



FAMILY AND PARENTS

Quickstart Guide



Inspire. Educate. Empower.



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You Are Your Child's First Mentor

Being a mentor is a big responsibility. But happily, you can do many things to help a child reach high and make their career hopes a reality. And we can help.

We've compiled a list of easy **Mentor Action Steps** you can take throughout your busy day to guide them on their way to certain success. Here goes:

- **Before all else, help your child develop a positive mindset.** Show them how to support themselves from the inside out. For example, if your child complains that they are "dumb at math," help them reframe their thoughts so that they think, "Math is tricky, but other kids learn it and so can I!" If they're feeling defeated after failing a test, help them brainstorm some ways they can do better next time. (Tip: Share this saying: "If you think you can, you can; if you think you can't, think again!")
- **Chat with your child about their thoughts on careers.** Ask questions that cannot be answered with a simple yes or no. For example, ask, "If you could turn any interest you love into a job, what would it be?" or, "What's the most interesting career you can imagine?"
- **Share your thoughts about careers.** Share the story of how you chose your career. Talk about the pros and cons of your career. Share career goals you've met and those you still want to reach.
- **Elevate others while your child listens in.** Sing the praises of those family members, friends and colleagues who work at careers they love and are especially suited for. You will be modeling the lesson that it's great to be happy for the success of others.
- **Talk with your child about their talents and strengths.** Ask questions such as, "What do you think you do best?" or, "What's the one thing you would love to be famous for?"

If your child can't come up with any career interests or positive words about themselves, model how to do it by making some observations of your own. For example, you might say something like, "I noticed you really like to work with numbers," or, "Your teacher said they always enjoy reading your descriptive essays." Then point out that there are many careers that use number skills or writing abilities.

- **Share stories about your own talents and strengths.** In doing this, you'll be modeling for your child that it's okay to be proud of who they are and of their career accomplishments.



What is Your Dream for Your Child?

You probably have many dreams for her future. And, she probably has some dreams for herself. Do you know any women astronauts, activists, sports anchors, or surgeons? We do! We're Career Girls!

Our goal is to help you help your child learn from these women and the hundreds of other diverse and successful women role models on our website.

A Word About Mentors

Because our real life role models come from all income levels and ethnic backgrounds, any girl can identify with one or more of them. And, because the role models are experienced, successful and willing to share what they know, they serve as a powerful and diverse group of mentors for your child.

As your child's first mentor, you want to help guide a girl toward a successful future. That could mean exploring different careers or learning the importance of integrity and financial literacy. That's quite a range, so where do you begin?

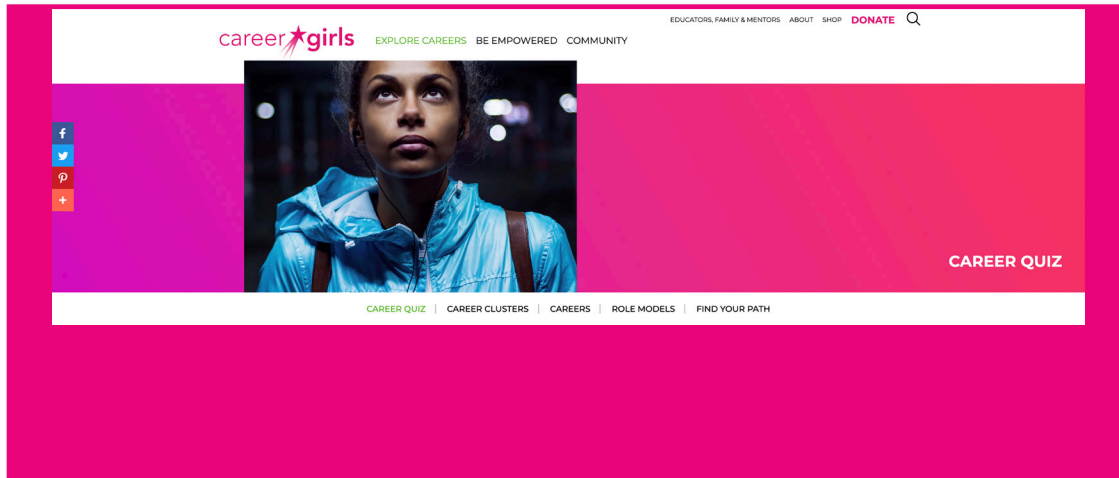
An Easy Way to Start

A good place to start is by viewing the "[Career Girls Website Tour](#)" video. It can be found on the Educators, Family & Mentors page.



Take Our Career Quiz

The next step is to have your child take our [Career Quiz](#). This quick and easy personality-based quiz helps girls discover careers that may be a match for their skills and interests.



I LIKE

- | | | |
|--|--|---|
| <input type="checkbox"/> Tools & Machines | <input type="checkbox"/> Math & Science | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Having a Business | <input type="checkbox"/> Collecting / Organizing | <input checked="" type="checkbox"/> Being Independent |
| <input checked="" type="checkbox"/> Animals / Plants | <input checked="" type="checkbox"/> Selling Things | <input type="checkbox"/> Helping People |
| <input type="checkbox"/> Being a Leader | <input type="checkbox"/> Following a Set Plan | <input type="checkbox"/> Art / Visual Art |
| <input type="checkbox"/> Solving a Mystery | <input type="checkbox"/> Working Outside | <input checked="" type="checkbox"/> Teamwork |

 MORE CHOICES

QUIZ RESULTS



BIOMEDICAL ENGINEER



PRODUCER & DIRECTOR



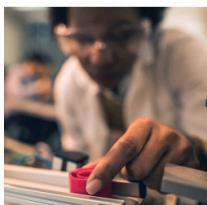
MARKET RESEARCHER



BIOCHEMIST & BIOPHYSI...



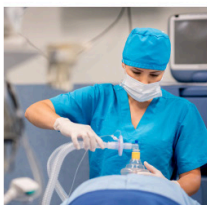
NEUROLOGIST



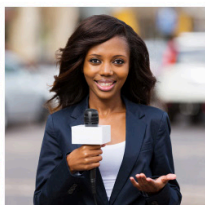
MATERIALS ENGINEER



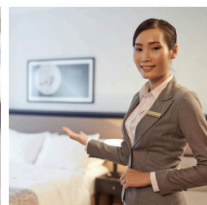
PETROLEUM ENGINEER



ANESTHESIOLOGIST












REPORTER



LODGING MANAGER

Explore Careers

Start by learning about the careers suggested by the Career Quiz. Or, jump right into an A to Z tour of careers and the role models who work in them — from an Accountant to a Zoologist.

A		
		
ACCOUNTANT	ACTOR	ADMINISTRATIVE ASSISTANT
		
AEROSPACE ENGINEER	AGRICULTURAL ENGINEER	ANESTHESIOLOGIST
		
ANIMATOR	ANNOUNCER	ANTHROPOLOGIST & ARCHEOLO...

Accountant

Actor

Administrative Assistant

Aerospace Engineer

Agricultural Engineer

Anesthesiologist

Animator

Announcer

Anthropologist & Archeologist

Architect

Art Director

Artist

Astronaut

Astronomer

Athlete

Athletic Trainer

Attorney

Your child might be learning about career clusters such as STEM, Health Sciences, and Finance at their school. This is another way to explore careers.

Career Clusters

				
STEM	INFORMATION TECHNOLOGY	ENERGY	ARTS, AUDIO/VIDEO & COMMUNICATIONS	ARCHITECTURE & CONSTRUCTION
				
HEALTH SCIENCES	BUSINESS MANAGEMENT & ADMINISTRATION	FINANCE	MARKETING	AGRICULTURE, FOOD & NATURAL RESOURCES

On each of the career pages, your child can discover everything they need to know about a career. What is this career like? What skills will I need? What is the outlook and pay?

INTERIOR DESIGNER



CAREER CLUSTERS: ARTS, AUDIO/VIDEO & COMMUNICATIONS, ARCHITECTURE & CONSTRUCTION

What you need to know

Overview	+
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What is this career like?	+
---------------------------	---

What skills are needed?	+
-------------------------	---

What is the pay?	+
------------------	---

What is the career outlook?	+
-----------------------------	---

What education is required?	—
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A bachelor's degree is usually required in order to become an interior designer, as are classes in interior design, drawing, and computer-aided design (CAD). A bachelor's degree in any field is acceptable, and interior design programs are available at the associate's, bachelor's, and master's degree levels.

Applicants may be required to submit sketches and other examples of their artistic ability for admission to interior design programs.

Discover some of the courses you will take pursuing a degree in [Interior and Environmental Design](#).

Learn From Role Models

More than 600 diverse and successful role models share their career journey and life advice through a series of short video clips. A complete listing is on the Role Models page.



In addition to learning the day-to-day practical aspects of a career, your child will gain valuable insights and life advice as each role model shares her journey. What skills from her childhood does she still rely on today? What is a typical day like? How does she overcome obstacles? Who are her heroes? What is her one piece of advice?

[EXPLORE CAREERS](#)
[BE EMPOWERED](#)
[COMMUNITY](#)

SHAUNA WILLIAMS
PRODUCTION DESIGNER

PLAYLISTS
[My Career](#)
[My Education](#)
[My Story](#)
[My Advice](#)

ALL VIDEOS (36)

What I Do	Considering Production Design As A Career	Breaking Down The Script	Heroes	Tips On Writing A Journal
My Career As A Production Designer	The Trifecta: Creating The Look On Set	Picking Crew Members	Skills From Childhood	Finding A Mentor In The Film Industry
A Typical Day At Tyler Perry Studios	Great Part	Importance Of Math	Skills To Develop	Being A Mentor
Why Girls Should Consider A	First Time In The Credits	Always Have A Plan B	Production Design Tips For Girls	Family Support
		Why Join A Union		

Explore College Majors

With over 80 college majors to explore, your child can browse through a list of sample courses to discover whether they might enjoy a particular major, and find out what type of requirements there might be to graduate.

EXPLORE CAREERS BE EMPOWERED COMMUNITY



INTERIOR & ENVIRONMENTAL DESIGN

[< BACK TO RESEARCH COLLEGE MAJOR & REQUIREMENTS](#)

Courses for a Degree in Interior and Environmental Design

In addition to a focus on interior and environmental design courses, colleges typically require completion of courses and electives in each of the Arts, Math, Natural Sciences, and Social Sciences areas. Below are some sample courses:

Interior and Environmental Design Courses:

- Principles of Modern Architecture
- Environmental Systems
- Design, Think, and Make
- Drawing for Design
- History of Interior Design
- Interior Lighting
- Social Space Design
- Computer Applications in 3D Design
- Architectural Interiors
- Visual Communication
- Photography
- Architectural Foundations
- Environmental Design
- Portfolio and Professional Practice
- Materials and Sustainability

General Curriculum Requirements

- Arts Courses: Art, History, Languages, Literature, Music
- Math Courses: Algebra, Calculus, Computer Science, Logic, Statistics
- Natural Sciences Courses: Astronomy, Biology, Chemistry, Environmental Science, Physics
- Social Sciences Courses: Anthropology, Economics, Government, Psychology, Sociology

Related Careers



INTERIOR DESIGNER

LANDSCAPE ARCHITECT

ARCHITECT

Watch Empowerment Lesson Videos Together

Each Empowerment Lesson video features a number of diverse and inspiring women sharing career insights and advice. These short videos serve as the ideal jumping-off point for you to share your wisdom, values and experience.

Career-Based Empowerment Lessons focus on career exploration and are found on the [Find Your Path](#) page in the Explore Careers section of the website.

The screenshot shows the 'CAREER-BASED EMPOWERMENT LESSONS' section of the Career Girls website. At the top is the 'career girls' logo with navigation links: 'EXPLORE CAREERS', 'BE EMPOWERED', and 'COMMUNITY'. Below the title is a paragraph: 'What is your passion? What are you good at? Whether you think you want to be a fashion designer, a filmmaker, an engineer, or something else, these are two questions you might ask yourself when you think about a career. Watch our role models to learn more.' The section features six video thumbnails arranged in two rows of three. Each thumbnail has a pink header with the topic name, a subtitle 'career-based empowerment lesson', a row of five diverse women, and a title at the bottom. The topics are: EXPLORE (CAREER EXPLORATION 101), STEM (WHY CHOOSE STEM), SCIENCE (SCIENCE CAREERS), TECHNOLOGY (TECHNOLOGY CAREERS), ENGINEERING (ENGINEERING CAREERS), and VISUAL ARTS (VISUAL ARTS CAREERS).

career girls EXPLORE CAREERS BE EMPOWERED COMMUNITY

CAREER-BASED EMPOWERMENT LESSONS

What is your passion? What are you good at? Whether you think you want to be a fashion designer, a filmmaker, an engineer, or something else, these are two questions you might ask yourself when you think about a career. Watch our role models to learn more.

EXPLORE
career-based empowerment lesson

CAREER EXPLORATION 101

STEM
career-based empowerment lesson

WHY CHOOSE STEM

SCIENCE
career-based empowerment lesson

SCIENCE CAREERS

TECHNOLOGY
career-based empowerment lesson

TECHNOLOGY CAREERS

ENGINEERING
career-based empowerment lesson

ENGINEERING CAREERS

VISUAL ARTS
career-based empowerment lesson

VISUAL ARTS CAREERS

Skill-Based Empowerment Lessons focus on key topics such as confidence, leadership, and the importance of integrity. They are found on the [Develop Life Skills](#) page in the Be Empowered section of the website.

The screenshot shows the 'SKILL-BASED EMPOWERMENT LESSONS' section of the Career Girls website. At the top is the 'career girls' logo with navigation links: 'EXPLORE CAREERS', 'BE EMPOWERED', and 'COMMUNITY'. Below the title is a paragraph: 'What are the skills, character traits, and personal habits you should be developing right now? What soft skills will you need for success in any career you choose? The role models in these short videos provide valuable insights and guidance to help you on your way.' The section features three video thumbnails in a single row. Each thumbnail has a pink header with the topic name, a subtitle 'skill-based empowerment lesson', a row of five diverse women, and a title at the bottom. The topics are: FRIENDS 2 (CHOOSING THE RIGHT FRIENDS), RESILIENCE (IMPORTANCE OF RESILIENCY), and CONFIDENCE (BE CONFIDENT).

career girls EXPLORE CAREERS BE EMPOWERED COMMUNITY

SKILL-BASED EMPOWERMENT LESSONS

What are the skills, character traits, and personal habits you should be developing right now? What soft skills will you need for success in any career you choose? The role models in these short videos provide valuable insights and guidance to help you on your way.

FRIENDS 2
skill-based empowerment lesson

CHOOSING THE RIGHT FRIENDS

RESILIENCE
skill-based empowerment lesson

IMPORTANCE OF RESILIENCY

CONFIDENCE
skill-based empowerment lesson

BE CONFIDENT

More Resources

We've included five fun activity pages to help your child explore their interests and develop an action plan to put them on the path to their dream career.

You can find many more resources at the [Family](#) page on the Career Girls website. Hundreds of free, downloadable resources are available for both you and your child, from learning guides to inspirational mini-posters.

Printable Activity Pages

<p>The page is titled 'CAREER GIRLS JOURNAL Careers I'm Exploring'. It includes sections for 'Things to Know About This Career', '3 Steps I Could Take to Prepare for This Career', and 'Could This Be the Career for Me?'. There are also sections for 'What you do', 'Education you need', 'What might surprise you', and 'Here's why:'.</p>	<p>Career Girls Journal – Careers (Page 13) Use this activity page and the questions that follow to examine careers more closely and build connections.</p> <ul style="list-style-type: none"> • <i>What are the important things to know about this career?</i> • <i>What questions do I have about this career?</i> • <i>What steps can I take to prepare for a career in _____?</i> • <i>Is this the career for me? (rating scale)</i>
<p>The page is titled 'CAREER GIRLS JOURNAL College Majors I'm Exploring'. It includes sections for 'Things to Know About This Major', '3 Steps I Could Take to Prepare for This Major', and 'Could This Be the Major for Me?'. There are also sections for 'Classes you might take', 'Careers it prepares you for', 'What might surprise you', and 'Here's why:'.</p>	<p>Career Girls Journal – College Majors (Page 14) Use this activity page and the questions that follow to examine college majors more closely and build connections.</p> <ul style="list-style-type: none"> • <i>What are the important things to know about this college major?</i> • <i>What questions do I have about this college major?</i> • <i>What steps can I take to prepare for this college major?</i> • <i>Is this the college major for me? (rating scale)</i>
<p>The page is titled 'CAREER GIRLS JOURNAL Colleges I'm Exploring'. It includes sections for 'Things to Know About This College', '3 Steps I Could Take to Prepare for This College', and 'Could This Be the College for Me?'. There are also sections for 'Acceptance requirements', 'What might surprise you', and 'Here's why:'.</p>	<p>Career Girls Journal – Colleges (Page 15) Use this activity page and the questions that follow to examine colleges more closely and build connections.</p> <ul style="list-style-type: none"> • <i>What are the important things to know about this college?</i> • <i>What questions do I have about this college?</i> • <i>What steps can I take to prepare for this college?</i> • <i>Is this the college for me? (rating scale)</i>
<p>The page is titled 'IS THIS A CAREER FOR ME?'. It features a Venn diagram with three overlapping circles labeled 'Interests', 'Abilities', and 'Careers'. The text explains that this diagram is a fun way to explore careers alongside interests and strengths.</p>	<p>Is This a Career for Me? (Page 16) This Venn diagram is a fun way to explore careers alongside interests and strengths. Guide your child to notice careers that intersect with interests and abilities.</p>
<p>The page is titled 'CAREER ACTION PLAN'. It includes sections for 'Skills for Success', '2025 READY!', and '2025 READY! What steps can you take, starting now, to make this career happen?'. There are also sections for 'What you do', 'Education you need', 'What might surprise you', and 'Here's why:'.</p>	<p>Career Action Plan (Page 17) Use this activity page with your child to examine careers more closely and explore what it takes to prepare for a career. (Print multiple copies to explore more than one career.)</p>

CAREER GIRLS JOURNAL

Careers I'm Exploring

CAREER I EXPLORED

Things to Know About This Career

What you do:

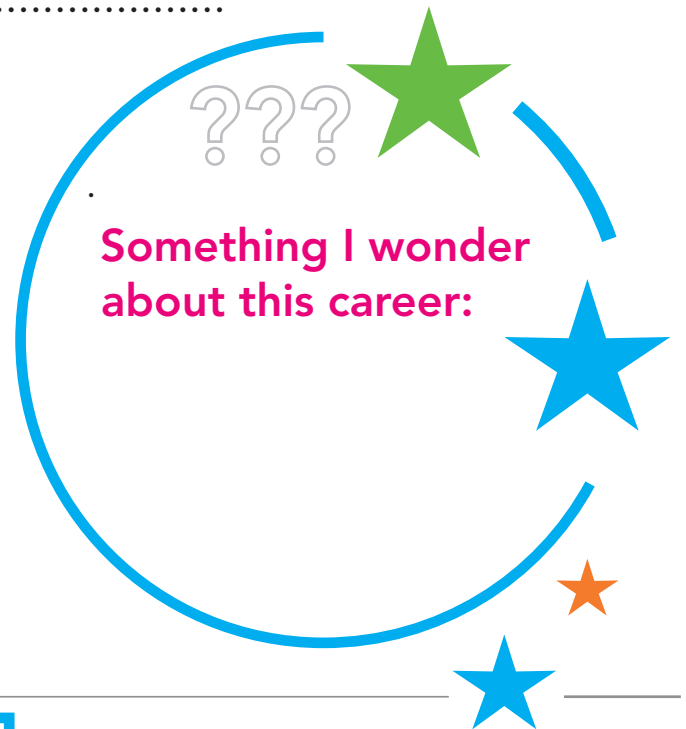
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Education you need:

.....

What might surprise you:

.....



3 Steps I Could Take to Prepare for This Career:

1

.....

2

.....

3

.....

Could This Be the Career for Me?

Color in the stars to show how interested you are in this career.



No
thanks

Sign
me up

Here's why:

.....

.....

.....

CAREER GIRLS JOURNAL

College Majors I'm Exploring

MAJOR I EXPLORED

Things to Know About This Major

Classes you might take:

.....

Careers it prepares you for:

.....

What might surprise you:

.....



3 Steps I Could Take to Prepare for This Major:

1

.....

2

.....

3

.....

Could This Be the Major for Me?

Color in the stars to show how interested you are in this major.



No
thanks

Sign
me up

Here's why:

.....

.....

.....

CAREER GIRLS JOURNAL

Colleges I'm Exploring

COLLEGE I EXPLORED

Things to Know About This College

Favorite major it offers:

.....

Acceptance requirements:

.....

What might surprise you:

.....



3 Steps I Could Take to Prepare for This College:

1

.....

2

.....

3

.....

Could This Be the College for Me?

Color in the stars to show how interested you are in this college.



No
thanks

Sign
me up

Here's why:

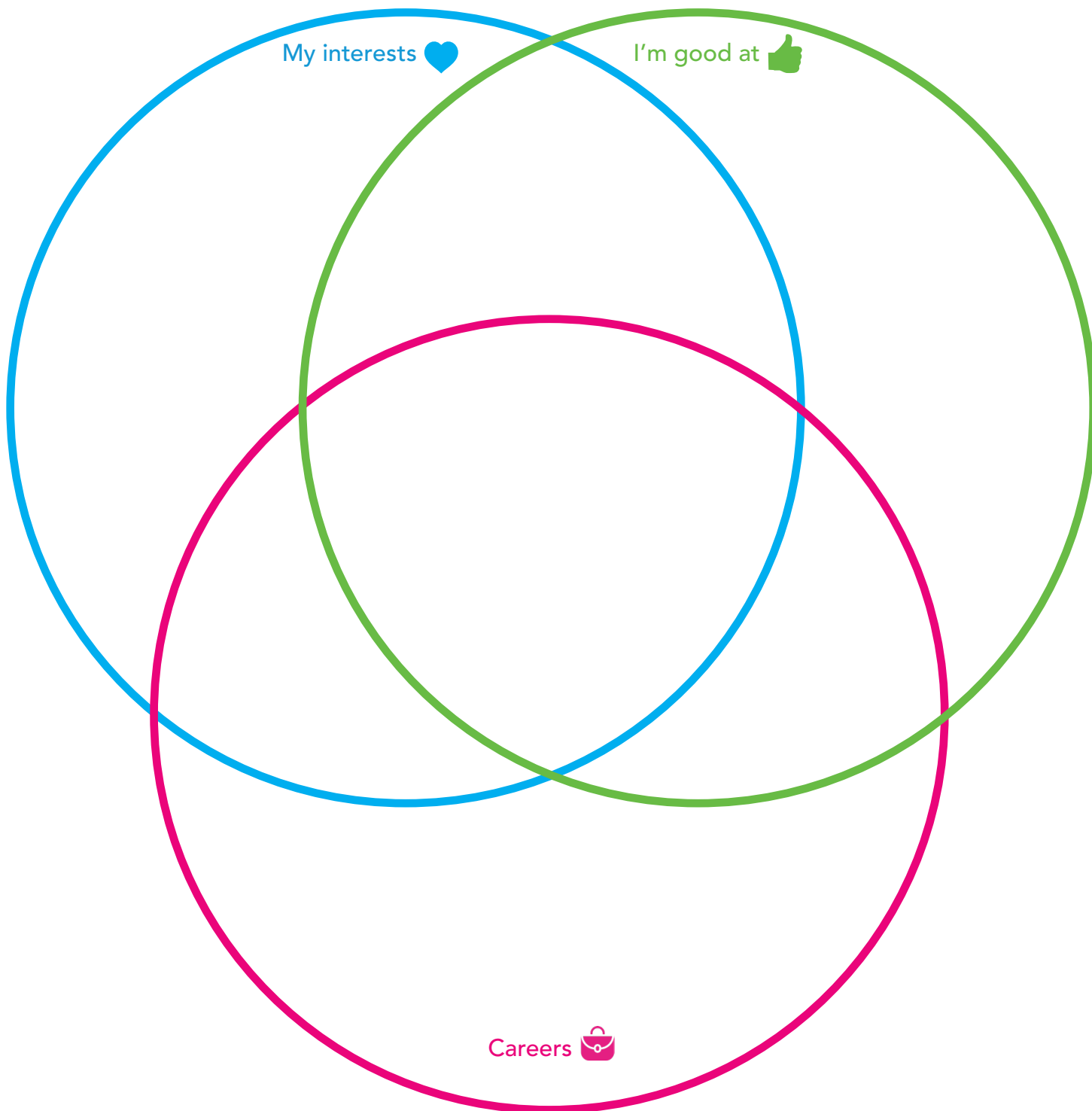
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IS THIS A CAREER FOR ME?

Fill in the circles with your **interests**, your **strengths**, and **careers** you're exploring. Use the overlapping areas to show where different interests, strengths, and careers connect. Add to the circles as you think of more.



CAREER ACTION PLAN

CAREER

Choose a Career Girls video to explore. Complete each section to tell about the career and what it takes to get there.

Check the career cluster(s):

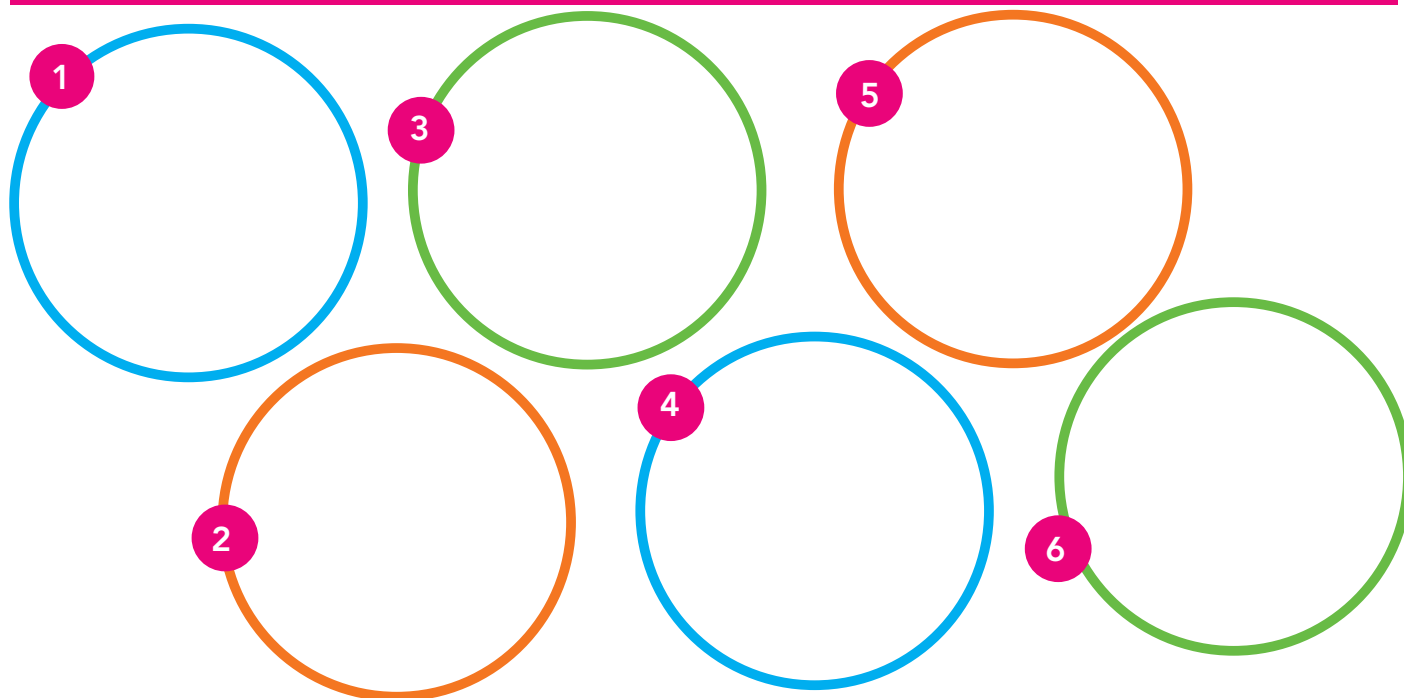
- ☐ Agriculture, Food & Natural Resources
- ☐ Architecture & Construction
- ☐ Arts, Audio/Video & Communications
- ☐ Business Management & Administration
- ☐ Education & Training
- ☐ Energy
- ☐ Finance
- ☐ Government & Public Administration
- ☐ Health Sciences
- ☐ Hospitality & Tourism
- ☐ Human Services
- ☐ Information Technology
- ☐ Law & Public Safety
- ☐ Manufacturing
- ☐ Marketing
- ☐ Transportation
- ☐ STEM (Science, Technology, Engineering & Math)

Skills for Success

If this is the career for you, these are four skills you'll need:

1.
2.
3.
4.

JOB READY! What steps can you take, starting now, to make this career happen?



1.

2.

3.

4.

5.

6.