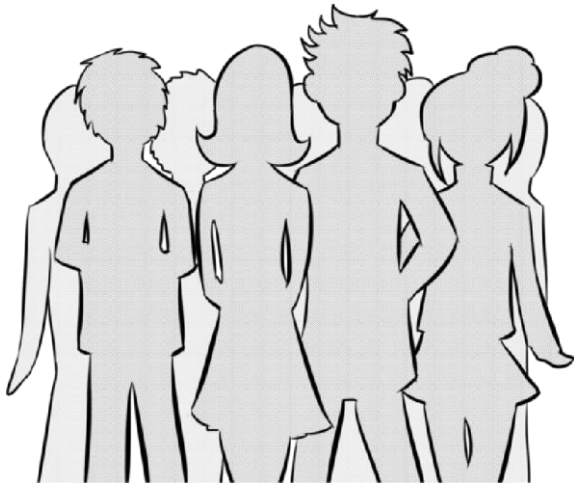


Did you know?



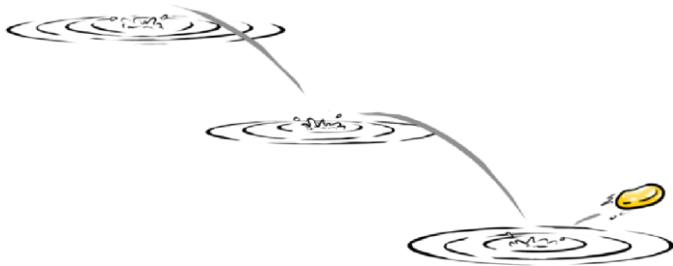
Aspirations reflect teenagers' hopes or desires to reach a particular level of education or career. Studies show that students with either high aspirations or high expectations have higher school achievement than those with both low aspirations and low expectations.

Research suggests that there is a correlation between teenage goals, aspirations and psychological wellbeing. Raising aspirations is also believed to lead to improved attainment.

Further studies have shown that parents often believe their child will find it harder to achieve their life goals than they did because there is more competition for job roles than they faced when they started their careers. According to research from the Education Endowment Foundation, most Young People actually have high aspirations.

What can you do?

Three Key Points



1. Try to raise your child's aspirations by highlighting new opportunities. Develop their self-esteem, motivation and expose them to role models to look up to. Inspire your child to be excited about their future and motivate them to pursue their dreams.
2. Young People who take part in family time or activities with their parents are more likely to continue these, achieve in education and seek out career life aspirations. Be positive about what their hopes and dreams are and encourage them to start to be proactive in achieving them.
3. Encourage your child to talk to you about their career, education or opportunities.