主題：攜手同行：家校合作啟發中三子女的生涯規劃

A. 內容撮要：

選科為生涯規劃起點：中三是面對高中選科的關鍵期，生涯規劃是持續認識自我與發掘潛能的過程。

家長需抱持開放聆聽：父母應聚焦孩子的優勢並給予接納支持，以建立孩子的「生涯信心」與效能感。

積極參與並配合學校：家長應主動出席學校的講座與活動，與教師緊密溝通，共同協助孩子做出明智選科決定。

攜手培養多元適應力：家校合作鼓勵孩子參與課外活動或工作體驗，引導孩子反思經驗並學習解難技能。

==========

B. 家長反思題：

1. 您最近是否有聆聽孩子的夢想，並將焦點放在他們的優勢而非不足上？
2. 您是否有主動參與學校的升學講座，與教師共同協助孩子做選科決定？

參考資料：

1. https://lifeplanning.edb.gov.hk/uploads/page/attachments/Highlights-of-Life-Planning-Education.pdf
2. https://lifeplanning.edb.gov.hk/uploads/page/attachments/LPE%20Conference%202019/主題（一）K1%20 培養青少年的生涯和才華發展.pdf

Topic: Walking Hand in Hand: Home-School Cooperation in Inspiring Career Planning for Secondary 3 Students

A. Content Summary:

- **Subject selection as the starting point**: Secondary 3 is a critical period for senior secondary subject selection. Career planning is a continuous process of self-understanding and discovering potential.
- **Parents need to practice open listening**: Parents should focus on their children's strengths, offering acceptance and support to build their "career confidence" and sense of efficacy.
- **Actively participate and cooperate with the school**: Parents should proactively attend school seminars and activities, communicating closely with teachers to jointly help children make wise subject selection decisions.
- **Jointly cultivate multi-adaptability**: Home-school cooperation encourages children to participate in extracurricular activities or work experiences, guiding them to reflect on experiences and learn problem-solving skills.

==========

B. Parent Reflection Questions:

1. Have you recently listened to your child's dreams and focused on their strengths rather than their shortcomings?
2. Have you proactively participated in the school's further studies seminars to assist your child in making subject selection decisions alongside teachers?

Reference：

1. https://lifeplanning.edb.gov.hk/uploads/page/attachments/Highlights-of-Life-Planning-Education.pdf
2. https://lifeplanning.edb.gov.hk/uploads/page/attachments/LPE%20Conference%202019/主題（一）K1%20 培養青少年的生涯和才華發展.pdf