

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

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

Session	Duration	Content
Introduction of Teachers' Professional Experience Sharing Activity	5 minutes	<ul style="list-style-type: none"> ● Introduce Teachers' Professional Experience Sharing Activity (Outline)
Activity for Topic 1 - 4	45 minutes	<ul style="list-style-type: none"> ● Topic 2 : Theories on career and life planning <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> ● Topic 1: Demographic data on Non-Chinese Speaking Community <ul style="list-style-type: none"> • Data 2: Employees Retraining Board • Data 4: School Datasets
	45 minutes	<ul style="list-style-type: none"> ● Topic 3: Information about career planning <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> ● Topic 5: Experience and Reflection <ul style="list-style-type: none"> • Experience 1: Pursue your dreams • Experience 2: NCS speakers sharing • Experience 3: "SWOT"- Supporting NCS students on life planning
Debriefing and completing evaluation	5 minutes	—