

National Center for Parents Education www.parents.go.kr

Understand Your Children's Concerns about Career Barriers

Students are usually worried about choosing a career or a major, and the gap between their dreams and reality. They might feel anxious about their uncertain future, or because they set their career direction too late. These problems seem like barriers that they cannot overcome. Let's look at the career barriers that influence our children's career goals and their solutions.

'Career barriers' encountered throughout the process of achieving goals

Career barriers refer to difficult situations that you face while trying to set and achieve goals for your career. It is a process you naturally go through while exploring and preparing for your career. The causes for career barriers include personal traits, values, motivation, and social, economic, and cultural structures. A sudden change in career due to an accident, difference in work ethics, physical limitations, etc., can also be the causes for career barriers. The process for your child to understand the cause of career barriers and overcome them can sometimes be difficult and overwhelming.

*Reference: Samyang Media <Middle School Career and Occupation> Textbook



The answer to career barrier is 'empathy'

The key to understanding and helping your child who is struggling with career problems is 'empathy.' If parents empathize with their child facing a career barrier, the child will feel encouraged. Differences in opinions or conflicts with the parents can be another career barrier for the child. If such differences exist, listen to your children's opinion and empathize with them in order to narrow down those differences.

'Online career counseling cases' to better understand your child's career barrier



Your children will be able to overcome a career barrier when you understand their situation and talk with them to find solutions together. Find cases of other high school students who had similar problems at the online career counseling Q&A. Read carefully through the replies of the career counselor to find similarities with your child. You will learn how to understand your child's situation and problems and how to give appropriate advices. You can also find words of encouragement for your child from various career counseling cases. Refer to these cases and become a reliable supporter for your child trying to overcome career problems.

Career Net Online Career Counseling

Online career counseling cases can be found on Korea Research Institute for Vocational Education & Training Career Net (www.career.go.kr), etc. Career Net counseling application corner also provides advanced counseling for multicultural students. Counselors can offer customized career path designs that will be helpful to solving your child's career problems.

Career Net (www.career.go.kr) > Career Counseling > Request Counseling

*Select 'advanced counseling type' at the bottom of the application > Select 'multicultural student (children from multicultural families)'





Overcoming the Career Barrier In Front of Your Child

Career barriers can prevent your children from exploring broader options due to uncertainty and fear.

Everyone encounters a career barrier at least once in their life.

What are some career barriers that your child can face, and how can you help resolve them?

People who surpassed their limits

Park ○○, the first Korean soccer player who joined the best team in the world, possessed an unparalleled spirit and endurance on the field. Surprisingly, he is known to be flat-footed. Having flat feet can impose a significant restriction to one's athletic abilities, but Park ○○ was able to overcome this through consistent practice and self-improvement. Actor Cheon ○○, who won the trophy at the Blue Dragon Awards, experienced a long period of obscurity and slump. However, he did not give up and continued to build his filmography until finally, he was recognized for his talent and performances. Similarly, most people achieve their goals by the time they overcome their career barriers and limits.



How to tear down your child's career barrier?

Facing the fear is the first step in overcoming the child's career barrier. With your child, think about what career barriers could be blocking the way. Then, express both of your determination, by writing down the solution for each potential barrier. You might even catch a glimpse of your goals just over the barriers.

*Reference: Samyang Media <Middle School Career and Occupation> Textbook

Career barrier from child's perspective

e.g.) Proficient at one thing, but prefers the other more.

Solution from child's perspective

e.g.) Explore more types of jobs related to the field I prefer the most. Among them, choose the one that suits my abilities the best.

Career barrier from parents' perspective

e.g.) Wants to pursue a career but lacks confidence

Solution from parents' perspective

e.g.) First, assess my aptitude and interest. Then, receive the appropriate training or education that can improve my abilities in the field.

*References: Career Net > Career Counseling > Answers in Career Explorers



You can find more information on the career barriers that many teenagers face and the answers for counseling to solve these problems at Career Explorers on Career Net.

Career Net (www.career.go.kr) > Career Counseling > Career Explorers > Career Island