

ALL · 25 MIN · V1.1

Pressure-Free Conversation Cards

A parent package for starting a short, listening-based conversation about career curiosity without directing the child.



This content is an original draft whose PDR expert review is not complete. Evaluate it against your school's guidance principles and the group's needs before using it.

Learning objective

The parent listens without rushing a choice, uses at least two open questions, and closes with shared thinking rather than advice.

[MEB / DİSREP](#)

Age suitability

Parent-child conversation for any age level

Materials

Pressure-Free Conversation worksheet · Pencil · A quiet and comfortable conversation space

Activity flow

01 Ask permission and listen

The parent asks, "Would you like to talk now, or at another time?" and accepts the answer. The goal is not to steer the child but to hear curiosity and uncertainty in the child's own words.

02 Choose a card

The parent chooses two open questions from the worksheet and listens without inserting advice. They can say, "Could you tell me a little more?" without correcting the child, comparing them, or creating pressure.

03 Close together

At the end, the child may choose one small next step, or choose no step at all. The parent keeps the option open by saying, "We do not have to solve this now; we can talk again."

Inclusion and adaptations

The child may postpone the conversation or pass, and the parent accepts that choice. Drawing, speaking, or one short sentence can replace writing; no name, diagnosis, test result, or sensitive child data is requested.

Wrap-up

Support means staying beside a child while they think, not deciding in their place. This package is a draft awaiting review by a school counseling professional and is not presented as a completed parent guide.

WORKSHEET

Pressure-Free Conversation Cards

You do not need to write your name. You do not have to share your answers; you can choose writing, drawing, or speaking.

01 What topic or activity has made you curious lately?

02 When you think about an option, what feels comforting or difficult?

03 Would you like me to listen, look for information, or simply be beside you?

04 What would be helpful to leave open after this conversation?
