myBlueprint

CAREER MYTH BUSTER • GUIDANCE COUNSELLOR GUIDE

Using the Quiz in One-on-One Advising

The Career Myth Buster quiz is a free, research-backed tool that surfaces the beliefs students bring into a career conversation before you ever ask a single question.

WHY USE IT ONE-ON-ONE

- It reveals a student's biases and assumptions about careers before you dive into planning. Giving you a real starting point instead of a guess.
- It reframes the conversation from you as "Matchmaker" (handing them the right answer) to the student as "Author" of their own path.
- Each myth links to sources, so the tool, not you, does the work of challenging a belief. That keeps the session collaborative, not confrontational.

HOW TO RUN IT IN A SESSION (10–15 MIN)

1	2	3
Before you plan	**Flag 2–3 myths**	**Build from there**
Send the quiz link ahead of the appointment, or open it together in the first few minutes.	Ask the student which answers surprised them most — that's your entry point into the real conversation.	Use their reactions to guide goal-setting, not a pre-set script. Their "wrong choice" fear is often the real blocker.

CONVERSATION STARTERS

"One perfect career" myths	"If there wasn't one right answer — what are three paths that would all feel good to you?"
"Wrong choice = no going back" fears	"Who do you know who changed direction later on? What did that actually cost them?"
Grades/assessments as verdicts	"What would you add to a results page about yourself that a quiz could never capture?"
"I need my passion figured out now"	"What's one thing you're curious about that you haven't explored yet?"

TRY IT IN YOUR CONTEXT

- Use with individual students during course selection, post-secondary planning, or a "stuck" moment in their planning.
- Works well as a pre-appointment activity so the session starts from their reactions, not a blank page.
- Pair with the classroom lesson deck and parent one-pager for a consistent message across school and home.

Quiz link: careermythbuster.ca

Developed by CERIC in collaboration with Vox Pop Labs and myBlueprint.

Lesson Slides:

Parent one-pager to send home with students —-