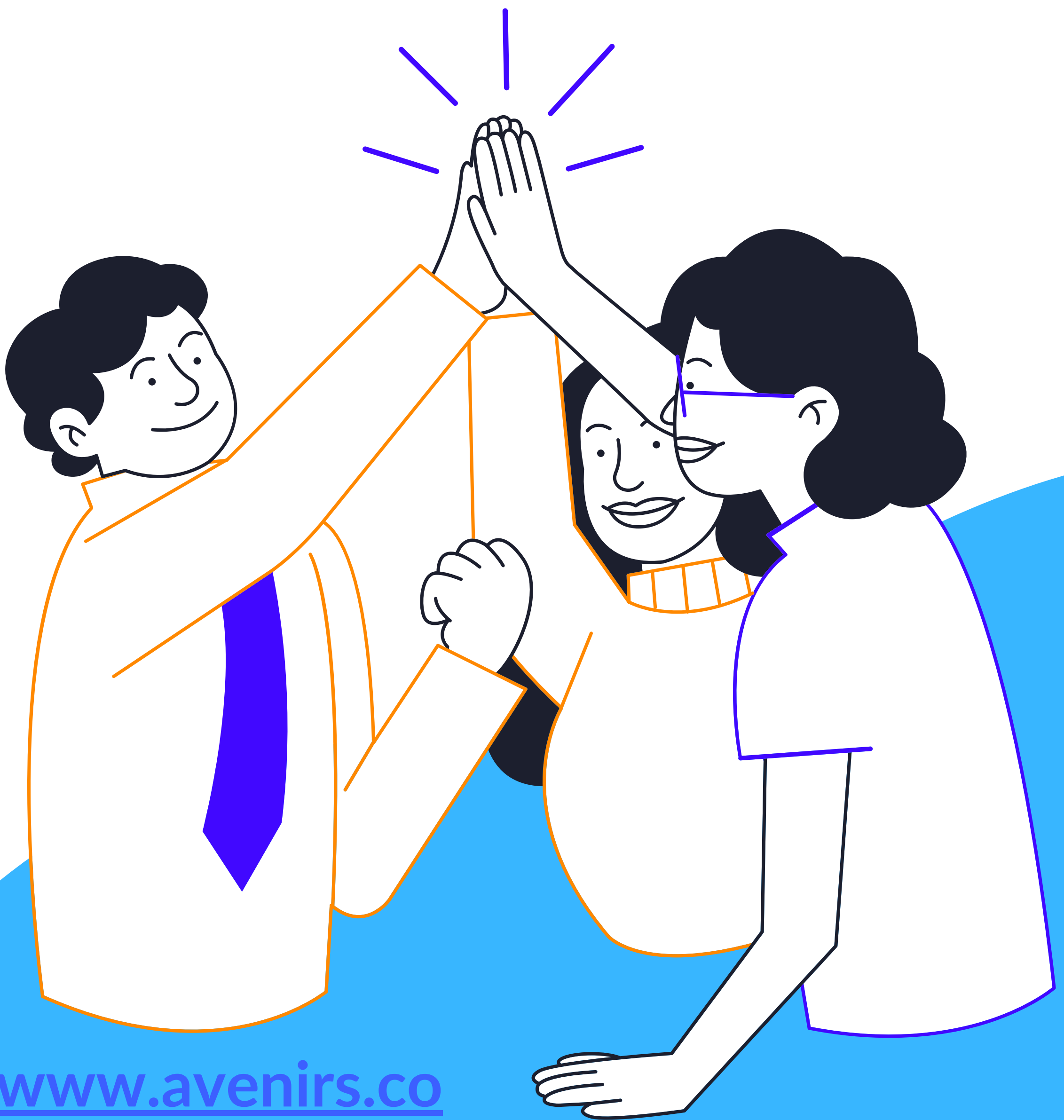


**AVENIRS**

**Your Child's Future:**

# **Parents Guide to Educational and Career Planning**



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## Introduction

### Why Career Planning Matters for Your Child

As a parent, one of your most important roles is to help guide your child through key decisions in life, including education and career choices. In today's fast-changing world, planning for the future can feel overwhelming.

This guide will help simplify the process, so you can support your child in making informed decisions that set them up for success.

At Avenirs, we believe every student deserves personalized guidance tailored to their strengths, interests, and ambitions.

This guide will walk you through practical steps you can take to help your child navigate their path, and how Avenirs can partner with you along the way.



# Understanding Your Child's Strengths and Interests

Every child is unique, and understanding their strengths and interests is the foundation of good career planning. Often, students feel pressured to follow a specific path without truly knowing what excites them. As parents, you can help them identify what makes them tick.

## Action Step: Discover Together

Sit down with your child and ask questions like:

- What subjects do you enjoy the most and why?
- Do you prefer working alone or in teams?
- What hobbies make you lose track of time?

These conversations can uncover key insights into what your child is passionate about and where their strengths lie.

At Avenirs, we take these insights further by using AI to provide personalized education and career recommendations based on your child's unique profile.



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A study by Gallup found that students who feel their strengths are recognized and nurtured at home and school are 30% more likely to report being engaged in their education, leading to higher academic success (Gallup, 2018).

## Building Effective Study Habits

Developing consistent and effective study habits is essential for long-term academic success.

Research shows that students who study smarter, not harder, are more likely to succeed.

### Action Step: Implement Study Techniques

Encourage your child to break study sessions into chunks, use active recall, and create a distraction-free environment.

## Setting Academic Goals

Research shows that setting clear academic goals can increase motivation and performance. Help your child set achievable, measurable goals for their school year.

### Action Step: Set Clear Academic Goals

Work with your child to establish **short-term and long-term** academic targets.

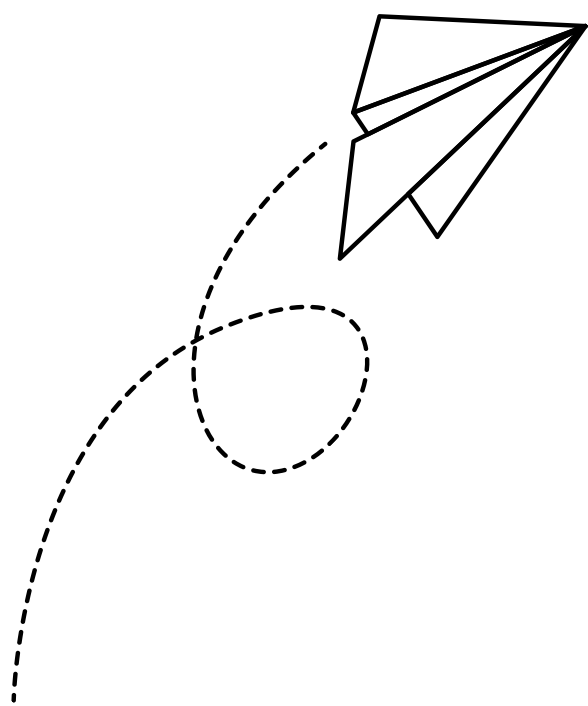


## Maintaining a Balance Between School and Well-Being

A balanced approach to schoolwork is important for both academic success and overall well-being. Encourage your child to take breaks, engage in hobbies, and maintain physical and mental health.

### Action Step: Create a Balanced Schedule

Help your child manage their time effectively by balancing study time with relaxation and extracurricular activities.



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Locke & Latham (1990) demonstrated in their goal-setting theory that specific and challenging goals, combined with regular feedback, lead to higher academic and personal achievement. Students who set clear academic goals perform better on average.



## Next Steps...

By understanding your child's learning style, setting goals, and maintaining a balance, you can help them achieve academic success.

## How Avenirs Can Help

Avenirs offers tools and personalized guidance that can further support your child in reaching their full potential.

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According to research by American Psychological Association (APA, 2021), students who maintain a healthy balance between schoolwork and leisure time report lower stress levels and higher academic performance.