

嘉賓 1：江忞懿 香港游泳代表

嘉賓 2：袁文得

Guest 1：Yvette Kong Man-yi, Hong Kong swimming team member

Guest 2：Dr Yuen Man-tak

<p>EDB MTR In-train TV</p> <p>Video 3 江忞懿</p> <p>有人的志願是 長大後找一份穩定的工作 但今集的主角 選擇了職業生涯較短的運動員 究竟她怎樣規劃人生</p> <p>我的初戀就是游水 從由小到大也很想參加奧運</p> <p>所以我在讀書期間 都很專注 很想做好這件事</p> <p>雖然曾經兩次未能踏入奧運比賽場地</p> <p>但江忞懿並無放棄 反而積極向身邊的人尋求協助 最終在 2016 年圓奧運夢</p> <p>聽教練說，去尋求專業人士的意見 跟他們傾談 發現我以前太執著成績</p> <p>無論在讀書和游水方面 讀書看重分數、游泳看重時間 卻沒有享受中間過程 我發現看透這點後 突然間放下了心頭大石 努力去享受、把過程做好</p>	<p>Some people's aspiration Is securing a stable job However, our guest in this episode Chose to be an athlete, a rather short-lived career How did she make her life plan</p> <p>Swimming is my "first love" Since I was a child, I have always wanted to participate in the Olympic Games</p> <p>Therefore, during my school years I was very concentrated On performing well in swimming</p> <p>Although she was unable to take part in two previous Olympic Games Yvette did not give up Instead she actively sought help from people around Finally she succeeded in realising her Olympic dream in 2016</p> <p>Taking my coach's advice, I met with the professionals And I talked to them I discovered that I cared too much about my results before In both studies and swimming I cared much about my scores and time I didn't enjoy the process After realising this I was tremendously relieved I enjoyed and focused in the process</p>
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<p>用這個心態繼續向前行時 我便覺得事半功倍 人也開朗了 開心時也好像游快了 游得開心時，成績也自然慢慢地浮現出來</p>	<p>Going forward with this mentality I felt that I can achieve more with less effort I became more cheerful You will swim faster if you are happy Naturally, better results follow as I am swimming with joy</p>
<p>慢慢去跟朋友 跟關心我的人傾談 慢慢解開自己的心結</p>	<p>I took the time to talk with friends And people who care about me To gradually dismantle my mental block</p>
<p>其實年青人的機會是無窮無盡的 只要你踏出第一步 認清自己夢想</p>	<p>There are unlimited opportunities for young people As long as you are willing to take the first step And be certain of your dreams</p>
<p>佢達成左奧運夢 對人生有什麼新的體會</p>	<p>Having realised her Olympic dream Does she have any new insights</p>
<p>若你對這個夢想有一萬分的肯定 就自然會有一萬分的熱誠 不要怕失敗</p>	<p>When you are absolutely certain this is your dream You will have a strong passion for it Don't be afraid to fail</p>
<p>我怎樣叫自己從低處走出來？ 也要學懂怎樣運用意念 去控制自己的情緒 慢慢思考我下一步要怎樣行</p>	<p>How did I pull myself out from low tide in life I need to learn to use my will To manage my emotions To allow me to contemplate my next step</p>
<p>希望做些有貢獻、正面，以及可以 以生命影響生命的事情</p>	<p>I hope to contribute to society And make a positive impact on others' lives</p>
<p>在大學研究生涯規劃的學者袁文得博士 建議年青人制定生涯規劃時 先想自己興趣是甚麼 以自己的興趣和最喜歡的事為先</p>	<p>Dr. Yuen Man-tak is a scholar whose research interest is life planning at university He advised young people When making a life plan To consider where their interests lie</p>
<p>是最好的做法 因為這樣可以幫助同學</p>	<p>This is the best way Since it helps students</p>

<p> 有好奇心去探索 實際可能學習的機會 實際有機會學習時 更加有動機去努力學習 以及有個堅持的推動力 </p> <p> 他鼓勵年青人尋夢時 要多與身邊的人溝通 萬一出現挫折和困難 都能夠面對逆境 </p> <p> 找一個可以談得來的老師 或是相熟的 較多人生經驗的朋友 甚或是輔導員 談談每個選擇對你來說 感受上 哪個選擇讓你最有投入感 </p> <p> 最有熱情 </p> <p> 當中更重要是找到自己的強項 或是專長 看到自己的強項和專長 甚至最喜歡的事，是很有意思的 對人生的意義會更容易掌握 可以幫助同學建立抗逆力 </p> <p> 袁博士提醒年青人 最重要注意的是 其實不是我一人行的 同學、朋友、家長、甚至老師 他們都願意和我同行 當然，我面對人生的方向 始終是自己的 有機會有挑戰時 可以不斷去訓練自己 去更加發揮自己 </p>	<p> To be curious enough to explore Practical learning opportunities When such opportunities arise Students will be more motivated to learn And be persistent in learning </p> <p> He advised young people when pursuing their dreams It is necessary to talk more to people around In case of setbacks and difficulties They will still be able to face the adversity </p> <p> Go to a teacher who you can talk to Or a close friend Who has more experience in life Or even a counsellor Discuss with them about your choices How they make you feel Find out which offers you the greatest sense of commitment And passion </p> <p> Focusing on finding your strengths Or expertise Recognising your strengths and talents Even your favourite things which are significant It makes it easier for you to know your purpose of life And helps students build resilience </p> <p> Dr. Yuen reminded young people The most important thing is To know that “I am not alone” My classmates, parents, teachers and friends Are willing to walk with me Of course, I am facing my own future When opportunities and challenges arise I will continue to equip myself And bring my talents into full play </p>
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聽過江恣懿的故事
你對生涯規劃有甚麼看法
是時候認清自己
尋找自己的方向

After hearing Yvette's story
What do you think about your life plan
It is time to get to know yourself
And find your direction in life