

# Guiding Your Child through the Career and College Planning Process

*A Curriculum for Educators to Use with Parents*



## Overall Goals:

- Help parents of middle school and early high school students understand how important they are in the career and college planning process, even if they did not attend college themselves.
- Prepare parents to serve in their roles as:
  - ✓ Planners (Coach)
  - ✓ Providers (Sponsor)
  - ✓ Persuaders (Cheerleader)
- Foster parent/child communication.
- Provide practical tips on assisting their child in planning, applying, paying, and transitioning to college.



**Orientation Webinar:** Prior to offering the curriculum, we encourage you to view the [15-minute Parent Curriculum Orientation webinar](#) to become familiar with the content and resources.

**The curriculum is divided into six sessions. Each session has an online PowerPoint Presentation, Facilitator Guide, and handouts for parents.**

- [Session 1: Learn about Your Child's Interests and Skills](#)
- [Session 2: Enhance Your Child's High School Experience](#)
- [Session 3: Learning How to Choose the Best Colleges for Your Child](#)
- [Session 4: Exploring the College Application and Admissions Process](#)
- [Session 5: Learning About Financial Aid and Paying for College](#)
- [Session 6: Keeping on Track and Transitioning to College](#)
- [Overview Session: Overview of the Career and College Planning Process](#)  
(contains condensed content from across all six sessions)

Using the analogy of planning for running in a race, parents learn how they can serve as Planners (Coach), Providers (Sponsor), and Persuaders (Cheerleader).

**The content within each session will help parents and their children develop a “track” to meet their college and post-high school goals. Because many “tracks” have hurdles, parent involvement is a crucial support!**

For further information, including the availability of a Spanish version, contact Lisa Sommerfeldt, Curriculum Coordinator/Instructional Designer at [lasommerfeldt@northcarolina.edu](mailto:lasommerfeldt@northcarolina.edu).

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