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## **MISTAKES IN CAREER CHOICE AMONG TEENAGERS AND THEIR SOLUTIONS**

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**Abstract:** Choosing a career is a crucial decision in every teenager's life, as it shapes their future academic and professional paths. However, due to a variety of internal and external factors, many adolescents make career decisions that are misaligned with their interests, abilities, or market demands. This article explores common mistakes teenagers make when choosing a career and suggests practical solutions to guide them toward informed and fulfilling career choices.

### **Introduction:**

Adolescence is a transitional phase where individuals begin to explore their identity, values, and aspirations. One of the key challenges during this stage is deciding on a career path. Unfortunately, many teenagers face confusion, pressure, and misinformation, which can lead to poor career choices. Addressing this issue is essential to reduce future dissatisfaction, wasted educational efforts, and career instability.

### **Common Mistakes in Career Choice:**

1. **Lack of Self-Awareness** Many teenagers do not have a clear understanding of their strengths, interests, and values. This leads to decisions based on assumptions or peer influence rather than genuine self-assessment.
2. **Parental and Societal Pressure** Some adolescents choose careers based on their parents' expectations or societal prestige, rather than their own interests. This often results in low motivation and burnout.
3. **Limited Career Information** Due to a lack of exposure, teenagers may have insufficient knowledge about various professions and the qualifications they require. This leads to unrealistic expectations and limited career choices.
4. **Following Trends** Some students choose a profession because it is currently popular, without considering long-term prospects or whether it suits their personality and skills.
5. **Fear of Failure** Teenagers sometimes avoid ambitious careers due to fear of not succeeding, choosing "safe" options instead of following their true passions.

### **Solutions and Recommendations:**

1. **Career Guidance Programs** Schools should offer regular career counseling sessions to help students explore different options, understand labor market demands, and assess their skills.
2. **Psychological and Vocational Assessments** Providing standardized tests can help teenagers better understand their aptitudes and interests, guiding them toward suitable professions.



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**3. Parental Involvement with Flexibility**

Parents should support their children in exploring careers without imposing their own unfulfilled ambitions. Open conversations and encouragement are key.

**4. Exposure to Real-World Experiences** Organizing internships, job-shadowing programs, or career days can help students gain first-hand experience and make informed decisions.

**5. Teaching Decision-Making Skills** Incorporating critical thinking and decision-making into the school curriculum can empower teenagers to make choices based on evidence and reflection rather than impulse.

**Conclusion:**

Helping teenagers make wise career decisions is a shared responsibility among schools, parents, and society. With the right support and information, adolescents can choose paths that align with their true potential and contribute meaningfully to the workforce. Avoiding early career mistakes not only ensures personal satisfaction but also builds a more competent and motivated future generation.

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