**Annex 15**

**Sample rundown for Teachers’ Professional Experience Sharing Activity**

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| **Arrangement:** | School-based |
| **Mode of delivery:** | Seminar |
| **School background:** | Enroll NCS secondary school students for over 5 years |
| **Duration:** | 4 hours |
| **Activity rundown:** |  |

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| **Session** | **Duration** | **Content** |
| **Introduction of Teachers’ Professional Experience Sharing Activity** | 5 minutes | * **Introduce Teachers’ Professional Experience Sharing Activity (Outline)**
 |
| **Activity for Topic 1 - 4** | 45 minutes | * **Topic 2 : Theories on career and life planning**
	+ Theory 1: Three Components of Life Planning
	+ Theory 2: Life Career Rainbow Development Theory by Donald E. Super
	+ Theory 3: John Holland Occupational Themes
 |
| 30 minutes | * **Topic 1: Demographic data on Non-Chinese Speaking Community**
	+ Data 2: Employees Retraining Board
	+ Data 4: School Datasets
 |
| 45 minutes | * **Topic 3: Information about career planning**
	+ Information 1: Local further studies
	+ Information 2: Non-local further studies
	+ Information 3: Career-related information
 |
| **Break** | 5 minutes | **－** |
| **Activity for Topic 5** | 2 hours | * **Topic 5: Experience and Reflection**
	+ Experience 1: Pursue your dreams
	+ Experience 2: NCS speakers sharing
	+ Experience 3: “SWOT”- Supporting NCS students on life planning
	+ Experience 4: Past, Present, Future
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| **Debriefing and completing evaluation survey** | 5 minutes | － |