主題：**Boyce** 分享父母對他成為運動員的看法

A. 內容撮要：

- **家長初期的擔憂：**
  - Boyce 小時候並未接觸田徑，家長最初反對他參加過多田徑訓練班。
  - 家長認為 Boyce 當時不是一個勤奮讀書的孩子，比較貪玩。
  - 家長擔心參加過多活動只是為了玩樂，會影響學業。
- **Boyce 的堅持與反叛：**
  - 在中一或中二時，Boyce 因為家長的反對，開始產生反叛心理。
  - 他偷偷報名參加暑期田徑訓練班。
- **家長的強烈反對與擔憂：**
  - 家長發現後非常生氣，甚至當面撕毀了通告。
  - 家長認為訓練環境危險，且不了解該環境，擔心 Boyce 一個人無法應付。
- **Boyce 的感受與轉變：**
  - Boyce 當時感到很不開心，覺得家人不理解他。
  - 幸運的是，他在學界比賽中開始嶄露頭角，取得了一些成績。
- **學校的支持與家長的改觀：**
  - 隨著成績的提升，學校開始為他安排教練和定期的訓練班。
  - 家長看到他在田徑上的發展，並且發現他開始兼顧學業，態度逐漸改變。

總結：

這段經歷顯示，家長最初的擔憂是出於對孩子學業和安全的考量。然而，當孩子在自己熱愛的領域展現出天賦和努力，並且能夠在學校的支持下取得平衡時，家長的態度也會隨之改變。這提醒家長，在關心孩子學業的同時，也應適度給予孩子探索興趣的空間，並觀察其在不同領域的發展潛力。

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B. 家長反思題：

1. 當孩子對某項你認為「沒有用」或「會影響學業」的活動展現出強烈興趣時，我們該如何調整溝通方式，先去理解孩子背後的動機與熱情，而不是用強硬的手段（如直接禁止）來處理雙方的意見分歧？
2. 身為家長，我們該如何從「限制者」的角色，轉變為「支持者」與「引導者」，陪伴孩子一起尋找發展興趣與兼顧學業的平衡點？

Topic: Boyce Shares His Parents' Views on Him Becoming an Athlete

A. Content Summary:

- **Parents' initial worries:**
    - Boyce didn't do track and field when he was little. At first, his parents didn't want him to join too many track classes.
    - His parents thought he wasn't a hard-working student and just liked to play.
    - They worried that joining too many activities was just for fun and would hurt his grades.
- **Boyce's persistence and rebellion:**
    - In Form 1 or Form 2 (7th or 8th grade), Boyce became rebellious because his parents said no.
    - He secretly signed up for a summer track class.
- **Parents' strong opposition and worries:**
    - When his parents found out, they were very angry and even tore up the school notice right in front of him.
    - They thought the training place was dangerous. They didn't know much about it and worried Boyce couldn't handle it alone.
- **Boyce's feelings and changes:**
    - Boyce felt very sad and thought his family didn't understand him.
    - Luckily, he started doing well in school sports competitions and got good results.
- **School support and parents' change of heart:**
    - Because he was doing well, the school gave him a coach and regular training classes.
    - His parents saw his success in track and noticed he was also keeping up with his schoolwork, so they slowly changed their minds.

Conclusion:
This story shows that parents worry at first because they care about their child's grades and safety. However, when a child works hard, shows talent in something they love, and balances it with schoolwork (with the school's help), parents will change their minds. This reminds parents that while grades are important, they should also give their children space to explore their hobbies and see what they are good at.

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B. Reflection Questions for Parents:

1. When your child really likes an activity that you think is "useless" or "bad for their grades", how can we change the way we talk to them? How can we try to understand their passion first, instead of just saying "no" and fighting about it?

2. As parents, how can we stop being the ones who "set limits" and start being "supporters" and "guides"? How can we help our children find a good balance between their hobbies and their schoolwork?