主題：【家長分享】林家齊媽媽分享在學業之路如何支持兒子

A. 內容撮要：

受訪者： Silvia 及她的兒子林家齊

1. 升學選科：尊重意願與建立安全網

- **情況：** 兒子在中六填報大學志願時，堅持只填報兩所大學的醫學院 (港大及中大)，拒絕填報第三志願或其他「保險」學科。
- **媽媽的擔憂：** 認為這是極高風險的行為，擔心兒子一旦失手便無書可讀。
- **應對方式：**
  - 嘗試溝通與疏導，但最終選擇尊重兒子的決心。
  - **關鍵心態：** 雖然覺得冒險，但確認家庭背後有「安全網」支持，因此放手讓兒子為自己的夢想「博盡」，不強加自己的安全標準於兒子身上。

2. 備考期間：情緒的「容器」與忍耐

- **情況：** 兒子在 DSE 備考期間壓力極大，脾氣變得暴躁。
- **媽媽的觀察：** 理解兒子的負面情緒源於對自我要求過高及考試壓力，並非針對家人。
- **應對方式：**
  - **選擇「忍耐」：** 採取「罵不還口」的策略，任由兒子發洩情緒。
  - **避免「火上加油」：** 明白此時責罵兒子態度惡劣是多餘的，只會令氣氛更僵，選擇在他最艱難時提供情緒緩衝空間。
  - **結果：** 兒子考完試後心情放鬆，主動意識到自己當時的態度問題並向媽媽道歉，親子關係因諒解而更深厚。

3. 生活支援：全家總動員的配合

- **情況：** 考試遇上疫情，兒子為了確保健康能順利應考，對家人提出嚴格要求。
- **應對方式：**
  - **無條件配合：** 應兒子要求，全家 (父母及妹妹) 在他備考期間完全不出外用膳，由媽媽負責煮食，全家留在家中陪伴。

- **角色定位：** 媽媽清楚自己無法在學業內容上幫忙，只好專注於後勤支援 (煮飯) 及心靈陪伴。

B. 家長反思題：

1. 當子女為了追求夢想而做出在你看來「高風險」或「不切實際」的決定時，你會如何平衡「保護子女免受挫折」與「支持他們放手一搏」這兩種心態？
2. 當子女因學業壓力而對家人發脾氣或態度惡劣時，你能否在當下按捺住說教的衝動，將他們的行為解讀為「求救訊號」而非「沒禮貌」，並成為他們情緒的安全出口？

Topic: [Parent Sharing] How Markus Lam's Mother Supported Her Son on His Academic Journey

A. Content Summary:

Interviewees: Silvia and her son, Markus.

1. Choosing University Subjects: Respecting Wishes and Building a Safety Net

- **Situation:** When filling out his university applications (JUPAS) in Form 6, Markus insisted on only choosing medical schools at two universities (HKU and CUHK). He refused to pick a third choice or any "safe" backup subjects.
- **Mother's Worry:** She thought this was extremely risky and was afraid he would have no university to go to if he failed.
- **How she handled it:**
  - She tried to talk to him and guide him but finally chose to respect his decision.
  - **Key Mindset:** Even though she felt it was dangerous, she knew the family had a "safety net" to support him. So, she let him go "all in" for his dream instead of forcing her own safety standards on him.

2. Exam Preparation Period: Being an Emotional "Container" and Having Patience

- **Situation:** During his study leave for the DSE exams, Markus was under huge pressure and became very short-tempered.
- **Mother's Observation:** She understood that his bad mood came from his high expectations for himself and exam stress, not because he was angry at the family.
- **How she handled it:**
  - **Choosing "Patience":** She decided not to argue back and let him vent his emotions.
  - **Avoiding "Adding Fuel to the Fire":** She realized that scolding him for his bad attitude at that moment was useless and would only make things worse. She chose to give him space when he was struggling the most.
  - **Result:** After the exams, Markus relaxed. He realized his attitude had been bad and apologized to his mother. Their relationship became stronger because of this understanding.

3. Life Support: The Whole Family Working Together

- **Situation:** The exams happened during the pandemic. To make sure he stayed healthy for the tests, Markus made strict requests of his family.
- **How she handled it:**
  - **Unconditional Cooperation:** Following his request, the whole family (parents and younger sister) did not eat out at all during his study period. The mother cooked all meals, and everyone stayed home to keep him company.
  - **Role Definition:** The mother knew she couldn't help with his studies, so she focused on logistical support (cooking) and being there for him emotionally.

B. Parent Reflection Questions:

1. When your child makes a decision to chase a dream that looks "high risk" or "unrealistic" to you, how do you balance the desire to "protect them from failure" with the desire to "support them to go for it"?
2. When your child loses their temper or acts rudely towards family due to academic stress, can you stop yourself from lecturing them in that moment, and instead see their behavior as a "cry for help" rather than just "bad manners", becoming a safe outlet for their emotions?