主題：家長如何成為子女的生涯規劃同盟

A. 內容撮要：

1. 核心概念：

- 中三是生涯規劃的啟動點，因「選科」會直接影響未來升學與就業。
- 生涯規劃是一個「認識自己 → 探索 → 選擇 → 行動 → 反思」的持續循環。

2. 家長陪伴的五個步驟：

- 認識自己： 協助子女盤點興趣、能力與價值觀，不單以分數作準。
- 探索機會： 共同搜集升學及行業資訊，了解不同出路。
- 知情選擇： 平衡志向、能力與現實，討論備選方案，避免盲從。
- 訂立行動： 將目標轉化為具體的行動清單與時間表。
- 反思調整： 定期檢視進度、困難點及下一步策略。

3. 理想的溝通態度：

- 核心： 支持、尊重、激發。給予子女探索和承擔的空間。
- 技巧： 多用過程性回饋（例如：「我看到你為此花了時間…」），避免比較和標籤化。

4. 求助警號：

- 若子女持續出現明顯焦慮、逃避選擇或對前景極度灰心，應主動聯絡學校（班主任／社工）尋求支援。

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B. 家長反思題：

1. 當子女談及選科時，您是傾向給予直接建議，還是引導他自行探索？
2. 在與子女的對話中，您較常聚焦於「分數與排名」，還是「興趣與嘗試」？

參考資料：

1. https://www.hyc.org.hk/生涯規劃
2. https://cd1.edb.hkedcity.net/cd/lwl/ole/article/career_mapping_student_chi_intro.pdf

Topic: How Parents Can Become Their Child's Career and Life Planning Ally

A. Content Summary:

1. Core Idea:

- The third year of secondary school is the starting point for career planning because choosing subjects directly affects future studies and jobs.
- Career planning is a continuous cycle: Knowing Yourself → Exploring → Choosing → Taking Action → Reflecting.

2. Five Steps for Parents to Guide Their Child:

- Know Themselves: Help your child identify their interests, skills, and values, not just their grades.
- Explore Options: Research information about studies and jobs together to understand different paths.
- Make Informed Choices: Balance their goals, abilities, and reality. Discuss backup plans and avoid just following trends.
- Create an Action Plan: Turn goals into a specific to-do list with a timeline.
- Reflect and Adjust: Regularly review their progress, challenges, and what to do next.

3. The Ideal Way to Communicate:

- Core Attitude: Be supportive, respectful, and encouraging. Give them space to explore and take responsibility.
- Communication Tip: Give feedback on their effort (e.g., "I see you spent a lot of time on this..."). Avoid comparing or labeling them.

4. Warning Signs to Seek Help:

- If your child seems very anxious, avoids making choices, or feels hopeless about the future for a long time, you should contact the school (their teacher or a counselor) for support.

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B. Parent reflection questions:

1. When your child talks about choosing subjects, do you tend to give direct advice or guide them to explore on their own?
2. In your talks with your child, do you focus more on "grades and rankings" or on their "interests and trying new things"?

Reference：

1. https://www.hyc.org.hk/生涯規劃
2. https://cd1.edb.hkedcity.net/cd/lwl/ole/article/career_mapping_student_chi_intro.pdf