主題：夥伴同行：家長如何支援中六子女迎戰公開試

A. 內容撮要：

- **穩定自己：** 家長應先覺察並處理好自己的壓力，因為情緒會互相影響。請相信努力的價值，並理解成績非唯一出路。

- **給予空間：** 用信任取代監察式的督促。與其追問進度，不如提醒子女休息與補充營養，並尊重彼此的安靜時間。

- **有效溝通 (PARENT 法則)：** 以夥伴(P)姿態、欣賞(A)努力、做好準備(R)、同理(E)情緒、不批判(N)、有耐性(T)的方式溝通，並多聊輕鬆話題。

- **理性規劃：** 主動搜集權威升學資訊，與子女共同分析，並設定「主選」與「備選」方案，以降低不確定性帶來的焦慮。

- 日常支援： 維持家庭既有節奏，用準備湯水、小卡片等「行動」表達關懷。若子女情緒持續不穩，應及早尋求專業協助。

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B. 家長反思題：

1. 當你對子女的溫習進度感到焦慮時，你通常會選擇直接介入，還是先處理好自己的情緒？
2. 最近一次與子女談論升學時，是以「提問」為主，還是以「聆聽」為主？

參考資料：

1. https://student.hk/commonDetial?rid=WS619202819ab4c87acb7e32bc&columnId=aaf651b9-f72b-4547-8b59-91b78ff90963
2. https://www.shallwetalk.hk/zh/page/ming-pao-article-20240328/

Topic: Walking Together as Partners: How Parents Can Support Their High School Seniors Through Major Exams

A. Content Summary:

1. **Stay Calm:** Parents should first notice and manage their own stress, because emotions can affect each other. Believe in the value of hard work and understand that exam results are not the only path to success.

2. **Give Them Space:** Trust your child instead of constantly monitoring them. Rather than asking about their progress, remind them to rest and eat well, and respect each other's need for quiet time.

3. **Communicate Well (PARENT method):** Be a Partner, Appreciate their effort, be Ready with information, show Empathy for their feelings, be Non-judgmental, and be Tolerant (patient). Also, try to have more light and positive conversations.

4. **Plan with Facts:** Actively find reliable information about future study options. Discuss these options with your child and create a main plan and a backup plan. This helps reduce anxiety about the unknown.

5. **Offer Daily Support:** Keep your family's normal routine. Show you care with actions, like making them a snack or leaving a kind note. If your child's mood stays low for a long time, seek professional help early.

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B. Parent Reflection Questions:

1. When you feel anxious about your child's study progress, do you usually step in right away, or do you manage your own anxiety first?
2. The last time you discussed future education with your child, did you do most of the asking, or most of the listening?

Reference:

1. https://student.hk/commonDetial?rid=WS619202819ab4c87acb7e32bc&columnId=aaf651b9-f72b-4547-8b59-91b78ff90963

2. https://www.shallwetalk.hk/zh/page/ming-pao-article-20240328/