

Career coach demystifies switch from school to workforce

Welcome to the real world . . .

Wendy Kay

WHILE children spend their early years dreaming of life as firefighters, models and sports stars, teenagers learn quickly that life beyond school is a little more complicated.

Navigating the various career options, while trying to absorb endless advice from peers, parents and teachers, is confusing and exhausting.

Which is why career coach Helene Larson tries to demystify the transition from school to the world outside.

“When their children are in primary school, parents spend a lot of time and energy seeking advice and making sure they give their child the best opportunity for happiness and success,” she said. “Career coaching offers a continuation of that support as young people move from the shelter of education to the adult world.”

Helene said school leavers in years 10, 11 and 12 are faced with more options than ever before.

“While further university study

is often seen by families as a good way to help kids make up their minds, for students who have struggled at school, or are not interested in sitting more exams, this is not always the best option,” she said. “There are lots of jobs in society, and not all of them require a university degree. My job is to help young people find a match between their interests and abilities, and to support them as they make informed decisions for their futures.”

For students intent on pursuing a university education, Helene helps them select subjects that will not only meet their career and future study goals, but also prove to be interesting and satisfying.

“A student’s best chance of success will occur when they study subjects they have a natural affinity for,” Helene said.

She conducts a consultancy tailored to meet the specific needs of each individual student. “I spend quite a bit of time with each young person and use a variety of personality and interest profiles to help them to find career paths that fit their skills set,” she said.



Helene Larson advises year 12 student Peter Dean about career prospects.

Picture: VIRGINIA YOUNG -PP404106

“I analyse the results of these profiles to give students concrete information about relevant job and study options and help them gain a better understanding of the day-to-day responsibilities of the careers they aspire to.”

Helene also gives students realistic information about the

marks needed to achieve entry into the courses they choose as well as the salary they can expect to be paid when they start out.

“The careers landscape is constantly changing, so rather than just handing kids a bunch of pamphlets, I research options thoroughly so that each student

has information, ideas and resources upon which to base their choices.”

■ Helene Larson is a member of the education team at Kids First Children’s Services in Brookvale. For more information call Kids First on 9938 5419 or visit kids-first.com.au.

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