workshops (Resume Building, Art of the Introduction, Virtual Career Activities, etc.)
- Informational Discussion/Interviews (IDIs) with OPUSD parents and friends of OPUSD (based on OPEF Fall 2020 survey results)
- Career Resources available on Career & Job Search Resources page on the OPHS website
- Virtual College Visits with specialty/career-focused colleges visiting OPHS (i.e., Academy of Art, SCAD, FIDM, etc.)

# Career Initiatives Today (Cont'd)

In California, CTE (Career Technical Education) is made up of 15 career pathways and all of these will be exposed to OPHS students interested in any of these fields:

- Agriculture and Natural Resources
- Arts, Media, & Entertainment
- Building & Construction Trades
- Business & Finance
- Education, Child Development, & Family Services
- Energy, Environment, & Utilities
- Engineering & Architecture
- Fashion & Interior Design
- Health Science & Medical Technology
- Hospitality, Tourism, & Recreation
- Information & Communication Technologies
- Manufacturing & Product Design
- Marketing, Sales, & Services
- Public Services
- Transportation



# Career Initiatives for the Future

- Database of part-time jobs/community service opportunities (virtual and in-person) coming soon
- Project Shadow: Job Shadowing, Internships, Micro internships (more likely to happen post-COVID)
- Showcase for what students learned during their experiential learning experience(s) likely 2021-2022
- Advisor for Model United National Club for the 2020-2021 academic year
- Career Information Sheet (like College Info Sheet) reference tool

# Career Resources

- Career Drop-In Office Hours—Links on C&CC homepage
- Individual appointments (15-20 minutes) available by emailing [pfriedman@opusd.org](mailto:pfriedman@opusd.org)
- C&CC eNewsletter emailed to students and parents on Friday afternoons (look for Career Corner info)
- Career & Job Search Resources page on the OPHS website (updates being planned for 2021)
- Naviance –comprehensive college & career readiness platform for resumes, career assessments, college major searches, etc.

[About Me, My Stuff, Resume or About Me, My Stuff, Journal-to upload a resume]



# Parent Recommendations

- *Stay involved without hovering*
- Have realistic expectations, articulate them, AND be there to support and encourage your student
  - Student buy-in into your expectations
  - Provide love and support:
    - Show you care
    - Volunteer whenever possible
    - Provide academic support
    - Accept that your child will have ups and downs
    - Make sure your student has some free time or down time



# Parent Recommendations (Cont'd)

- *Encourage independence*
- Keep an open dialogue with your student
  - Create a comfortable, sharing environment
  - Provide feedback when appropriate
  - Your student's health and well-being comes first
- Know your student's school
  - Encourage students to reach out to Mrs. Friedman
  - Attend C&CC Information Nights/CKNs
  - Read the school's eNews, bulletins, and emails
- Be proud of your student's unique gifts

# Questions & Answers

