myBlueprint

CAREER MYTH BUSTER • A GUIDE FOR PARENTS & CAREGIVERS

Help Your Teen Question Career Myths

Your teen is picking up career ideas from friends, social media, and from you. The Career Myth Buster quiz is a free, research-backed way to spot the myths in those messages and talk about them together.

WHY CAREER MYTHS MATTER

- Beliefs like "I have to know exactly what I want right now" or "the wrong choice ruins everything" create pressure and choice paralysis, not clarity. (CERIC, 2020; OECD, 2024)
- Canadians work for about seven different employers over their careers on average, and younger generations are expected to change jobs even more often. Changing direction is normal, so a first choice doesn't have to be limiting. (Statistics Canada, 2021; World Economic Forum, 2023)
- Parents are often teens' first source of career advice — which means the myths we believe can quietly become theirs too.

TRY THE QUIZ TOGETHER (10 MINUTES)

- Open careermythbuster.ca on a phone, tablet or computer; no sign-up required.
- Answer a few myths each, then compare notes: did you agree or disagree the same way?

CONVERSATION STARTERS

1 *"Which myth surprised you the most — and why did you believe it before?"*	**2** *"Is there a career 'rule' you've heard from me that might actually be a myth?"*
3 *"What's one thing you're curious about that you haven't had a chance to try?"*	**4** *"If changing your mind later is normal, what would you explore first?"*

Quiz link: careermythbuster.ca

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