



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.

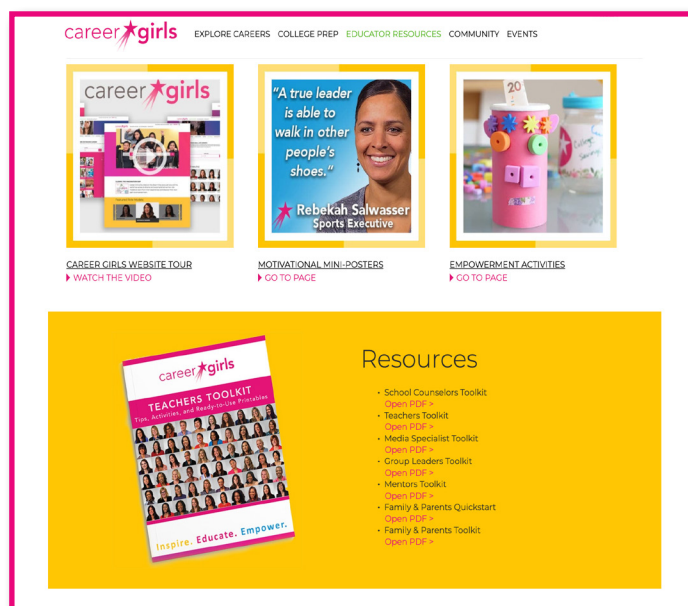
A Word About Mentors

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 Get Started page in the Educator Resources section.



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.

 ACCOUNTANT	 ACTOR	 ADMINISTRATIVE ASSISTANT	<p>A</p> <ul style="list-style-type: none"> Accountant Actor Administrative Assistant Aerospace Engineer Agricultural Engineer Anesthesiologist Animator Announcer Anthropologist & Archeologist Architect Art Director Artist Astronaut Astronomer Athlete Athletic Trainer Attorney
 AEROSPACE ENGINEER	 AGRICULTURAL ENGINEER	 ANESTHESIOLOGIST	
 ANIMATOR	 ANNOUNCER	 ANTHROPOLOGIST & ARCHEOLO...	

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?



What you need to know

Overview	+
----------	---

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?

The screenshot shows the Career Girls website interface. At the top, the logo 'career girls' is followed by navigation links: EXPLORE CAREERS, COLLEGE PREP, EDUCATOR RESOURCES, COMMUNITY, and EVENTS. The main content area features a large portrait of Shauna Williams with a play button overlay. To the right of the portrait, her name 'SHAUNA WILLIAMS' and title 'PRODUCTION DESIGNER' are displayed. Below this, a 'PLAYLISTS' section lists: My Career, My Education, My Story, and My Advice. At the bottom, there is a section titled 'ALL VIDEOS (36)' with a grid of video titles such as 'What I Do', 'My Career As A Production Designer', 'A Typical Day At Tyler Perry Studios', 'Why Girls Should Consider A Career Behind The Camera', 'Considering Production Design As A Career', 'The Trifecta: Creating The Look On Set', 'Great Part', 'First Time In The Credits Challenges', 'Breaking Down The Script', 'Picking Crew Members', 'Importance Of Math', 'Always Have A Plan B', 'Why Join A Union', 'Education', 'Helpful Teachers', 'Heroes', 'Skills From Childhood', 'Skills To Develop', 'Production Design Tips For Girls', 'Dealing With Haters', 'Tips On Writing A Journal', 'Finding A Mentor In The Film Industry', 'Being A Mentor', 'Family Support', and 'Interior Design Tips For Girls - Stay Motivated'.

Explore College Majors

With over 110 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.

career girls
EXPLORE CAREERS COLLEGE PREP EDUCATOR RESOURCES COMMUNITY EVENTS

INTERIOR & ENVIRONMENTAL DESIGN

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

Interior & Environmental Design

Interior and environmental design focuses on designing the interiors of homes and buildings while thinking about the best solutions for people and the environment.

For this major you'll take lots of aerospace engineering classes. But you'll also need to take classes in the arts, science, math, and social sciences to earn your bachelor's degree. These extra courses help make sure that you graduate from college with all of the skills you'll need to prepare for a successful career in interior and environmental design.

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

Design Major Sydney S.

"I am a freshman in college currently, and I am majoring in design. I chose design because I've always known that that was something that I wanted to do. I wasn't really sure exactly where I stood as a designer if I wanted to do interior design or set design or costume design. I just knew that design was where I needed to be."

[VISIT SYDNEY'S PAGE](#)

My College Experience

Design Major

Sydney S

Related Careers

INTERIOR DESIGNER

INDUSTRIAL DESIGNER

LANDSCAPE ARCHITECT

ARCHITECT

URBAN PLANNER

GRAPHIC DESIGNER

- I INTERIOR DESIGNER
- I INDUSTRIAL DESIGNER
- L LANDSCAPE ARCHITECT
- A ARCHITECT
- U URBAN PLANNER
- G GRAPHIC DESIGNER


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Watch Empowerment Videos Together

Each Empowerment 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 Exploration Empowerment Videos explore careers in various fields and **Skill Development Empowerment Videos** focus on key topics such as confidence, leadership, and the importance of integrity.

career  girls EXPLORE CAREERS COLLEGE PREP EDUCATOR RESOURCES COMMUNITY EVENTS

EMPATHY



< BACK TO EMPOWERMENT VIDEOS

Empathy (2:08)

"We might think that we know a situation. We might read about it. We might study it. But when you're there having a similar experience as somebody else, that's what makes you the most empathetic. But it also helps you make the best decisions because you have all the information."

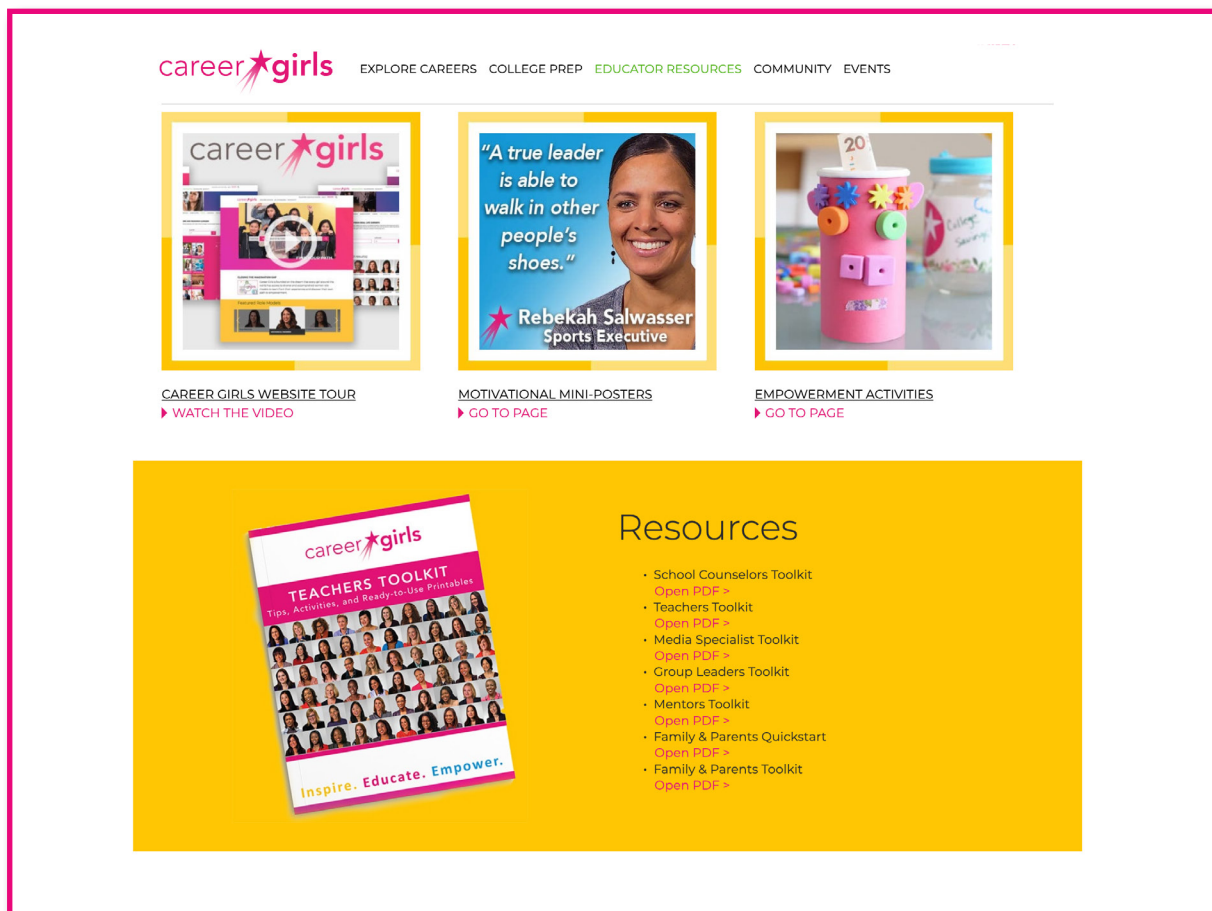
Role models in order of appearance: [Blen Sahilu](#), [Hiwot Amare](#), [Steffi Paepcke](#), [Maggie Fok](#), [Ellen Kamei](#), [Leah McGowen-Hare](#), [Randi Williams](#), and [Betelhem Dessie](#).

Quick Start	+
Video Transcript	+
Discussion Guide	+
Classroom Lesson Plan	+
Empowerment Activities	+
Fun Page Activity	+

More Resources

We've included five printable activity pages on the following 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 in the [Educator Resources](#) section of the Career Girls website. Hundreds of free, downloadable resources are available for both you and your child, from learning guides to inspirational mini-posters.





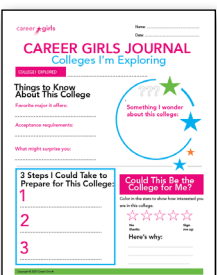
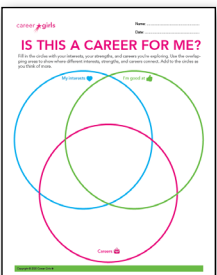
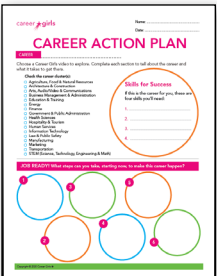
The screenshot shows the Career Girls website interface. At the top, the logo "career girls" is followed by navigation links: "EXPLORE CAREERS", "COLLEGE PREP", "EDUCATOR RESOURCES", "COMMUNITY", and "EVENTS". Below the navigation are three featured resource cards:

- CAREER GIRLS WEBSITE TOUR**: Includes a thumbnail of the website and a link to "▶ WATCH THE VIDEO".
- MOTIVATIONAL MINI-POSTERS**: Features a quote by Rebekah Salwasser, a Sports Executive: "A true leader is able to walk in other people's shoes." Includes a link to "▶ GO TO PAGE".
- EMPOWERMENT ACTIVITIES**: Shows a colorful craft project and includes a link to "▶ GO TO PAGE".

Below the featured cards is a yellow banner titled "Resources" with a list of downloadable PDFs:

- School Counselors Toolkit [Open PDF >](#)
- Teachers Toolkit [Open PDF >](#)
- Media Specialist Toolkit [Open PDF >](#)
- Group Leaders Toolkit [Open PDF >](#)
- Mentors Toolkit [Open PDF >](#)
- Family & Parents Quickstart [Open PDF >](#)
- Family & Parents Toolkit [Open PDF >](#)

Printable Activity Pages

 <p>The image shows a page from the 'CAREER GIRLS JOURNAL' titled 'Colleges I'm Exploring'. It includes sections for 'Things to Know About This College', 'Something I wonder about this college', '3 Steps I Could Take to Prepare for This College' (numbered 1, 2, 3), and 'Could This Be the College for Me?' with a star rating 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 image shows a page from the 'CAREER GIRLS JOURNAL' titled 'College Majors I'm Exploring'. It includes sections for 'Things to Know About This Major', 'Something I wonder about this major', '3 Steps I Could Take to Prepare for This Major' (numbered 1, 2, 3), and 'Could This Be the Major for Me?' with a star rating 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 image shows a page from the 'CAREER GIRLS JOURNAL' titled 'Colleges I'm Exploring'. It includes sections for 'Things to Know About This College', 'Something I wonder about this college', '3 Steps I Could Take to Prepare for This College' (numbered 1, 2, 3), and 'Could This Be the College for Me?' with a star rating 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 image shows a Venn diagram with three overlapping circles labeled 'Interests', 'Abilities', and 'Careers'. The intersections are labeled 'Interests & Abilities', 'Interests & Careers', 'Abilities & Careers', and 'Interests, Abilities & Careers'.</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 image shows a 'CAREER ACTION PLAN' page. It includes a list of 'Skills for Success' (Communication, Critical Thinking, Creativity, Problem Solving, Teamwork, Leadership, Initiative, Organization, Time Management, Research, Self-Motivation, Adaptability, Resilience, Flexibility, Open-mindedness, Curiosity, Empathy, Conflict Resolution, Decision-making, Stress Management, Networking, and Professionalism) and a section for '2023 REASON' with a grid for planning.</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:

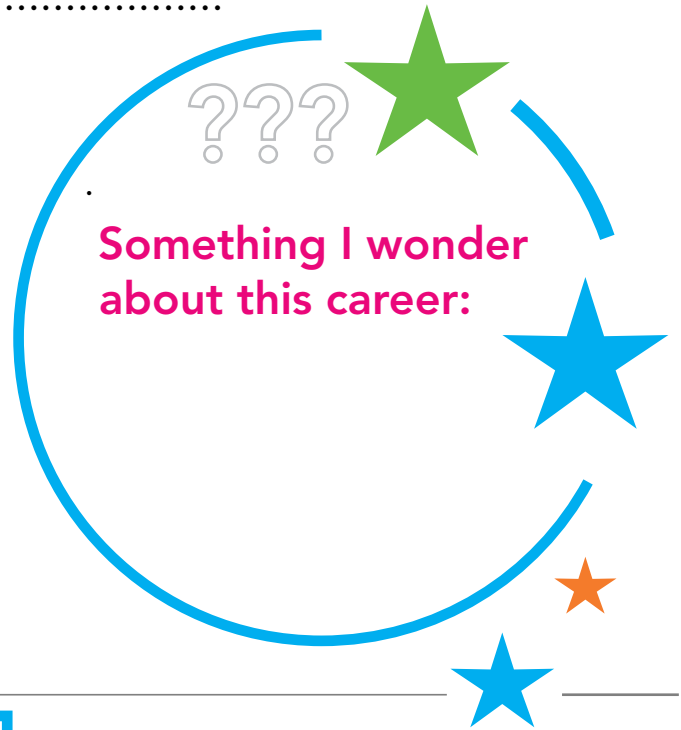
.....

Education you need:

.....

What might surprise you:

.....



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:

.....
.....
.....

3 Steps I Could Take to Prepare for This Career:

1
.....

2
.....

3
.....

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:

.....



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:

.....
.....
.....

3 Steps I Could Take to Prepare for This Major:

1

.....

2

.....

3

.....

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:

.....



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:

.....
.....
.....

3 Steps I Could Take to Prepare for This College:

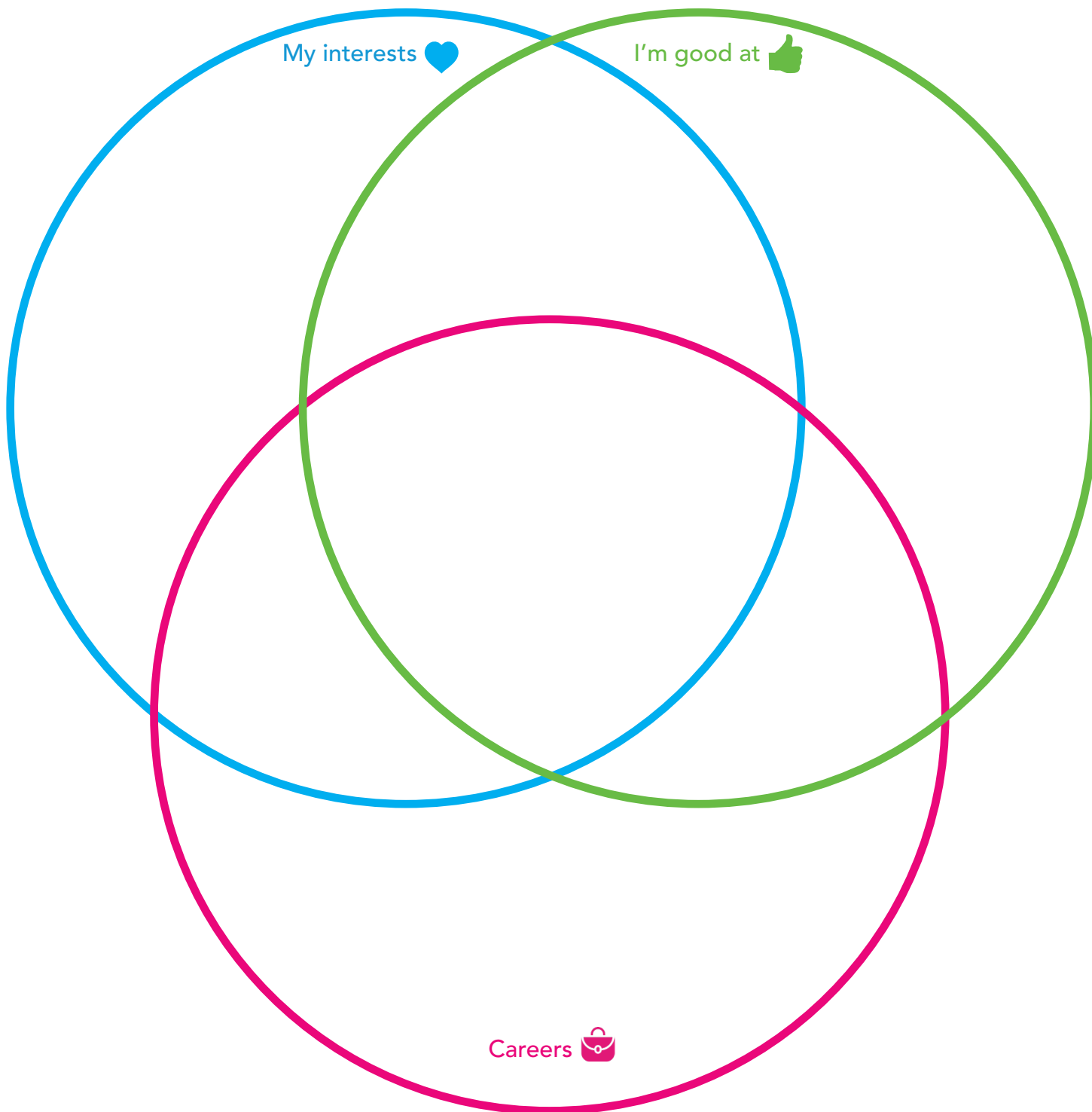
1
.....

2
.....

3
.....

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):

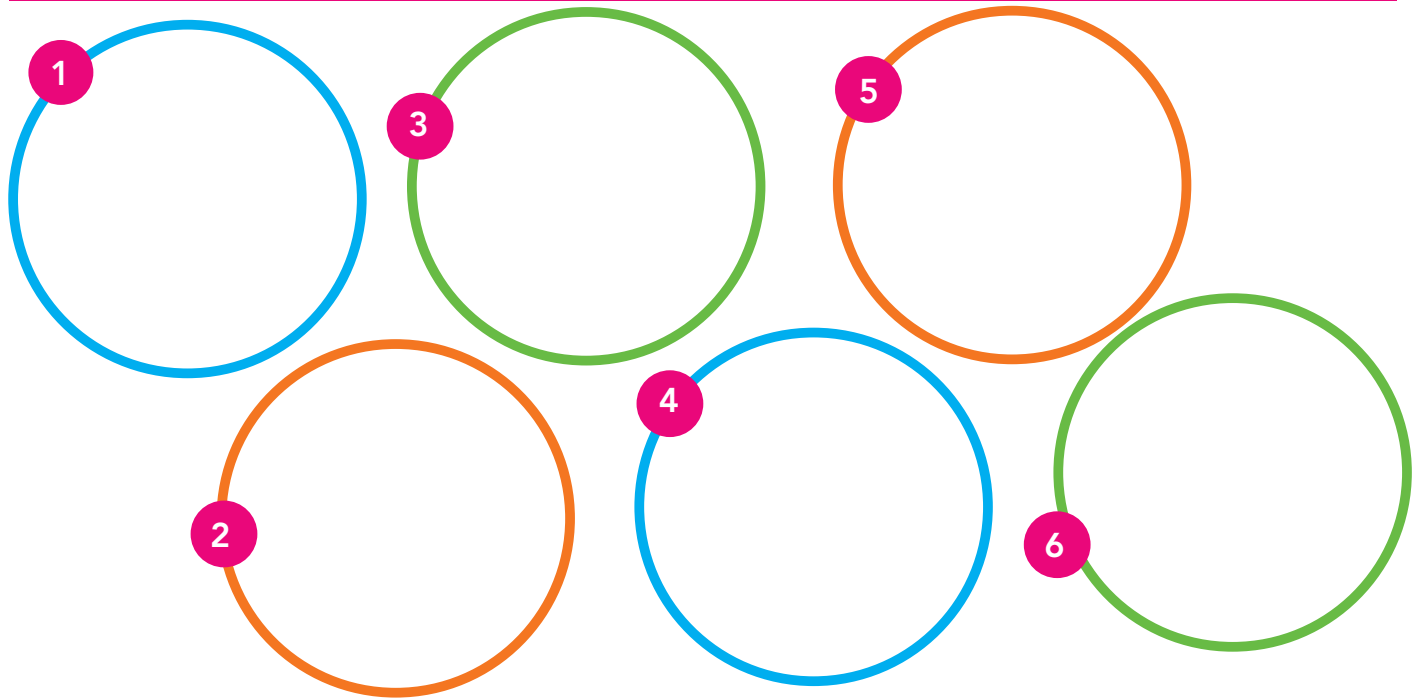
- Agriculture, Food & Natural Resources
- Architecture & Construction
- Arts, Audio/Video & Communications
- Business Management & Administration
- Education & Training
- Energy
- Finance
- Government & Public Administration
- Health Sciences
- Hospitality & Tourism
- Human Services
- Information Technology
- 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?



Six large circles arranged in two rows of three, each with a pink circle containing a number from 1 to 6. The circles are colored as follows: 1 (blue), 2 (orange), 3 (green), 4 (blue), 5 (orange), 6 (green).