

# Career Planning Education Is Imperative for High School Students in China

## -- Based on A Survey of Seven High Schools in Sichuan Province

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### Abstract

Career planning education can significantly improve high school students' self-awareness, and the demand for career planning education for high school students is prominent. However, there is a serious shortage of career planning education in high schools in China. Only half of the high school students who have defined their own development direction have less than half of them. Without channels of knowledge, it has become the main reason that most high schools do not understand the future development direction. This article discusses the necessity and feasibility of high school students' career planning education from the aspects of necessity and feasibility. Finally, it gives some suggestions from four aspects of national policy, social practice, school education, and parent enlightenment.

### Keywords

Career planning education; High school students; Professional consciousness.

### 1. Introduction

The team with the method of random sampling, the affiliated high school of sichuan normal university, chengdu, shu light middle school and middle school, shuter wenxin second foreign language school, to yucai middle school, high school, lugu county in the fourth middle school high school students as the research object, research at present, China's high school students in career planning consciousness cognitive condition. The survey covered provincial, municipal and county-level middle schools. 1,000 questionnaires were distributed by teachers and collected uniformly. 977 effective questionnaires were collected, with an effective recovery rate of 97.7%.

According to the results of the survey, there is a serious lack of career planning education in senior high schools in China. Only some colleges and universities often carry out relevant activities to guide students to conduct career exploration. In addition, only less than half of high school students have a clear direction of their own development, and lack of access to knowledge is the main reason why most high schools do not know the direction of their future development. At present, most high school students' professional consciousness mainly comes from the network information, the network information is true and false mixed, easy to mislead it, then the correct guidance of school and family is more important. Compared with the lack of vocational education supply, 96.93% of high school students have relevant demand, which further highlights the urgency of vocational planning education for high school students.

## 2. The Concept of Career Planning

The concept of career was first proposed by American scholars and was introduced to China in the 1990s. Career contains extensive and profound content, American psychologist Super think career is a lifelong experience of the whole course of all classes, and a more general career refers to the cultivation of occupational interest and vocational ability, choose a career type and to complete withdrawal from the full development of occupational labor [1], mainly includes the self-exploration and career exploration content [2].

Jian-zhong xiao scholars[3]believe that by their own career planning of values, abilities, personality, ideal subject awareness and change for career development and how to make their own arrangements to achieve the ideal of two aspects, scholars Luo Shuangping[4], Tian Tong [5] also think career planning according to subjective (personal development) combined with objective (environment), to determine their own career growth direction, and aims at the goal, to develop the education to match, training, practice, work on it till achieve continuously.

## 3. The Necessity of Career Planning Education in Senior High School

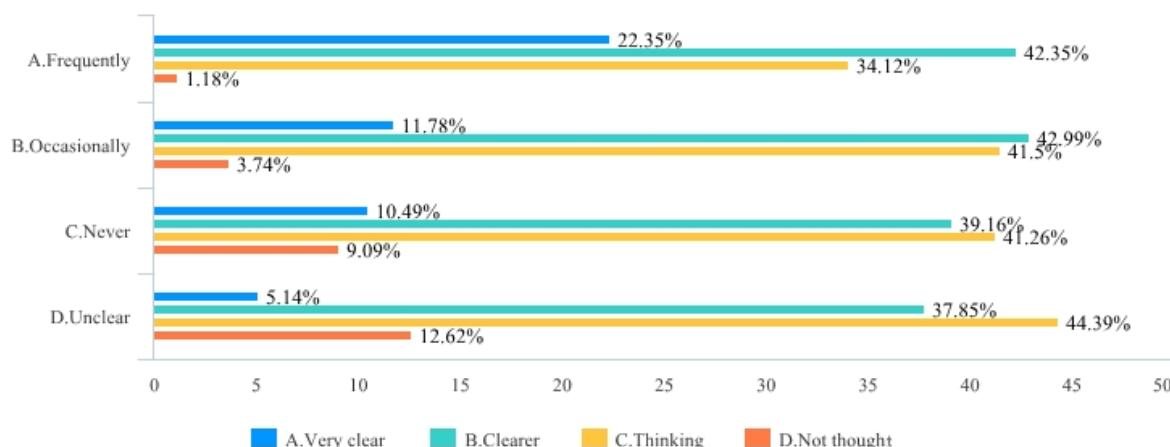
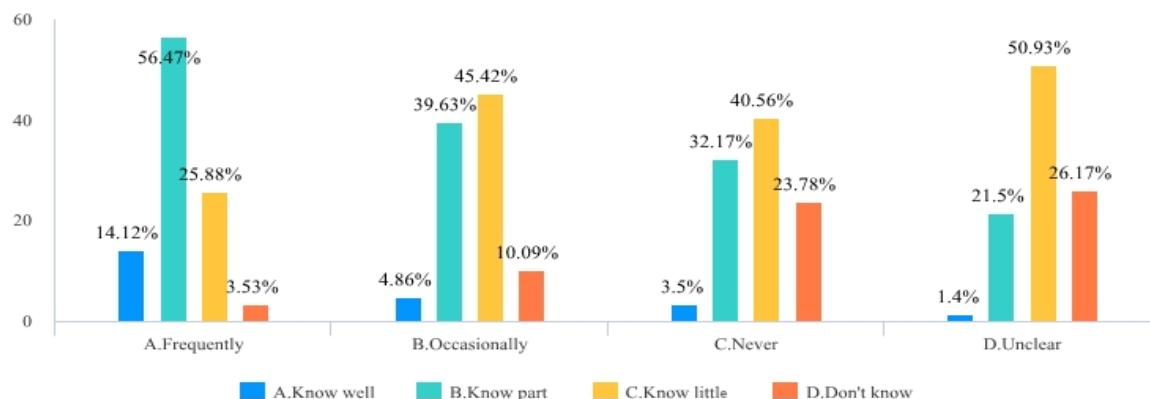
### 3.1. Cognitive Status of High School Students' Career Planning

As high school students tend to mature, their interests and hobbies gradually formed, standing at the crossroads of life, but also faced with "what do I want to do? "What should I do in the future?" And for the students' career planning education can effectively cultivate students' development, planning ability, lay the foundation for future development. As you can see from our survey, 93.76% of high school students thinking about the future professional choices, but due to the high school students generally with the college entrance examination as the main target, the school did not attach enough importance to career planning education, only part of the school actively organize to carry out the knowledge and professional activities, and that 87.59% had the right development direction of high school students mainly through online inquiry right to learn professional, this reflects a high school students start thinking about career planning, but related aspects has deficiencies in education.

### 3.2. Career Planning Education Significantly Improves High School Students' self-cognition

According to the results of the survey, high school students who received career-planning education and training thought more clearly about their identity, personal values and future plans.

As the first step of career planning for high school students is the choice of university and university major, the understanding of university and related majors is closely related to the career planning of high school students. This paper USES the cognition of the desired university and major to replace the general career consciousness. As shown in figure 1, 2, compared with school never hold related activities of the students, often hold knowledge and related professional high school students, want to enter oneself for an examination of university, and for the future professional intentions clear ratio from 10.49% to 22.35%, and the right university and related professional knowledge is very understanding, more understanding, 32.17% to 14.12%, from 3.5% to 56.47%. The proportion of those who have not considered the university or major they want to apply for in the future has dropped to 1.18%, and the proportion who have no knowledge of the university or related major has dropped from 2.17% to 3.53%. This data well illustrates that career planning education plays a significant positive role in thinking about the future for high school students.

**Fig 1.** The School Organizes Professional Activities and Students' Sntention to Register**Fig 2.** School Organization Understanding of Professional Activities and Students' Understanding of Desired Majors

Besides, attaches great importance to the career planning education school students, on the cognition of university, more tend to think that the university is in order to realize his life ideal (87.06%), and create value for the society (48.24%), and do not take the career planning of middle school students think the significance of university is to find a job to earn more than the proportion of the, and the results are consistent and on the choice of the professional, has never held understanding of university and professional activities of the school's students, to place more choice on future employment prospects, but there is a decrease in the value proportion to their own interests, such as table 1, 2.

**Table 1.** School organizations understanding of professional activities and students' cognition of going to college

X\Y	Find work earn money	Make value for society	Make life dream bacome ture
often	49.41%	48.24%	87.06%
never	60.84%	43.36%	82.52%

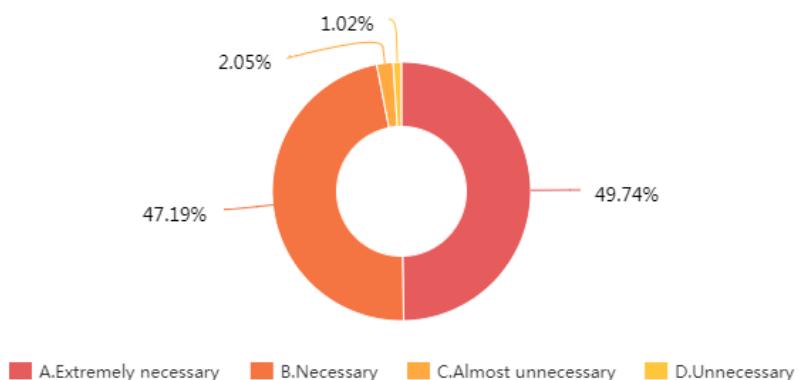
**Table 2.** Schools organize awareness activities for students to choose their major preferences

X\Y	Whether the advantage is professional	Own interest	Is it good employment
often	65.88%	96.47%	56.47%
never	52.45%	91.61%	67.13%

## 4. The Feasibility of Career Planning Education in Senior High School

### 4.1. High School Students' Career Planning Education Needs are Highlighted

As the first step of high school students' career planning, the survey results show that 96.93% of high school students think it is necessary for schools to carry out similar activities of "understanding college and major", as shown in figure 3. High school students have little social experience and little understanding of the profession. Moreover, due to the heavy academic tasks, most of them lack of social practice activities, which directly causes the confusion when high school students choose their major. Published in 2014 the State Council on deepening the reform of examination recruitment system of the implementation opinions "officially started a new round of reform of college entrance examination is followed by a request from entering high school high school students will fall to the future development direction, to think and explore life planning, at the same time, this means that China's high school career guidance education demand will be more and more. This is supported by the fact that 67.55% of high school students in our survey are willing to pay for related activities.

**Fig 3.** Whether it is Necessary to Carry out Activities of Understanding Universities and Professions.

### 4.2. The Development of Career Theories Makes Professional Guidance Possible

The rich theoretical research and practical experience of high school vocational education in developed countries and China is helpful to the development of vocational education in ordinary high schools in China. The United States, the United Kingdom, Japan and other countries attach great importance to students' career planning education, and there are relevant laws and regulations, professional institutions and departments, which provide a reference for China to provide professional guidance in related aspects. In addition, in China journal full-text database, from 1997 to 2020, a total of 14,755 records were retrieved and counted with the title "career planning education", and only 11,627 articles were written from 2010 to 2020. Chinese scholars have done a lot of research in this field, which undoubtedly provides a boost for career planning education to enter high schools.

## 5. Suggestions on Career Planning Education in Senior High School

### 5.1. At the National Level: Improve the Legal System and Provide Institutional Guarantee

The state improves the framework design and promulgate relevant laws and regulations on career planning and education. For example, the school to employment act (USA), the federal occupational and professional education and training act (Switzerland), the career development program (Australia) and other ACTS have guaranteed the career planning education [6]. These laws not only improve the specific arrangement of career planning, but also make career education become the content of hard education, so as to enhance the national consciousness and facilitate the promotion in the country.

### 5.2. Social Aspect: Strengthen Social Practice and Enrich Occupational Cognition

Career education should not only be an armchair strategy, but also combine learning with practice. John Dewey, a representative of the American pragmatic education philosophy, proposed that education is life and school is society. Although high school students are busy with their studies on weekdays, they spend a relatively long time in winter and summer vacations. Therefore, high school students should be encouraged to arrange part of their time in winter and summer vacations to practice in their favorite industries. Through immersive experience, they can not only feel "am I suitable for this job?", can also understand the work content of different occupations, so as to be able to make a better life plan.

### 5.3. At the School Level, Vocational Planning Courses are Offered to Provide Professional Training

The school sets up a series of courses of career planning education, and selects professional teams for counseling. Professional vocational education teachers not only have very rich knowledge of career planning, but also have corresponding experience in the workplace, which can make the career planning education carry out effectively. A good career planning education course, first of all, can strengthen students' self-exploration, to find their own interests and abilities. Secondly, break through the students' inherent horizon, follow the trend of the eyes, understand the current social development and career trends. Then, according to their own characteristics and social development to make a choice, and master the required skills. Finally, according to their own situation and career needs to make corresponding plans, choose the right path, and continue to make efforts to achieve the value of life.

### 5.4. At the Family Level, We Attach Importance to Enlightenment Education and Actively Encourage Our Children to Explore Their Careers

Parents should actively guide their children to think "what kind of person am I? "What do I want to be? "What are my weaknesses?" "How can I improve so that I am what I want to be?" To cultivate children's independent thinking, practical ability and sense of responsibility from an early age through scientific education [7]. And in the way to treat children, should be lenient and strict. On the one hand, parents should strengthen the communication with their children, help them to collect information from all walks of life and help their children to make goals and plans. On the other hand, respecting children's choice and improving children's self-confidence can help children choose the most suitable career for themselves[8].

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