主題：從與子女對話與觀察中看見未來

A. 內容撮要：

一、 家長角色的轉型

- **核心轉變：** 從權威的「指令下達者」轉型為引導的「生涯教練」。
- **目標：** 在子女選科、擇業的迷茫期，協助他們發掘內在熱情與規劃未來。

二、 策略一：深度對話（發掘內在熱情）

- **運用「生涯敘事」：** 引導子女回顧生活經驗，拼湊職業雛形。
- **具體對話方向：**
  - **喜好科目：** 討論最喜歡與最討厭的科目，分析擅長能力及想避免的工作環境（而非只看成績）。
  - **休閒娛樂：** 觀察平日主動投入的活動，找出真實興趣所在。
  - **喜歡的偶像：** 聊聊喜歡的電影角色或人物，透視子女渴望具備的價值觀與特質。

三、 策略二：敏銳觀察（解讀潛能與差異）

- **分辨興趣本質：** 透過表象看本質（例如：喜歡球賽分析 ≠ 喜歡運動，可能適合數據分析）。
- **尊重個性差異：**
  - 不強迫內向孩子過度社交。
  - 鼓勵在寫作、編程、研究等領域發揮專注力以建立自信。
- **轉化愛好為動機：** 不否定看似與學業無關的興趣（如打扮），引導思考相關專業（如設計），將其轉化為學習動力。

四、 關鍵心態與溝通技巧

- **溝通情境：** 採用「並肩」方式（如散步、開車時），降低面對面談話的壓迫感，特別適用於青春期子女。
- **自我覺察：**
  - 避免將家長自身的焦慮投射給孩子。

- 避免將家長未圓的夢想強加於子女身上。

- **放手與支持：** 放下主導權，容許試錯與修正，成為子女的支持者與同行者。

==========

B. 家長反思題：

1. 在過去一個月與孩子的對話中，我有多少比例是在傾聽他們對事物的真實感受，又有多少比例是在要求他們達到我的期望？
2. 如果不考慮成績與熱門職業，我能從孩子目前的休閒活動或喜歡的偶像中，具體說出三個他們擁有的獨特優勢或價值觀嗎？

參考資料：

1. https://www.sunyabookclub.com.hk/static/articleDetail-content_m/YWxsLmFydGljbGVJZC4xODc4MDE0ODU2NDUyMzk5MTA2.html
2. https://psn.hkfyg.hk/share/detail/1101/

Topic: Seeing the Future Through Conversations and Observations with Your Children

A. Content Summary:

1. Changing the Role of Parents

- **Core Change:** Move from being an authoritative "order giver" to a guiding "career coach".
- **Goal:** Help children discover their inner passion and plan their future when they feel confused about choosing school subjects or careers.

2. Strategy 1: Deep Conversation (Discovering Inner Passion)

- **Use "Career Storytelling":** Guide children to look back at their life experiences to piece together a rough idea of a future career.
- **Specific Conversation Topics:**
  - **Favorite Subjects:** Discuss the subjects they like most and hate most. Analyze their skills and the work environments they want to avoid (instead of just looking at grades).
  - **Leisure and Fun:** Observe the activities they actively do in their free time to find their true interests.
  - **Favorite Idols:** Talk about movie characters or people they like. This helps reveal the values and traits your children wish to have.

3. Strategy 2: Sharp Observation (Understanding Potential and Differences)

- **Identify the Real Interest:** Look past the surface to see the true nature of an interest. (For example: Like to analyze sports games ≠ like to play sports. It might mean they are good for data analysis.)
- **Respect Personality Differences:**
  - Do not force introverted (shy) children to socialize too much.
  - Encourage them to focus on areas like writing, coding, or research to build confidence.
  - **Turn Hobbies into Motivation:** Do not reject interests that seem unrelated to school (like dressing up). Guide them to think about related professions (like design) to turn that interest into motivation for learning.

4. Key Mindsets and Communication Skills

- **Communication Setting:** Use a "side-by-side" method (like walking or driving together). This reduces the pressure of face-to-face talks, especially for teenagers.
- **Self-Awareness:**
  - Avoid projecting your own anxiety onto your children.
  - Avoid forcing your own unfulfilled dreams onto your children.
- **Letting Go and Supporting:** Put down the need to control. Allow them to make mistakes and fix them. Be a supporter and a companion to your child.

==========

B. Parent Reflection Questions:

1. In my conversations with my child over the past month, how much time did I spend listening to their true feelings, and how much time did I spend demanding they meet my expectations?
2. If I ignore grades and popular jobs, can I name three specific strengths or values my child has, based on their current hobbies or the idols they like?

Reference：

1. https://www.sunyabookclub.com.hk/static/articleDetail-content_m/YWxsLmFydGljbGVJZC4xODc4MDE0ODU2NDUyMzk5MTA2.html
2. https://psn.hkfyg.hk/share/detail/1101/