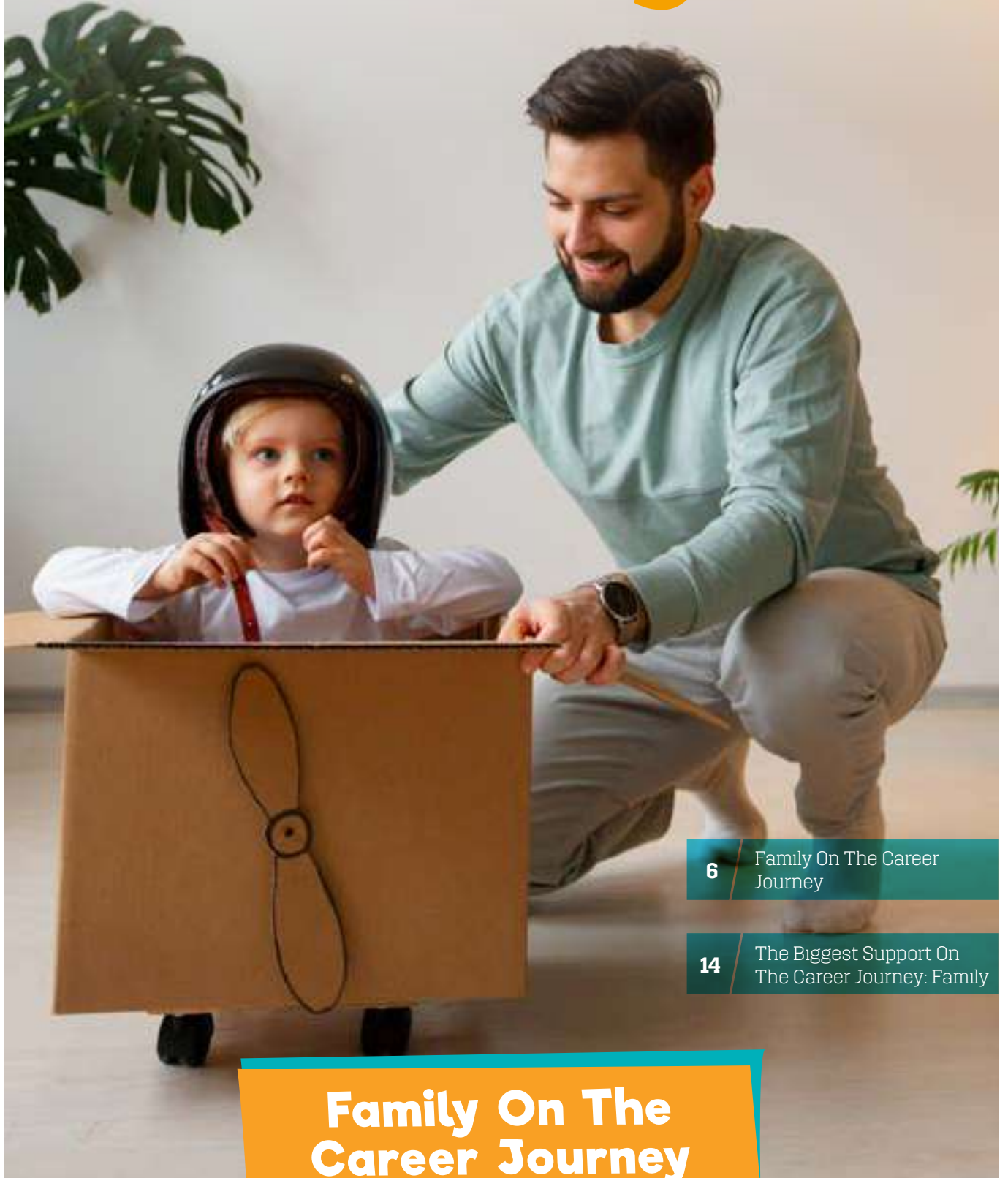


Turkish Maarif Foundation
Maarif Family Bulletin
December 2025 | Issue: 19

MAARİF family



6

Family On The Career
Journey

14

The Biggest Support On
The Career Journey: Family

**Family On The
Career Journey**



PRESENTATION

Mahmut M. ÖZDİL
President of Turkish Maarif Foundation

Dear Parents,

Turkish Maarif Foundation, which carries out formal and non-formal education activities all over the world, operates internationally to share Türkiye's experience and knowledge in the field of education. Our foundation, in accordance with the principles of Law No. 6721, is authorized to establish and operate international educational institutions from preschool to higher education. In addition, it provides scholarships and housing support to students, conducts research and development activities in education, develops curricula, organizes international education fairs, and prepares periodic and non-periodic publications. Our Foundation acts with the mission of raising "Virtuous People" by blending humanity's common heritage and values. A good and virtuous person is one who uses his/her intellect, has willpower, has a conscience, and is always active. We believe it is necessary to create suitable conditions for good people to grow. At this point, as Turkish Maarif Foundation, we act with the awareness that every child is unique and has their own individuality. We know that each of our students has a unique color, voice and style, and we strive to offer them the most appropriate approach accordingly. Thus, we aim to help our children realize their own potential. In this regard, we highly value collaborating with our most important educational stakeholders, our parents. With the support we receive from our parents, we grow stronger as we carefully prepare each of our children for the future.

The family has an important role in the child's education process. Children gain their first experiences of life with their families. Children need the loving guidance, support and direction of their families to grow up healthily, prepare for life and acquire the necessary skills. This education process starts in the family, and the school builds on this foundation laid by the family by adding knowledge, skills, and values. The cooperation between school and family has a positive impact on children's development and provides them with great strength on their educational journey.

As Turkish Maarif Foundation, we see involving parents in the educational process as an important responsibility in preparing our children for life. Maarif Family Bulletin is prepared for you, our valuable parents, as a requirement of this responsibility. Maarif Family Bulletin aims to guide our parents and increase school-family cooperation to support the physical, mental, emotional and academic development of our children in the best way possible. In each issue, we provide you with information, recommendations, and activities within a special theme. We believe that this work, prepared with great dedication and effort, will raise awareness among our parents, contribute to the development of our students, and we present **Maarif Family Bulletin** for your benefit.



IN THIS Issue

Dear parents, in this issue, we discussed the topic of “Career Journey” to help you provide the support and guidance your children need in the profession choice and career planning processes that will shape their lives. Based on the view that children’s career choices in accordance with their interests, talents and personality traits increase their life satisfaction, we aimed to help you, dear parents, gain awareness about the career journey and provide guidance to their children.

In this regard, we first addressed the importance of profession choice and cultural and socio-economic factors. Then we covered topics such as the role of parents in the career journey, ways to balance between parents and children’s preferences, and how to discover children’s potential. Finally, we have touched on possible mistakes that can guide parents in this process and tips that can facilitate this process. We have also prepared activities, career cards and question and answer sections that you can do with your children. It is important to remember that choosing a career is not just about choosing a job; it is also the choice of a lifelong lifestyle. It is of great importance to be with your children on this journey, to guide them and provide support at every step. We wish you a pleasant and mindful reading experience...

**Guidance and Psychological Counseling Coordinatorship
Department of Educational and Instructional Practices**

Publisher:

On behalf of
Turkish Maarif Foundation
Mahmut M. ÖZDİL

Editorial Board:

Ahmet TÜRK BEN
İsmail ÇUHADAR

Editor:

Assoc. Prof. Dr.
Muhammet Ü. ÖZTABAK

Authors:

Tuba ÇETİN
Ayşe Reyhan NAS
Melike KARADENİZ

Contributor:

Huriye Merve EMİROĞLU

Design:

Ahmet KARATAŞ

TABLE OF CONTENTS



P.04



P.05



P.06



P.07



P.08



P.12



P.14



P.22

THE IMPORTANCE OF CHOOSING A PROFESSION.....	4
CULTURAL AND SOCIOECONOMIC INFLUENCES ON PROFESSION CHOICE.....	5
THE ROLE OF PARENTS IN THE CAREER JOURNEY.....	6
FINDING THE BALANCE BETWEEN PARENT AND CHILD ON THE CAREER JOURNEY.....	7
DISCOVERING THE CHILD'S POTENTIAL.....	8
MISTAKES PARENTS MAKE ON THEIR CAREER JOURNEY.....	10
TIPS FOR PARENTS ON THE CAREER JOURNEYS.....	12
THE BIGGEST SUPPORT ON THE CAREER JOURNEY: FAMILY.....	14
VOCATIONAL INTEREST CARDS.....	16
ACTIVITY- LET'S THINK AND DISCUSS.....	18
QUESTION AND ANSWER CORNER.....	20
PARENT-CHILD ACTIVITY CALENDAR.....	22
REFERENCES.....	24

THE IMPORTANCE OF CHOOSING A PROFESSION



In order for the process of choosing a profession to be carried out in a healthy way, the individual must first get to know himself/herself, know what he/she wants and be aware of the paths he/she needs to take in the process of achieving his/her wishes.

One of the most important decisions that shapes people's future and shows what kind of life they prefer to live is their career choice. One's profession shapes not only their social environment, income level, lifestyle, and mental health, but also the values they will adopt. Choosing a profession may mean determining not only the work one will do, but also the work environment, colleagues, and sometimes even lifestyle, shaping one's future. In this direction, the potential of a child who chooses a profession in accordance with his/her interests, abilities and personality traits to become an active, responsible and life-satisfied adult increases. On the other hand, a child who chooses a profession he/she does not want to do may feel restless and dissatisfied over time.

Career is a lifelong professional journey shaped by education, work and life experiences. This journey is an inclusive process that includes not only the choice of profession but also the realization of one's interests, abilities and values, the experiences gained and the steps to be taken to achieve one's goals.¹ Career development is considered as a whole in order to ensure that individuals make choices that are appropriate to their characteristics throughout their lives and develop the necessary competencies. In this context, there are three basic competencies: acquiring knowledge and awareness about the career process, making career preparation by establishing links between the educational status and goals, and the decision stage in which the career plan is put into practice. These competencies can be explained as getting to know oneself, developing decision-making skills, exploring the opportunities offered by the business world,

discovering the strategies required in the process of reaching the career they aim for, and evaluating the relationship between their qualifications, education and the business world.²

In order for the process of choosing a profession to be carried out in a healthy way, the individual must first get to know himself/herself, know what he/she wants and be aware of the paths he/she needs to take in the process of achieving his/her wishes. Although career choice comes to the forefront during the transition period to university, it is actually a process in which a person's perspective on himself/herself and professions is shaped by the influence of environmental conditions starting from childhood.³ Career guidance offered by experts to help children recognize their interests, abilities, personality traits and professional values and evaluate the options they have helps this process to proceed more efficiently.

Providing the necessary information and guidance to children through guidance services on issues such as the introduction of professions, factors to be considered in this process, working conditions and job opportunities will contribute to a more efficient career process. Research on the career process has shown that people who describe themselves as happy and successful generally associate their professions with their meaning and values in life as well as being a field of employment.⁴ In this respect, it would be possible to say that people who have a sense of belonging and connection with their chosen profession have a privileged position in their lifelong career journey.

CULTURAL AND SOCIOECONOMIC INFLUENCES ON PROFESSION CHOICE

It is important for a more productive society with high job satisfaction and life satisfaction that children can make free choices in line with their interests, abilities and personality on their career journey.

Cultural and socioeconomic factors, which play a decisive role in many areas of life, can be clearly seen in the process of choosing a profession. Considering the socioeconomic conditions such as the family's income level, living environment and educational status, it is also possible that the child's career choice is affected by these conditions. It is important for a more productive society with high job satisfaction and life satisfaction that children can make free choices in line with their interests, abilities and personality on their career journey. For this reason, parents' conscious and supportive steps in this process will help children to form more realistic professional identities.

The fact that children consider social and economic conditions as well as their talents and interests in choosing a profession shows how cultural and socioeconomic factors are reflected in the process. Children who evaluate the cultural structure and socioeconomic resources of their society can make decisions within the limits of these structures and resources. In addition, cultural and socioeconomic conditions can also be decisive on the interests of individuals; they can also affect the research processes for professions of interest and the personal development activities carried out in this direction.

Children may also be influenced by the social environment they live in and the value judgments of their families. The fact that various occupational groups are seen as privileged, respected or successful compared to others is one of the factors that shape children's perspectives on professions. Professions approved by the social-cultural environment they are a part of may become the ideal in children's minds. From this point of view, it can be said that there is a significant relationship between the interest of children in professions such as teaching or doctoring, which are considered respectable in their environment, and the value levels of these professions in society. However, the society in which the child lives attributes certain professions to genders due to various cultural stereotypes may also be a factor in children's choice of profession. Especially in societies where certain professions are categorized as specific to girls and certain professions as specific to boys,

children may not be able to go beyond gender stereotypes and may have difficulty in choosing a profession that suits their potential. In societies where conventional expressions such as "Girls cannot be engineers" and "Boys cannot be nurses" are commonplace, children may have difficulty in choosing a profession that suits their interests and abilities, and may gravitate towards occupational groups that society considers appropriate for their gender. For this reason, it is very important to give children equal opportunities and rights in choosing a profession and to avoid various stereotypes.

Another important factor when it comes to socioeconomic impact is the adequacy of economic resources. When the family in which the child grows up has limited economic resources, parents are more likely to steer their children toward occupations that offer quick and easy employment and a high level of financial income. On the other hand, families with greater economic resources are more likely to give their children more opportunities to choose a profession and encourage them to explore different fields, making it easier for children to make free choices. Preferences made on the basis of physical and material resources, ignoring interest, talent and personality traits, can often negatively affect the child's professional belonging and satisfaction.



WITH THE FAMILY'S SUPPORT, STEP BY STEP TO SCHOOL
Photograph: Abdiaziz Mohamed - Somali

THE ROLE OF PARENTS IN THE CAREER JOURNEY

Parents observing the fine line between supporting their children and guiding them according to their own wishes enables the child to become an adult who can take responsibility for their own decisions and face the consequences of those decisions.



A SMALL GIFT FOR MOM AND A BIG SMILE
Photograph: Shafin Javaid - Pakistan

Determining a career path is a time-consuming and complex process involving many internal and external factors. Although every parent instinctively wants their child to pursue a career that will make them feel happy and fulfilled in the future, it can be difficult to understand how to support their child, where to intervene and where to stop. Parents observing the fine line between supporting their children and guiding them according to their own wishes enables the child to become an adult who can take responsibility for their own decisions and face the consequences of those decisions. Learning to walk the line here can be defined as parents knowing when, where and how to act in the process of guiding children. When children express their interest in professions, it would be beneficial for a healthy guidance process for parents to listen to children's ideas and try to understand the reasons for their interest before expressing their own opinions.

It is important that parents adopt an open-minded, supportive and understanding attitude in the process of discovering children's interests and talents. Carefully observing what children like, their areas of talents, personal characteristics and strengths, and providing guidance in the areas they need will make it easier for them to find their direction in their career journey. Having the right information, especially when choosing a profession, will be useful to facilitate this process. For this reason, supporting children in the process of learning about the skills required by professions, working conditions, job

opportunities, and educational requirements, and researching future fields of work together can help children make their decision-making process more efficient. Children are given the opportunity to meet with career experts and ask them questions through vocational information programs, career days, and relevant media content, enabling them to learn about different fields of work.

In many families, parents can be encountered directing their children toward their own wishes during the process of choosing a profession. In such cases, it should not be ignored that children have different personalities, dreams and perspectives from their parents, and that they will be the ones who will ultimately perform the profession. Although traditional professions that are passed down from generation to generation and considered family professions are very valuable, expecting children to continue this tradition and directing them to do so if they have different dreams can have a negative impact on their career journey. After providing children with the necessary guidance, emphasizing that the final decision is their own, without judgment or pressure, allows them to feel secure and more easily discover their potential. This can help them become adults who look to the future with hope, have a high level of life satisfaction, and are capable of taking responsibility.

FINDING THE BALANCE BETWEEN PARENT AND CHILD ON THE CAREER JOURNEY

It is important for parents to be aware that each profession contributes to society in different ways and that people who feel a sense of belonging to their work will be more beneficial for society and to guide their children around this idea.



sire or their children's desire, and they should continue to guide the process by prioritizing their children's needs and wishes.

The career journey is a lifelong process that does not end with a single exam or choice. During this process, as a parent, making the children feel that you are there for them no matter what may be the most meaningful support you can give. In order to follow a healthier path in their career journey, it would be beneficial for parents

Parents may sometimes unconsciously expect their children to fulfill the dreams they left unfulfilled in their own career journeys or the goals they were unable to achieve due to limited opportunities. Parents may be intrusive and directive, especially when it comes to choosing professions that are accepted by society. It should be kept in mind that parents and children are different in terms of their interests, abilities and personality traits, and that each of their paths is unique. For example, fields such as medicine, engineering and law are considered more prestigious in various societies, whereas the arts and sports may be less respected. In this case, even if a child is interested in an art or sports discipline, directing them toward more socially accepted fields based on these thoughts and expectations of future financial prosperity can lead to negative consequences. It can be considered an effective approach for parents to help their children discover their potential, realizing that career paths beyond their own ideas are possible and valuable.

It is important to remember that every child is different, and that choosing a profession is not just about choosing a job, but about creating an identity and a way of life for oneself. This perspective will contribute to guiding children on their career journey in a healthier ways. It is important for parents to be aware that each profession contributes to society in different ways and that people who feel a sense of belonging to their work will be more beneficial for society and to guide their children around this idea. Parents do not project their own dreams onto their children's lives, and adopt a supportive approach without exerting pressure, enabling children to make their own decisions, take responsibility for their decisions, and develop self-confidence. When parents insistently want their children to pursue a profession, they should be able to distinguish whether this expectation is their own de-

to listen to their children's future wishes and dreams rather than expressing their own wishes and expectations about their children, and to strive to understand why their children are interested in certain areas, in order to provide effective guidance. It should not be forgotten that, as in every area of life, every child progresses along their own path in their career journey; what matters is supporting children in discovering their potential and accompanying them as parents who can walk alongside them with confidence!

Parents do not project their own dreams onto their children's lives, and adopt a supportive approach without exerting pressure, enabling children to make their own decisions, take responsibility for their decisions, and develop self-confidence. When parents insistently want their children to pursue a profession, they should be able to distinguish whether this expectation is their own desire or their children's desire, and they should continue to guide the process by prioritizing their children's needs and wishes.

The career journey is a lifelong process that does not end with a single exam or choice. During this process, as a parent, making the children feel that you are there for them no matter what may be the most meaningful support you can give. In order to follow a healthier path in their career journey, it would be beneficial for parents to listen to their children's future wishes and dreams rather than expressing their own wishes and expectations about their children, and to strive to understand why their children are interested in certain areas, in order to provide effective guidance. It should not be forgotten that, as in every area of life, every child progresses along their own path in their career journey; what matters is supporting children in discovering their potential and accompanying them as parents who can walk alongside them with confidence!

DISCOVERING THE CHILD'S POTENTIAL

Children are naturally inclined to explore and learn new things; through this inclination they also discover themselves.

Every child is born unique and with their own potential. This potential is like a gem that grows and develops as it is supported. Children are naturally inclined to explore and learn new things; through this inclination they also discover themselves. Human beings grow and develop by being nourished both by their innate temperament and by the characteristics of their environment. A child's personality, character, morality, and

physical, mental, social, emotional, and academic development are directly proportional to the nurturing of their potential. The family is the fundamental structure that supports and guides the child in the process of self-actualization and sets boundaries. In this process, it is very important for the child to gain experience within the safe boundaries set by the parents. In this environment established by parents and consisting of healthy bound-

aries, the child will have the opportunity to safely experience various behaviors and emotional states. Furthermore, when creating this environment, parents should adopt understanding, respectful, and democratic approaches rather than judgmental, accusatory, or oppressive attitudes. This will support the child's process of discovering their potential. Children who feel listened to and understood will increase their potential for discovery in this safe environment. Children growing up in this environment grow up as individuals who can take responsibility for their feelings and behaviors.

Encouraging and appreciating children's efforts in this process, accepting mistakes as a step towards success instead of calling them failures will contribute to building a development-oriented mindset for children. Exposing children to different stimuli from an early age makes them open to discovery. Instead

of overprotective attitudes and behaviors, it is important to stay at a safe distance that allows children to develop themselves and at the same time support them to become more resilient and stronger by feeding on their mistakes. In this way, the child can become both resilient and flexible, while discovering his/her potential has a positive impact on his/her career development. Observing their interests and talents and guiding them accordingly contributes to their self-realization.

Here are tips for parents:

- ❖ Observe your child.
- ❖ To develop your child's self-confidence, appreciate their strengths and encourage them to improve their weaknesses.
- ❖ Allow your child to explore within safe boundaries.
- ❖ From an early age, give your child options to explore their interests and talents through play, sports, art, books and magazines.
- ❖ Provide opportunities for your child to meet with experts in middle and high school.
- ❖ Support your child in setting and striving towards their goals.
- ❖ Explain to your child that the path to achieving goals may not be smooth, but rather full of ups and downs, and that what matters is progress.



COLORS ARE LIFE
Photograph: Josh Angolua Megue Bryvael - Kamerun

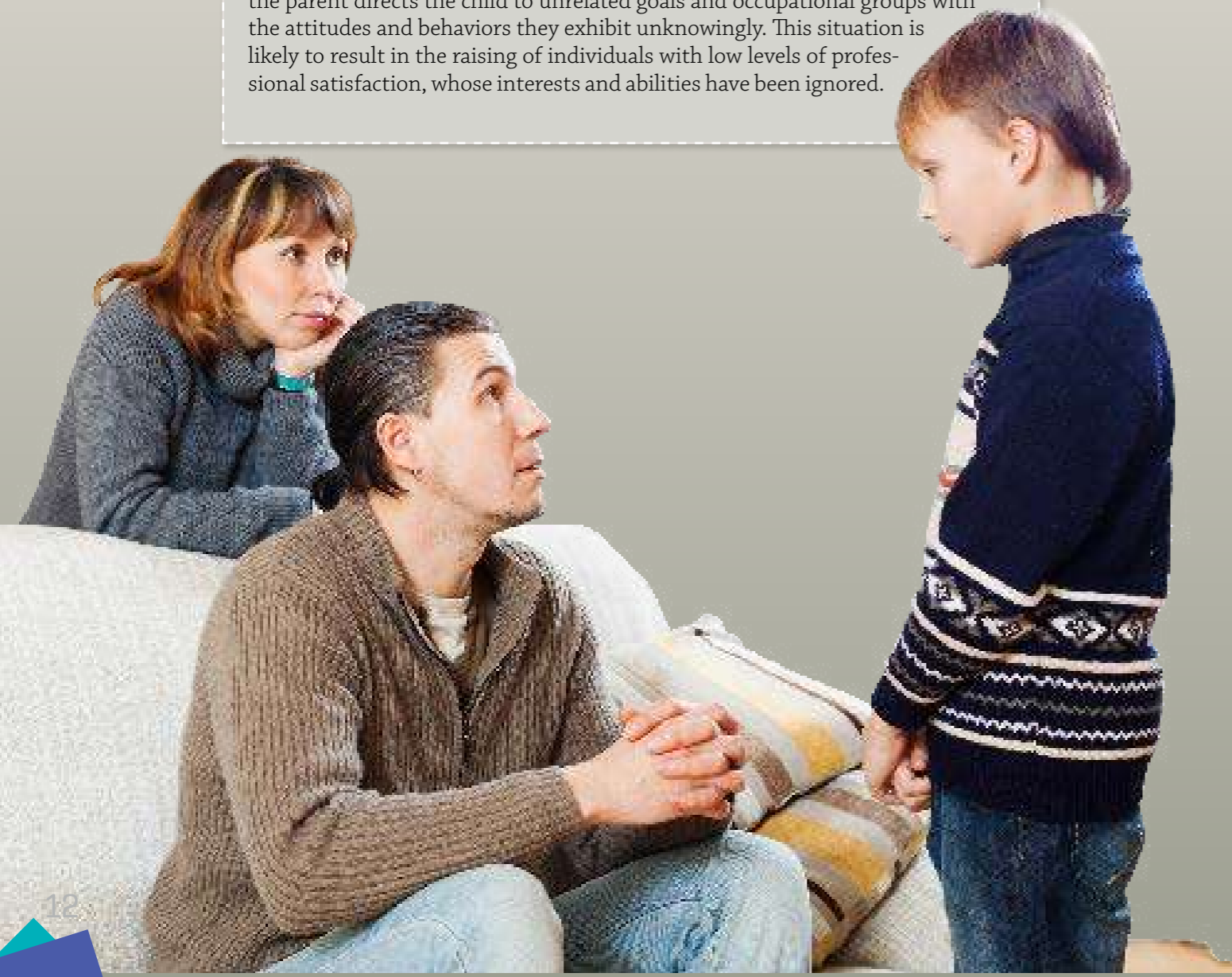
MISTAKES PARENTS MAKE ON THEIR CAREER JOURNEY

Parents may unconsciously make certain mistakes in their children's career journey. Families may exhibit these approaches for reasons such as thinking about the well-being of the child, guaranteeing their future and thinking that there will be something better for them. This may lead to children being misguided, choosing professions that are

not suitable for their self-concept, not achieving professional satisfaction in the long run and being unhappy. By paying attention to the specified behaviors and attitudes, parents can avoid situations that could negatively impact their children's career journeys.

A parent wanting their child to fulfill their own dream:

When parents fail to achieve the goals they set for themselves in their youth, they may want to raise their children according to these ideals or complete their own self-actualization process through their children. Parents may try to turn the goals they could not achieve into the child's goal and direct the child towards this dream. This process, which is sometimes conscious, sometimes occurs when the parent directs the child to unrelated goals and occupational groups with the attitudes and behaviors they exhibit unknowingly. This situation is likely to result in the raising of individuals with low levels of professional satisfaction, whose interests and abilities have been ignored.



Directing them to professions that are popular in society:

In every society, there are professions that stand out and are highly preferred. These professions may vary according to countries. For example, engineering may be very popular in one society, while law may be prominent in another. Parents may push their children toward these professions because they have a higher status or are simply accepted by society. This may cause children to gravitate towards a limited number of accepted professions. While the child may be happy and successful when engaged in a profession in his/her field of interest, it may not be possible for him/her to discover his/her true potential due to misguidance.

Not giving importance to the child's feelings and thoughts:

Career journey can be a challenging process for children. One of the greatest supports parents can provide to children is to guide them by creating an environment where they can express their feelings and thoughts. Otherwise, this can lead to children who do not have the space to express their feelings and thoughts feeling misunderstood and inadequate.

Ignoring the child's interests and abilities:

In the career journey, it is very important to help children discover their potential by recognizing their interests and talents. A child who is aware of their interests and talents will be able to easily he/she analyzes how they want to draw their career path and where he/she wants to go. However, parents' indifference to their child's interests and talents prevents them from guiding the child properly.

Demotivating the child:

Parents' tendency to scare their children by telling them they won't be able to find employment in their chosen field, sometimes out of protectiveness and sometimes out of negative feelings, can negatively affect children's motivation.

Making decisions for the child:

Parents may prevent children from making their own decisions, thinking that they cannot make the right ones. This situation often leads to children being suppressed and their futures being determined by their parents. It can also prevent children from developing decision-making skills and a sense of responsibility, forcing them into a career they do not want.

Providing guidance with insufficient professional knowledge:

If parents have incomplete, inaccurate or insufficient information, they may misguide their children in line with this information or have problems in guiding them. In this context, it is one of the important factors for families to access up-to-date and accurate information in children's career management processes.

Reducing the career process to only getting high grades:

The career process is a long journey, and exam scores are only a small part of that journey. This journey includes many different elements such as problem-solving skills, interpersonal relationships and communication skills. In addition to academic success, supporting the child in the specified areas through a multifaceted approach is among the factors that will positively influence the career management process.

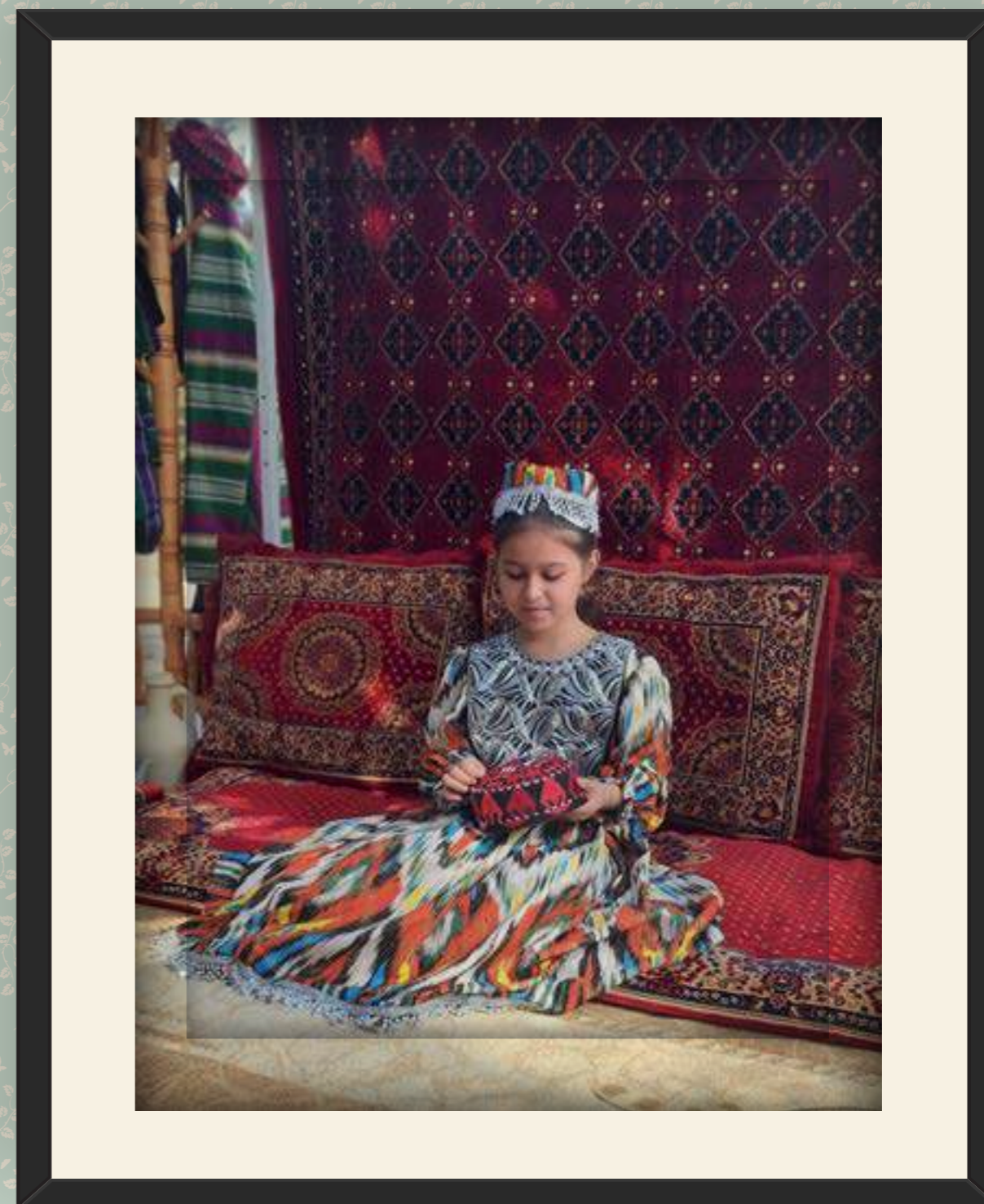
Directing them toward high-paying professions:

Parents want their children to have a high level of welfare and strong financial means, and may direct them only to professions with high income levels due to financial concerns. This may not be a problem if these professions are in a field that children are interested in and where they can discover and realize their potential. However, if only high income is considered and the child's interests are ignored, the child's career development process will be negatively affected.



TIPS FOR PARENTS ON THE CAREER JOURNEY⁵

- ❖ The career journey is not only about career choice or academic success. In order to support their children's career process, parents should strive to develop their personal social skills as well as academic support. Personal and social skills include skills such as decision-making, communication and self-management. For this, children should be given responsibility in accordance with their developmental level. While it is important to provide opportunities for children to make decisions within the family, children can be directed to areas such as art and sports.
- ❖ In order to develop decision-making skills in children, the child's feelings and thoughts can be listened to in some of the decisions to be taken in the family. In addition, the child can be included in family consultation processes..
- ❖ Children's interests should be taken into consideration and their strengths that can be developed should be identified, these aspects should be worked on by giving feedback to children through a structured communication system, and children should be supported to contribute to these areas.
- ❖ Different opportunities should be provided for children to discover their interests and talents. During this process, it is important for parents to accompany their children and support them in areas where they need it.
- ❖ Parents' awareness of career paths and educational opportunities is important in terms of guiding their children correctly. For this purpose, parents should research educational opportunities and have information about who to apply to in case of need.
- ❖ When parents discover a field that their children are interested in, they should offer them more opportunities to get to know this field. For this purpose, they can make use of environmental opportunities and get support from relevant people.
- ❖ Talking to children about which professional fields their personal characteristics may be suitable for can contribute positively to the career process.
- ❖ It would be a healthier approach for parents to advance the career management process in line with the child's interests and abilities instead of dictating their own perspectives, thoughts and dreams to children.
- ❖ Children's participation in community service and volunteer activities allows them to explore career fields and contributes positively to their development process. It would be useful for parents to research these activities for children and direct them to reliable sources.



Traditional Uzbek Cap

Photograph: Asayesh Jamali / Afghanistan

THE BIGGEST SUPPORT ON THE CAREER JOURNEY: FAMILY



The career journey is not a chain of decisions made by the child alone; it is a valuable process undertaken together with the family, requiring care and patience. For this reason, the career planning process is highly personal, unique, and full of learning opportunities for every child and every family. In this issue, we conducted an enjoyable and insightful interview with Prof. Dr. Ahmet Emre BİLGİLİ, Deputy Chairman of the Board of Trustees of the Turkey Maarif Foundation, on how families can support their children's career development process. We wish you all inspiring discoveries and enjoyable reading on your children's career journey.

Professor, at what stage of childhood does the idea of a career, which we move forward with together in life, begin?

I don't know how accurate it is to see the question 'what are you going to be when you grow up' and the child's answers to this question as the first stage of the idea of a career, but it would not be wrong to associate the idea of a career with this. Because children begin to learn the idea that 'should be something' through these questions and mostly voice the family's opinion or the professions of people they see, such as soldiers, police officers, and drivers. Of course, towards the end of high school, that is, during the period of university preferences, they think about this intensely. When he starts university, he questions the correctness of his decision. If he/she is convinced that this decision is wrong, he/she can leave the

department he/she is studying and choose another department. We rarely see this situation, which is costly in human life.

Professor, what can you tell us about the role of family in shaping career?

As it is known, career decision refers to a process. When the career issue starts to be on the agenda in the child's mind, the child starts to feel some uncertainties about his/her future. This is partly a normal situation. Throughout this process, the family should strive to provide good guidance and direction. The mother or father should try to make a rational decision by talking to the child and spreading it out over a period of time, not what they themselves think is appropriate. The family's role here is to make choices that suit their children's abilities and character. It would be the right approach to involve the child in the decision so that he/she does not feel regret and feels a sense of ownership.



Is there anything you wish you had known at this stage?

Our generation's career journey was not based on careful planning and calculations, but rather on decisions made on a case-by-case basis. In a sense, they surrendered to the course, to fate. The word "I wish" is backward-looking and serves no purpose for the future. Only those who come after us can benefit from our regrets. For this reason, we look at it from that perspective and don't dwell on "I wish" too much; we only take it into consideration in the context of advice.

Looking back, was there a moment when you wish you had approached your child differently?

Of course, this thought comes to mind from time to time. Because, of course, if there is a negative outcome in terms of career, we wonder if we should have done something like this. So in the end, we could have been more visionary about the profession. But there is always the 'fate' part of making a career and it cannot be avoided too much. In fact, there is a comforting dimension to this situation.

How did your parents approach you in your own career journey?

Decisions taken within the conditions of each period express the career process. When the topic of career was on our agenda, we were talking to people who were older than us and had a career rather than our parents. Because our parents only wanted us to study and become men. In their eyes, studying meant making a career. We also endeavored to fulfill their wishes. We were not very conscious, and professional support was out of the question, but thankfully we managed to build a respectable career.

How did the economic and cultural status of your family affect your child's career journey?

Both my late mother and father were elementary school graduates, but my father knew English well. Our economic situation was the same as that of working parents. At that time, there were no educational opportunities for girls in our district, so my grandfather had sent my mother to a tailoring school. Therefore, my mother's profession was tailor and she used to do this from home. My grandfather sent all his children, except my mother, to university and in a sense made them have a career. My father

also cared about educating his children. He educated all seven of us siblings. Families around us who were better off than us financially were unable to educate their children to the same high standard as our family. So this largely depends on the parents' perspective. On the other hand, the ground you stand on, the reasons that challenge you, and the examples around you are important and serve as guides.

How did you strike a balance between your own wishes and your child's dreams in their career journey?

Yes, good question. I don't know if we managed to do it, but actually this job is all about balance. Your idea of 'my child should be this' and the child's own idea can mix, conflict or find a common ground. I didn't want my daughter to study medicine, but she did and became a doctor. Meanwhile, she also studied sociology to make me happy. Two of the children did not study the department I wanted, but they are happy with their professions, and that is what is important. Their happiness is our happiness. Âdem is still at the beginning of his journey; I hope he chooses a career that will make him happy.

What are the most common mistakes parents make on career journey?

The common mistakes of parents are that they create decisions on their behalf by putting pressure in search of balance, or that they make mistakes in another way by only accepting the child's impositions. This leads to family unhappiness. As is well known, 'balance' is not achieved in this way. The balance is to discuss the issue in a healthy way and reach a decision by being reasonable. This is the essence of all mistakes. Once 'what is' has come to light, one must look at it wholeheartedly as 'fate'. This is the comforting aspect for everyone.

To what extent should we consider market trends when making career choices?

It would be right to maintain balance there too. In other words, it is necessary to take the market into account, but it is also necessary to be foresighted about professions. In other words, being able to see the other side of the mountain leads to the right decision. Let me conclude my remarks by finally saying what I should have said at the beginning. Career should never be given undue importance as a sacred subject.

VOCATIONAL INTEREST CARDS

Vocational Interest Cards includes activities designed to help you as parents to guide your children on their career journey, to recognize their needs and to adopt a more sensitive approach towards them. Cut out the boxes below to create a deck of cards. Choose an activity from this deck of cards and create the

necessary conditions to do that activity with your child. During the activity, try to be aware of the clues your child will give you about their interest and curiosity and support them in this process with compassion and understanding.

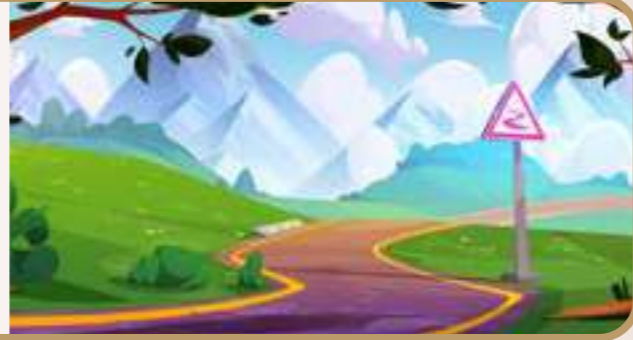
ACTIVITY DESCRIPTION	ACTIVITY QUESTIONS	ACTIVITY LEARNING OUTCOME
<p>Allow your child to ask three people from your family environment with different professions what they are curious about.</p> 	<ul style="list-style-type: none"> • What is your favorite part of your job? • What is your least favorite part of your job? • What is the most challenging part of your job? • How do you cope with the challenging parts? • What was the reason for choosing this profession? 	<p>Enabling your child to learn about different professions and develop their communication skills.</p> 
<p>Ask your child to imagine where they will be professionally in 20 years.</p>	<ul style="list-style-type: none"> • Imagine 20 years from now, what do you do? • What kind of environment do you work in? • What kind of work do you do? • How do you get to work in the morning? 	<p>Encouraging your child to think about the future and raise awareness about the career they will choose.</p>
<p>Ask your child to think about what he/she does best, what he/she likes the most and what he/she would like to try, write it down and share it with you.</p>	<ul style="list-style-type: none"> • What are the things you do best? • What are your favorite things to do? • What are the things you would like to try? 	<p>Enabling your child to get to know himself/herself by exploring his/her interests and talents.</p>

ACTIVITY DESCRIPTION	ACTIVITY QUESTIONS	ACTIVITY LEARNING OUTCOME
<p>Ask your child to choose and research three different professions they are curious about and share what they have learned with you.</p> 	<ul style="list-style-type: none"> • Which characteristics do people with this profession usually choose? • What skills are required for this profession? • What is the working environment like for a person in this profession? • What is a typical day like for someone in this profession? 	<p>Allowing your child to compare different professions through specific questions.</p> 
<p>Read a book or watch a movie about professions with your child.</p> 	<ul style="list-style-type: none"> • Kitabın/filmin ana karakteri ne iş yapıyor? • What aspects of this job seem interesting? • What aspects of this job seem boring? • Would you like to do this job? 	<p>Enabling your child to analyze the similarities and differences between fictional narratives such as movies or books and real life.</p>
<p>Ask your child to imagine doing your job for a day and share his/her feelings and thoughts about it.</p> 	<ul style="list-style-type: none"> • How would you feel if you were doing my job for a day? • What would be the good things about doing my job for a day? • What would you find boring about doing my job for a day? • Would you like to be in my place and do this job? 	<p>Help your child develop empathy and recognize how different professions relate to everyday life.</p> 

LET'S THINK AND DISCUSS ACTIVITY



Imagine that the path in the image is your child's career journey. Your child will encounter various stops along this path. Ask yourself the questions at these stops and think about how you can support your child on their career journey.



Stop 1: BRIDGE

At this stop, you will see a bridge that your child encounters on his/her way to a profession that he/she will choose in line with his/her interests and abilities. How can you strengthen the bridge and what can you do to support your child to cross this bridge?



Stop 2: FLOWER FIELD ROAD

At this stop, you will see a flower field that represents your child's success and development as they move toward a profession chosen based on their interests and talents. How do you appreciate your child's success?



Stop 3: PATHWAY

At this stop, you will see a pathway that expresses the difficulties your child may face on the way to a profession that he/she chooses in line with his/her interests and abilities. How do you encourage your child when you observe them becoming less motivated, distracted and struggling?



Stop 4: REST AREA

Bu durakta çocuğunuzun ilgi ve yetenekleri doğrultusunda seçeceği bir mesleğe giderken duraksadığını, dinlenme ihtiyacı olduğunu ifade eden bir dinlenme tesisi göreceksiniz. Çocuğunuza sosyal ve akademik hayatını dengeleyebilmesi için neler önerirsiniz?



Stop 5: RAINY ROAD

At this stop, you will see a rainy road that your child encounters after resting on the way to a profession that he/she will choose in line with his/her interests and abilities. How can you help your child to see the beautiful side of rain when they encounter it?



Stop 6: FRUIT ORCHARDS

At this stop, you will see the fruit orchards that your child will encounter on their way to a profession chosen according to their interests and talents. How do you guide your child so that they can both rest and see the results of their efforts?



Stop 7: THE ROAD AHEAD

At this stop, you will see a road with no end in sight on the way to a profession that your child will choose in line with his/her interests and abilities. How do you explain to your child, using the metaphor of a road, that this journey will continue throughout their life and that learning will never end?



PARENT-CHILD ACTIVITY CALENDAR



Dear parents, in this parent-child activity calendar, there are suggestions for both educational and fun activities that you can do with your children or have your children do. We aim for these activities to increase the interaction between parents and children and to develop positive communication. We wish you a pleasant time...



1 For 1 month, follow the phases of the Moon and write them down in a notebook..	2 Create a memory album from old photos.	3 What are the 10 things that make you the happiest? Make a list.
7 Write down your dreams for 10 years from now in a letter.	8 Draw a picture of a forest.	9 Examine Johannes Vermeer's painting "Girl with a Pearl Earring".
13 Place a bean seed on cotton and watch it grow.	14 Draw a picture using the hand you are not used to using.	15 Learn a song in Turkish.
19 Make a bird's nest using simple materials.	20 Write down the things you have found important so far and keep them to read in the future.	21 Research traditional costumes from different countries.
25 Express an emotion by drawing a picture.	26 Choose a household chore and do it voluntarily.	27 Tell your parents your favorite part of a book.

4 Listen to Eric Satie-Gnossiennes No.1.	5 Learn what "family" means in Kyrgyz.	6 Paint a mandala
10 Try the kebab, which is a Turkish dish.	11 Learn what a software developer does.	12 Take a walk.
16 Learn what Kintsugi is and explain it to a family member.	17 Close your eyes and try to understand what the different flavors are.	18 Find out what happened 50 years ago today.
22 Make a star with origami.	23 Gather information about the sport of badminton.	24 Learn how to use a compass.
28 Prepare a little surprise for someone at home and try to make them smile.	29 Find the oldest object in your home and listen to its story from your parents.	30 Listen to natural sounds (birds, wind, water, etc.) and write down how they make you feel.
31 Create a collage with pieces cut from newspapers and magazines.		



QUESTION AND ANSWER CORNER



Question:

For three generations, the educated members of our family have been either doctors or lawyers. For this reason, we want our first child to become a doctor or a lawyer. But my child does not prefer these professions. We tell him the good things about these professions and that these professions are a family tradition. What should we do, how should we approach?

Answer

Family is a concept that is strengthened by traditions and cultures as well as blood ties. Especially for the new generation of children, participation in family life and the learning phase of traditions are particularly important for the transmission of family culture from generation to generation. However, each generation also brings innovations to the family in accordance with the conditions of the time. In order to avoid generational conflict, it is important that the conditions can meet at a common point. It is also important to consider this when choosing a profession. Professions that are prominent, respected and traditional for the family can become the professions that families want to see. Sometimes respectability, sometimes the child's better socio-economic comfort, and sometimes parents' desire to see their own unfulfilled dreams and goals realized in their children can cause conflicts in career choice. On the other hand, it is important to remember that each child is unique and has different interests and talents. Children are exposed to different professions during their student life and with the developing technology. Furthermore, occupational groups are changing in line with the demands of the times. In this process that starts with curiosity, it is very important that the child discovers the profession and that this discovery process is supported by the family. Because it can be seen that people who do not perform their professions in line with their own interests and abilities have low professional satisfaction and living standards. This situation may also reduce the child's self-satisfaction in the long term. When parents insist on certain professions beyond advice, children may feel inadequate to fulfill their parents' wishes.

In order to feel adequate, children may turn to fields in which they have no interest or talent. In order to prevent these situations, you can advise your child on their abilities, but you should not be insistent and should leave the choice to your child. The career journey may also require professional support. In these situations, you can seek help from the school counselor to help your child strike a balance between their academic and social life. The important thing is to offer the child options, explain the positive and negative aspects, and allow them to make a choice. Letting your child know that the final decision is his /her own can prevent pressure from building up. As parents, accepting that your child is a separate person from you and that he/she is unique is one of the factors that make the process easier.



Question:

With advancing technology, many professions are facing extinction in modern times. My children are approaching the period of choosing a career, I want to encourage them to pursue careers that will prepare them for today's world. How can I improve their perspective, what can I do for them to choose a profession that meets today's needs?

Answer

It is important that children choose a profession in line with their interests and abilities, as well as that their professions can sustain their lives and meet the conditions of the age. At this point, it is necessary to help your child discover their interests and talents. Discovering interests and talents will also bring potential professional choices. Subsequently, researching individuals who practice emerging professions, communicating with them, and meeting with the school guidance service is important for developing awareness. Today's developments show that children's skill development is as important as their professional career development in a single field. The skills acquired on that journey gain value as much as the student's efforts towards a goal. These skills contribute to children's ability to adapt to the changes of the age more quickly. It also prepares the child for life, increasing their flexibility and adaptability to situations and changes they may encounter. In this context, skills such as social emotional skills, communication skills, digital literacy and cultural literacy stand out. Providing options to increase the child's motivation and allowing him/her to explore within healthy boundaries is important in terms of increasing the child's self-awareness.



Question:

I have a child who is very successful in his/her studies. Although we live in a society where smaller and more traditional occupational groups are common, I want my child to decide on his/her own profession in line with his/her interests and abilities. How can I help him/her to do this? How can we help him/her discover his/her interests and abilities?

Answer

A child's curiosity is one of the most important steps in the discovery process. Curiosity also increases the child's self-awareness. While the child's interest in the subjects that stand out in academic success contributes to career development, character traits also have a determining effect. Paying attention to these factors will make the career journey healthier. Conducting research on different occupational groups and improving the level of knowledge by focusing on the workloads and possible job opportunities of those occupations will contribute to career choice. Schools where the child's academic and social life can be observed can offer ideas about his/her interests and talents. Professional support can be sought from school counselors to help the child discover their interests and talents. Furthermore, the decision-making process can be supported by paying attention to social norms. Social norms can be evaluated not as insistent or oppressive judgment patterns, but in terms of showing positive and negative aspects or offering options in the decision-making process. Establishing a healthy balance between strict boundaries and lack of boundaries can affect the child's career satisfaction as well as career development.

Question:

My daughter is studying for exams for a department she wants to attend at a good university in our country. However, she loses motivation during the process or becomes discouraged when the practice exams don't go as she hoped. How can I encourage and keep my child motivated

Answer

Exam result and university admission are outcomes, while exam preparation is a process. Processes in themselves do not represent a flat, fixed or linear plane. It contains ups and downs, bumps, and flat roads. Accepting this, understanding that there can be setbacks as well as success, and having a flexible mind contribute to both motivation and the learning process. Making sense of the process makes it easier to manage. Results that are seen as failures cause the child to lose focus on the process and focus on the result. This situation can negatively affect learning by causing a fixed mindset. On the other hand, research shows that instead of a fixed mind structure, a mind structure that learns from mistakes and is open to development shows more success in a long term. In the exam preparation process, students may miss learning when they focus too much on memorizing and answering questions correctly instead of learning. But what students should focus on is the fact that learning continues throughout life and that the exam is a part of this lifelong learning process.

Thus, mistakes become steps that need to be learned or practiced instead of failures. Each step taken continues to feed the student's motivation. In addition, getting support from the school counselor will make the process more comfortable. A warm and understanding attitude in which the child can share his/her feelings and thoughts in situations that he/she may call failure also supports motivation. It is easier for children to manage their emotions where they feel listened to and understood. Children who are able to manage their emotions tend to be more consistent and stay motivated when faced with challenges.

**REFERENCES**

- (1) (3) Yeşilyaprak, B. (2019). *21. yüzyılda eğitimde rehberlik hizmetleri: Gelişimsel yaklaşım*. Nobel Yayıncılık.
- (2) Millî Eğitim Bakanlığı. (2020). *Türkiye'de rehberlik ve psikolojik danışma hizmetleri*. https://orgm.meb.gov.tr/meb_iys_dosyalar/2025_01/22170504_13143043_turkyeyde_rehberlyk_ve_psykolojyk_daniyma_hyzmetlery.pdf
- (4) Akçakanat, T., Erhan, T., ve Uzunbacak, H. H. (2019). Meslek aşkının iş tatmini üzerindeki etkisi: akış deneyiminin aracı rolü. *İzmir Kâtip Çelebi Üniversitesi İktisadi ve İdari Bilimler Fakültesi Dergisi*, 2(1), 84-99.
- (5) Şimşek, Ş. ve Ardiç, Z.B. (2025). *Kariyer rehberliği*. Türkiye Maarif Vakfı Yayınları.





TÜRKİYE MAARİF VAKFI
TURKISH MAARIF FOUNDATION

Valuing education!

