



YOUTH CAREER GUIDANCE AND THE ROLE OF PARENTS AND MENTORS

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Annotation: This article examines the importance of career guidance among young people and highlights the role of parents and mentors in helping students choose suitable professions. The paper discusses parental influence, mentorship, educational support systems, vocational training, and modern approaches to career development. Special attention is given to cooperation between families and educational institutions in preparing young people for future professional success.

Keywords: Career guidance, youth development, parents, mentors, vocational education, professional orientation, student motivation, career planning, education, professional skills

Career guidance is one of the most important factors in preparing young people for their future lives. Choosing a profession is not only a personal decision but also a process influenced by family, school, society, and economic conditions. In the modern world, where new professions are constantly emerging and labor market demands are rapidly changing, young people often face difficulties in selecting a suitable career path. Therefore, the support of parents and mentors plays a significant role in helping students make informed and responsible decisions about their future professions. The development of every society depends on educated, skilled, and professionally competent individuals. Young people who choose careers according to their interests, abilities, and talents are more likely to become successful specialists in the future. For this reason, career guidance should begin at an early age and continue throughout the educational process. Parents are considered the first and most influential educators in a child's life. From childhood, children observe their parents' behavior, attitudes, and professional activities. These observations often shape their understanding of work, responsibility, and success. Parents influence their children's career interests both directly and indirectly through communication,



advice, and personal examples. Research shows that parental involvement significantly affects career decision-making and educational aspirations among adolescents. One of the main responsibilities of parents is to identify and support their children's abilities. Every child possesses unique talents and interests. Some students may demonstrate strong analytical skills, while others may excel in creative, artistic, or technical fields. Parents who pay attention to these differences can help their children develop confidence and motivation. Supportive family environments contribute greatly to students' academic achievement and career development. When parents encourage learning, discuss future goals, and provide emotional support, young people are more likely to develop positive attitudes toward education and career planning. Studies indicate that parental guidance often influences students' educational expectations and future ambitions. However, parental influence should be balanced. Some parents attempt to force children into professions based on family traditions or personal preferences. Such pressure may lead to dissatisfaction, reduced motivation, and poor career outcomes. Effective career guidance requires understanding a child's interests rather than imposing external expectations. Communication between parents and children is essential in the career selection process. Open discussions about future plans allow students to express their aspirations and concerns. Parents can help by providing information about different professions, educational opportunities, and labor market trends. The role of mentors is equally important in guiding young people toward successful careers. Mentors include teachers, instructors, counselors, and experienced professionals who share knowledge, skills, and practical advice. Unlike parents, mentors often provide professional perspectives based on educational and workplace experiences. Teachers are among the most influential mentors in students' lives. They spend significant time with learners and observe their strengths, weaknesses, and learning styles. Through daily interactions, teachers can identify students' potential and encourage them to pursue appropriate career paths. Career guidance provided by teachers helps students understand the relationship between education and future employment. When students recognize the practical value of their studies, they become more motivated to achieve academic success. Effective teachers inspire learners to explore new opportunities and set ambitious goals. Mentorship contributes not only to professional development but also to personal growth. Research highlights that mentoring relationships positively affect educational achievement and long-term career success. Young people who receive guidance from mentors often demonstrate



greater confidence, stronger decision-making skills, and improved academic performance. Modern educational institutions increasingly recognize the importance of mentorship programs. Schools and technical colleges organize career days, seminars, workshops, and meetings with professionals from various industries. Such activities allow students to gain practical insights into different occupations. Technical schools play a particularly important role in vocational guidance. These institutions provide students with both theoretical knowledge and practical skills. Through workshops, laboratory activities, and internships, learners become familiar with real working environments and professional requirements. Career guidance should also reflect current labor market demands. Technological progress has created numerous new professions in information technology, artificial intelligence, cybersecurity, digital marketing, and engineering. Mentors and parents should help students understand these emerging opportunities and prepare for future challenges. Digital technologies have transformed career guidance methods. Online career assessment tools, educational platforms, virtual counseling services, and professional networking websites provide valuable resources for students. These technologies help young people explore career options independently and access information from different sources. At the same time, excessive dependence on technology without proper guidance may create confusion. Students often encounter contradictory information online. Therefore, the support of knowledgeable parents and mentors remains essential in evaluating information and making sound decisions. Another important aspect of career guidance is developing self-awareness. Young people need opportunities to understand their strengths, weaknesses, interests, and values. Parents and mentors can encourage self-reflection through conversations, practical experiences, and educational activities. Internships and workplace visits are effective career guidance strategies. Direct exposure to professional environments enables students to understand job responsibilities, workplace culture, and required qualifications. Such experiences help learners make realistic career choices. Mentors often serve as role models. Students who observe successful professionals gain motivation and inspiration. Positive examples demonstrate the importance of hard work, discipline, responsibility, and lifelong learning. The cooperation between parents and educational institutions significantly improves career guidance outcomes. Strong partnerships create consistent support systems for students. Schools can organize parent meetings, career counseling sessions, and information programs to strengthen collaboration. In many cases,



career decisions are influenced by social and economic factors. Some families prioritize financial stability, while others emphasize personal interests and talents. Effective career guidance requires balancing economic realities with individual aspirations. Career education should not focus solely on selecting a profession. It should also develop essential life skills such as communication, teamwork, leadership, problem-solving, and adaptability. These competencies are valuable in all professional fields and contribute to long-term success. Globalization has expanded career opportunities beyond national borders. Today's students may study, work, and collaborate internationally. Therefore, foreign language proficiency, digital literacy, and intercultural communication skills have become increasingly important. Young people often experience uncertainty and anxiety when making career decisions. Parents and mentors can reduce these concerns by providing encouragement, reliable information, and emotional support. Constructive guidance helps students develop confidence in their abilities and future plans. The influence of mentors becomes especially important during transitional periods such as graduation, college admission, and entry into the labor market. Professional advice during these stages can prevent mistakes and improve career outcomes. Educational reforms in many countries emphasize competency-based learning and career readiness. Schools are increasingly expected to prepare students not only for examinations but also for successful professional lives. This objective requires active involvement from teachers, parents, and community members. Modern society demands continuous learning and professional development. Career guidance should therefore encourage flexibility and adaptability. Students must understand that professional success often requires updating skills and acquiring new knowledge throughout life. Parents who actively participate in their children's educational journeys create strong foundations for future achievement. Similarly, dedicated mentors help students transform their potential into real accomplishments. Together, these influences shape responsible, motivated, and successful individuals. The future development of society depends largely on how effectively young people are prepared for professional life. Career guidance is not a one-time event but a continuous process that requires cooperation among families, schools, and communities. In conclusion, the role of parents and mentors in youth career guidance is extremely important. Parents provide emotional support, values, and encouragement, while mentors contribute professional knowledge, experience, and practical advice. Their combined efforts help young people identify their strengths,



make informed career decisions, and achieve personal and professional success. Effective collaboration between families and educational institutions remains one of the most powerful tools for preparing the younger generation for the challenges and opportunities of the modern world.

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