

GALA Parents Guide

Mentoring with Career Girls

Empowerment Lessons



GIRLS ACADEMIC
LEADERSHIP ACADEMY

career  girls

Inspire. Educate. Empower.

What is Your Dream for Your Child?

You probably have dreams galore 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 free and advertisement-free website

A Word About Mentors

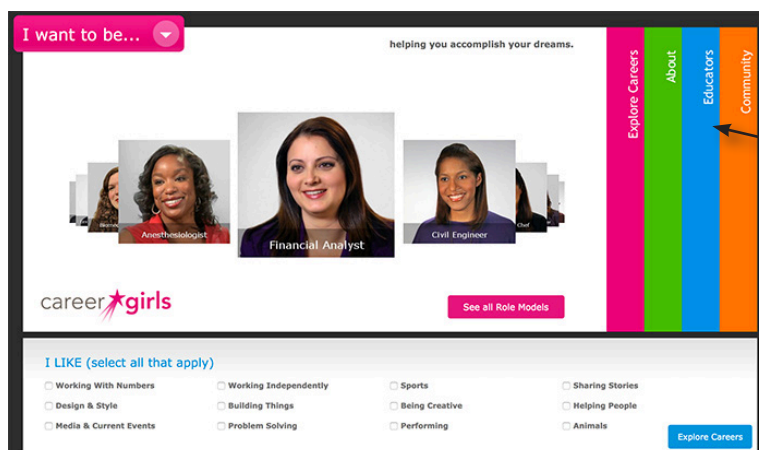
Because our real life role models come from all income levels and ethnic backgrounds, any girl can identify with one or more of them. And, because the role models are experienced, successful and willing to share what they know, they serve as a powerful and diverse group of mentors for your child.

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

Our **Empowerment Lessons** are an easy way to start. Each lesson is based on a two-minute video clip that features a number of accomplished, diverse and inspiring women. These real-world role models share straight-to-the-point career insights and advice – so the videos clips serve as the ideal jumping-off point for you to share your wisdom, values and experience.

Simply go to the Career Girls website at www.careergirls.org and navigate to the “[Parents](#)” section in the blue “Educators” tab.



Hint: Click on the blue “Educators” tab to find the “Parents” section.

Empowerment Lessons at GALA

1. Choose an Empowerment Lesson video from the list on the Parents page.

Monthly themes for Spring 2017 semester:

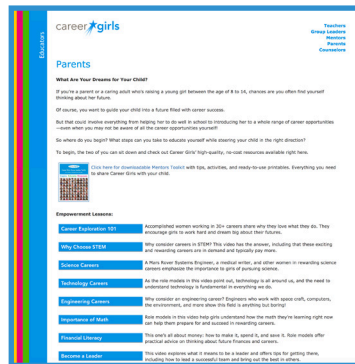
[Importance of Integrity](#)

[Choosing Friends](#)

[Teamwork](#)

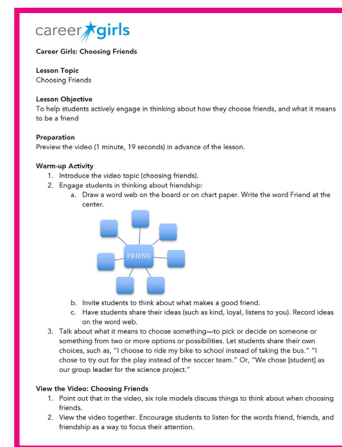
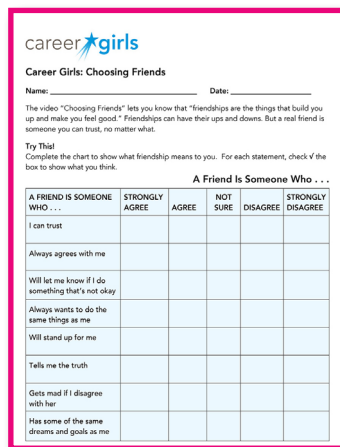
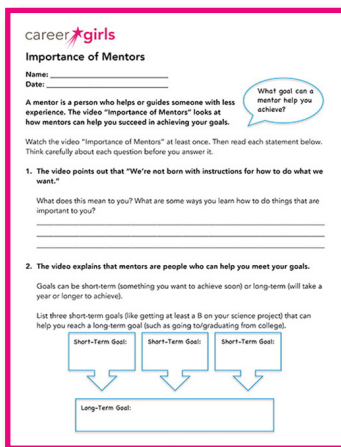
[Be Confident](#)

[Become a Leader](#)



2. Download the PDFs.

Empowerment videos are paired with a corresponding **Independent Learning Guide** and **Fun Page Activity**. Each of these resources is suitable for parent-mentoring purposes. And even if you're not a classroom teacher, you may find the **Classroom Lesson Plan** helpful as a guide to viewing and discussing the videos. Download and print these files for use with your daughter.



3. View the video.

Before viewing the video, briefly review the topic. For example, with "Be Confident," discuss what *confidence* means: *Is confidence something you get all at once or something that builds? What are some things you feel confident about? How did you develop confidence in this area? What would you like to feel more confident about?*

4. Discuss the video.

Guide a discussion with your daughter about the video: *What did you learn about [topic] that you didn't know before? How can what you learned help in a career?*

Everyday Mentoring Tips for Parents

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

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

- **Before all else, help your child develop a positive mindset.** Show her how to support herself from the inside out. For example, if your daughter complains that she is "dumb at math," help her reframe her thoughts so that she thinks, "Math is tricky, but other kids learn it and so can I!" If she's feeling defeated after failing a test, help her brainstorm some ways she 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 her 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.** Tell your daughter 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 her 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 herself, 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 she always enjoys 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 daughter that it's OK to be proud of who she is and of her career accomplishments.
- **Explore the Career Girls website together.** Go to the magenta "Explore Careers" tab and click on the dropdown menu titled, "I want to be..." Invite your daughter to choose some Career Girl videos to watch with you. Notice the careers and topics she picks so that later on you can talk with her about them to see if she wants to learn more. (Tip: Remember, your daughter may be familiar with some of these careers; others may be brand-new to her—and to you! But these careers ALL have something in common: by presenting her with real life career role models, they widen the doorway of career possibilities for her.)
- **Watch the Career Girls Empowerment Videos together.** These videos form the foundation of the Career Girls video library. They cover many topics including, career exploration, STEM careers, the importance of integrity, how to be confident and the importance of mentors.