

Six ways to support your children when they finish school

School has been a significant part of your child's life. They may have mixed emotions as they approach the end of it. They may be excited or unsure about their post-school plans or feel a bit anxious or overwhelmed. As their parent, you can support your children through to their first big career transition, whether into study, work or play.

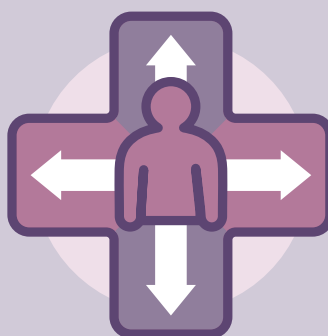
1 Reflect on your child's success.



Take some time with your child to reflect on their last few years of school. Help them recognise their achievements and highlight their strengths, no matter how big or small. Help them add their achievements to their resume.

► [myfuture career article: Write strong achievements](#)

2 Help your child understand their pathways.



Help your child understand how university or TAFE works compared to school. Together, research the academic, career and wellbeing support services and social activities available to them.

► [myfuture Career articles](#)

3 Support students into work.

A job will do more to support your child's transition than anything else. It will put money in their pocket and skills on their resume. Help them find and apply for jobs, including through your own personal and professional networks.



► [myfuture's Job seeker resources](#)

4 Promote professional social media.

A professional approach to technology is essential in the modern world. Encourage your child to set up a professional email address to use while job-hunting, and to review their social media accounts and activity.



► [myfuture Career article: Clean up your digital footprint](#)

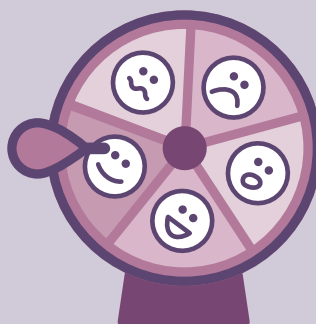
5 Keep an open mind about gap years.



For some students, a gap year might be their best post-school plan, especially if they're unsure about what they really want to do. Discuss with your child the benefits and risks of a gap year and help them identify proactive, reasonable options.

► [The Guardian article: Considering a gap year? A note for parents](#)

6 Look after your child's wellbeing.



The end of school is likely to be your child's first big career transition. They may feel anxious about leaving the familiarity of school for an uncertain future. Be attentive to their emotional states and be there for them if they need a chat.

► [myfuture Insights report: The power of career conversations](#)