

english | englisch

Year 7–13

'elternpower | kompass'

The Guide to Career Choice

For parents and others
who accompany young people

You are the compass for your child



Which career suits me? How can I achieve my career goals? And what exactly is waiting for me out there in the world of work? On the path to a career, young people often face a mountain of questions and challenges.

You, dear parents and guardians, are the most important companions, encouragers and advisors on this journey.

Your role is both responsible and vital:

You support rather than dictating.

You open doors rather than prescribing paths.

Career orientation ('Berufliche Orientierung') is not a one-off event but a lifelong process that began with the words, 'That's what I want to be when I grow up!'. Now begins the most intensive phase of this process.

To help you support your

child effectively, we are here to support you:

The 'elternpower|kompass' from 'Netzwerk Zukunft' (Future Network) is your guide, accompanying you – depending on the school year – with useful tips and links right up until your child chooses their career.

'elternpower' at a glance: What really matters!

How you can support your child with their career orientation at any time – regardless of which year they are in.



Show interest

Ask regularly about what your child is experiencing at school, in their free time, at holiday jobs or during work experience placements ('Praktikum'). This helps you find out what they enjoy and what topics matter to them.



Listen and take them seriously

When your child talks about career ideas, no matter how unusual, listen without judging. Show openness and a willingness to explore new things together.



Facilitate experiences

Give your child insights into the working world as often as possible – through work experience placements, volunteering, hobbies or a day at the workplace. Use your own contacts to show your child new career perspectives. Encourage your child to try things out and discover what suits them.



Share your story and reflect on expectations

Talk about your own daily work life and career path – including any detours or changes – and consider what you wish for your child. Show that you are there to support them with your experience while allowing them to find their own way.



Encourage them and stay relaxed

Career orientation takes time. Not everything succeeds on the first try. Obstacles and fresh starts are part of the journey. Praise them when things go well and offer support when things get difficult, but without applying pressure.



Foster independence

Let your child handle things themselves. Taking on responsibility builds self-confidence, reliability and perseverance while providing security for new challenges.



Be present and show you trust them

Make time for conversations – even short ones. Show that you believe in your child and trust in their abilities. A heartfelt 'I'm proud of you!' often has a stronger impact than a large amount of advice.

In short:
Show
'elternpower'!



Awakening curiosity

Use parents' evenings to get to know teachers, the school administration and other parents. Find out what career orientation offerings are available at the school.

Support your child in building a [career choice portfolio](#) ('Berufswahlportfolio') – every project and certificate counts.

Many schools integrate skills assessments and [potential analyses](#) ('Potenzialanalysen') into their lessons. The results provide an initial impression of potential strengths and interests. Talk to your child about this – it helps them get to know themselves better and become more aware of their own strengths.

Show your child and other young people your own working world. A great opportunity for this is the [Brandenburg Future Day](#) ('Zukunftstag Brandenburg'), where young people from Year 7 upwards can take part, gather their first experiences and make contacts in the working world.

Similar impressions can be gained during the [Social Day](#) ('Sozialer Tag'), where your child can combine social action with career orientation.

Check with parent representatives or the class teacher to see if your school facilitates participation, and motivate your child to take part. The same applies here: ask them what impressions they gathered.



Discovering interests

Talk to your child about their strengths, skills and interests. The 'Bundesagentur für Arbeit' (Federal Employment Agency) supports this with the '[Check U](#)' format – a free online skills assessment tool which helps uncover professional strengths.

Offer to talk to your child's class about your career and how you got there – this makes career orientation tangible and personal.

Explore different [educational paths](#) together – apprenticeships, the vocational A-Level equivalent ('Fachabitur') or a degree apprenticeship ('duales Studium') – and see what best suits your child's strengths and possibilities. Find out together what everyday working life in these professions actually looks like, so that goals remain realistic and your child makes a choice that feels right. The [Brandenburg Future Day](#) ('Zukunftstag Brandenburg'), open company visits or [regional fairs](#) offer good opportunities for orientation. You can find all the dates at [elternpower-brandenburg.de](#).

After these events and other project days, discuss with your child what they took away from them and what insights might be important for their further career orientation. Have your child add collected materials or notes to their [career choice portfolio](#) – this way, you will both have the opportunity to refer back to this information later, e.g. when applying for jobs.

In the coming school year (Year 9), a compulsory [work experience placement for pupils](#) ('Schülerbetriebspraktikum') is on the agenda. Help your child look for a placement early on and consider together which placement provider matches their interests and skills. Find out about the general conditions and encourage your child to start approaching potential companies directly now. [Checklists](#) help you and your child to prepare well for a placement and complete it successfully.

Testing abilities

In this school year at the latest, your child will get their first direct glimpse into the professional world: the [work experience placement](#).

Various online platforms can help in the search for a suitable placement: e.g. [the placement search of the 'Bundesagentur für Arbeit'](#) or school student placements in [nursing](#) and the [agricultural sector](#).

Regional placement exchanges in your chamber district:

Potsdam:

- [IHK Work Experience Atlas](#) ('IHK-Praktikumsatlas'),
- [HWK Apprenticeship and Work Experience Exchange Potsdam](#) ('Ausbildungs- und Praktikumsbörse der HWK')

Cottbus:

- [IHK Work Experience Atlas](#) ('IHK-Praktikumsatlas')
- [Lusatia Work Experience Portal](#) 'Praktikum Lausitz'

Frankfurt (Oder):

- [IHK Work Experience Atlas](#) ('IHK-Praktikumsatlas')
- [Work Experience Portal Frankfurt \(Oder\)](#) 'Praktikumsbörse der HWK Frankfurt (Oder)'

Support your child during the application and preparation phase and use specific [checklists](#) for this. Your child can tell you which aspects are already being covered in class at school. You, in turn, can add your own experiences – for example, regarding application procedures for placements in your company. Look over your child's applications and provide constructive and motivating feedback.

Always encourage your child to show initiative: to plan themselves, to make contact themselves, and to write by themselves. Voluntary placements organised by the students themselves during the holidays also provide further insights. Children who are otherwise hesitant to take action benefit

particularly from this and gain self-confidence.

Visit [career fairs and information events](#) together; there are often specific sessions for parents here too. If needed, accompany your child for careers guidance ('Berufsberatung') at the Career Information Centre ('Berufsinformationszentrum (BIZ)') at the Employment Agency ('Agentur für Arbeit') in [Potsdam](#), [Neuruppin](#), [Frankfurt \(Oder\)](#) and [Cottbus](#) – there, you can get advice together and discover new career perspectives.

Think together about what happens [after Year 10](#) – regardless of which type of school your child is currently attending. Open days at educational institutions are ideal for getting an idea of the offerings and possibilities. Also, pay attention to application deadlines for vocational training. In some cases, young people have to apply as early as Year 9.

Encourage your child to build on their strengths. Support them in getting involved and showing who they are – because many companies pay close attention to motivation and personality. Reports and absences are also part of this – as part of an overall impression.

HWK = Chamber of Crafts, IHK = Chamber of Industry and Commerce

Making decisions

Start planning the further educational or training path specifically with your child right at the beginning of the school year, ideally using the summer or autumn holidays for this. This brings relief during the upcoming exam period at the end of Year 10 and creates clarity and motivation. Many apprenticeship positions are already allocated by 1 December.

Talk to your child about applications, job interviews and selection tests and support them in this important phase. Information on how your child can prepare for these important milestones is available on the [elternpower website](#).

Rejections are normal and no reason to lose heart. Motivate your child to look for alternatives or to do further [work experience placements](#). Use your network too: perhaps someone knows a company where your child can find a career prospect. Celebrate progress together – every application or interview is a success.

Does your child want to do their A-Level equivalent ('Abitur') or university of applied sciences entrance qualification ('Fachhochschulreife')? Support them in choosing the [secondary school](#) or their courses. Talk about what suits them and what paths are open afterwards: an apprenticeship, [university studies](#), a [degree apprenticeship](#), a [voluntary year](#) or perhaps a [stay abroad](#) first?

Above all, the variety of options gives your child the chance to choose the path that is right for them and to pursue their career goal with motivation.

Shaping perspectives

Encourage your child to visit [fairs and university information days](#) and accompany them if needed. In personal conversations with trainers and training ambassadors, your child will receive first-hand information and experiences and can ask questions directly.

Show your child: there are many paths after the A-Level equivalent ('Abitur'): Talk about [fields of study](#), apprenticeships or degree apprenticeships. Use study and careers guidance services, e.g. in Career Information Centre ('Berufsinformationszentrum (BIZ)') at the the Employment Agency ('Agentur für Arbeit') in [Potsdam](#), [Neuruppin](#), [Frankfurt \(Oder\)](#) and [Cottbus](#).

Start planning the further educational or training path specifically with your child right at the beginning of their final school year, ideally using the summer or autumn holidays for this. This brings relief during the upcoming exam period at the end of Year 12 or 13 and creates clarity and motivation.

Talk to your child about applications, job interviews and selection tests and support them in this important phase. Information on how your child can prepare for these important milestones is available on the [elternpower website](#).

Rejections are normal and no reason to lose heart. Motivate your child to look for alternatives.

The period from Years 11 to 13 is ideal for children to earn their first own money with holiday jobs or student jobs, or for social action.

These experiences give your child the feeling that, in addition to earning money, they can make a difference with their work in a company and can contribute to their career choice decision. Proof of these activities can also be helpful for future applications. In addition, first small jobs promote independence and self-organisation.



There is no single correct path to a career, but rather many good possibilities.

Stay interested, open and confident – your trust, your backing and your time are what strengthen your child the most.

You can find all information regarding your parental involvement in your child's career orientation at [elternpower-brandenburg.de](https://www.elternpower-brandenburg.de).

- [General information](#) and basics on the topic of career orientation in Brandenburg
- Information on [school types and training paths](#) in Brandenburg
- Information on the [Federal Career Orientation Programme](#) ('Berufsorientierungsprogramm des Bundes')

More information, event dates and tips for you and your child



www.elternpower-brandenburg.de

Contacts & Regional contact persons



[elternpower-brandenburg.de/regionale-experten](https://www.elternpower-brandenburg.de/regionale-experten)



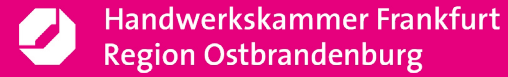
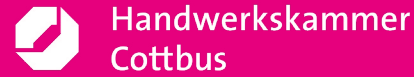
The Newsletter of 'Netzwerk Zukunft':

For parents, schools, and businesses. Four times a year, updates on topics, highlights, and events related to career orientation. Sign up now!



netzwerkzukunft.de/newsletter

Members and Partners



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