

<u>郝女士</u>	<u>Ms. Kwok</u>
我有两个女一个今年十六岁一个十一岁	I have two daughters, one is 16 years old and another one is 11 years old
其实我由细到大都有跟他们倾的	Actually I have been discussing life planning with them since they were young
可能先讲大女	Maybe I will talk about my elder daughter first
小学或小时候就会用故事告诉他们故事的人物所面对的事	When she was little or in primary school, I would tell her stories and explain what the characters were facing
到她升到高小	When she was in senior primary school
可能会引导他们有什么志愿	I guided them to think about their aspiration
当然升到中学就不同	Of course it was different when she went into the secondary school
中学就会讲得更深入	I would discuss the topic deeper when she was in secondary school
大概告诉他们有什么工作可以让他们考虑	Roughly talk about what occupations were available for consideration
但主要都是用一个探索的方法	But mainly in an exploration way
家长同小朋友分享工作生活是十分重要	It is crucial for parents to share with their children about their working life
不是想影响他们将来对工作的看法	It is not to influence how they view jobs in the future
而是让他们能够预知	But to let them know in advance
其实工作都遇到很多挑战和难题	That they will face a lot of challenges and difficulties at work
我觉得就算说自己的职业的好与坏	I think even if you tell them the good and bad sides of your career
其实小朋友去到某一个年龄都已经有自己的想法	Children will have their own thoughts when they are at a certain age
我自己认为家长应该要放手	I think parents should let go
小朋友去到中学选择科目的时候	When children need to choose their elective subjects in secondary school
在选择职业或是大学的时候	Or their career or university

我认为家长不应该有太多影响，左右他们的想法	I don't think parents should have too much influence on the children's thoughts
因为家长帮他选择太多	Because the parents' choices
未必是小朋友想要的	May not be what the children want
我自己的做法是在旁边支持他	My way is to support her by her side
例如我的女儿有和我谈过	For example, my daughter has talked to me
她是中五，准备升大学	She is in Form five and is preparing to enter university
她有表示很喜欢艺术	She said that she liked Arts
担心读艺术没有很大的出路	But she was worried that Arts students do not have a great prospect
如果她选择就读科学，生物，化学	If she chose to study science, biology and chemistry
她又担心自己的成绩和能力不够	She was also worried about her academic results and ability
我的做法就是给她一个讯息	What I did was to deliver her one message
无论她的最后选择是什么妈妈都会支持她	That I will stand by her no matter what her final choice is
所以她会有一个很大的空间，信心	So that she had a larger space and confidence
能够作出一个适合的选择	In making the suitable choice
陪伴，支持，鼓励	Companion, support and encouragement
和她一起并肩	To stand by her
搜寻多些信息	Gather more information
陪她一起看不同的学校	And take a look at different schools together
或者多些和她沟通	Or to communicate with her
说一些关于不同的职业	About different career
可能会预计到的挑战	Challenges that we predict to encounter
或者他们可以作出的贡献	Or contribution that they can make
给予他们足够的信息	Give them enough information
给予他们足够的鼓励和支持	Give them sufficient encouragement and support
到最后小朋友会自己选择	And the children will make their choice eventually