主題：[學生分享]林家齊分享他從醫之路和心聲

A. 內容撮要：

1. **陪伴與支持：** 影片中，母親陪伴 Markus 參加大學資訊日，這顯示了家長在孩子探索未來方向時，陪伴與支持的重要性。家長的參與能讓孩子感受到被重視，並在過程中提供適時的建議與討論。

2. **鼓勵多方探索：** Markus 原本想讀納米工程，但在資訊日中，他有機會接觸到不同學系的資訊，並與醫學院的師姐交流。這提醒家長，應鼓勵孩子多方探索不同的興趣與領域，不要過早侷限發展方向。

3. **引導思考長遠發展：** 醫學院師姐的建議讓 Markus 了解到，成為醫生後再從事科研，能有更廣闊的發展空間與更深入的研究機會。家長可以引導孩子思考未來的長遠發展，並將不同選擇的利弊與可能性納入考量。

4. **尊重孩子的決定：** 當 Markus 決定讀醫時，母親雖然感到驚訝，但最終仍支持他的選擇。家長應尊重孩子的決定，並在他們確立目標後，給予充分的鼓勵與支持，讓他們能更有信心地追求夢想。

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B. 家長反思題：

1. 當孩子的選擇（或突然的轉變）出乎我意料時，我該如何調整自己的心態，從「主導者」轉變為「支持者」？

2. 在與孩子討論未來時，我是單純順應他們眼前的興趣，還是有嘗試引導他們像 Markus 一樣，將目光放遠，思考不同專業在未來的長遠發展性與社會影響力？

Topic: [Student Sharing] Markus Lam Shares His Medical Journey and Thoughts

A. Content Summary:

1. **Companionship and Support:** In the video, the mother accompanies Markus to the university information day, demonstrating the importance of parental companionship and support as children explore their future paths. Parental involvement makes children feel valued while providing timely advice and discussion throughout the process.

2. **Encouraging Broad Exploration:** Markus originally wanted to study nanoengineering, but the information day gave him the opportunity to explore different departments and interact with a senior student from the medical school. This reminds parents to encourage their children to explore various interests and fields, rather than limiting their development directions too early.

3. **Guiding Long-term Career Thinking:** The senior medical student's advice helped Markus realize that becoming a doctor before pursuing scientific research offers broader career prospects and deeper research opportunities. Parents can guide their children to think about long-term future development, weighing the pros, cons, and possibilities of different options.

4. **Respecting the Child's Decision:** Although the mother is surprised when Markus decides to study Medicine, she ultimately supports his choice. Parents should respect their children's decisions and offer full encouragement and support once goals are set, allowing them to pursue their dreams with greater confidence.

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B. Parent Reflection Questions:

1. When my child's choice (or sudden change) catches me off guard, how can I adjust my mindset to shift from a "director" to a "supporter"?

2. When discussing the future with my child, am I simply going along with their immediate interests, or am I trying to guide them—like Markus—to look further ahead and consider the long-term prospects and social impact of different professions?