

<u>Ms Luk</u>	<u>Ms Luk</u>
有的	Yes
其实在他小学期间已经开始	Actually it started when he was still in primary school
其实我觉得生涯规划这样东西是终生的	I think life planning is a life-long process
所以在他开始小学的阶段就让他认识这样东西	So I let him know about it since he was in primary school
因为在小学阶段他就比较细	As he was relatively young in the primary stage
我就会尝试给他试不同的活动	I let him try different activities
例如环保大使或者正向大使	Such as being an environmental protection ambassador or positive attitude ambassador
亦都鼓励他们参与其他课外活动	And encouraged them to participate in other extra-curricular activities
因为他们比较年纪细	As they were relatively young
那如果我要讲解可能他们没那么容易了解及明白到	They might not understand easily if I explained it verbally
所以通常就会身教	So I usually taught by examples
以及会多些跟他出外	And often took him out
出外的过程当中	When we were out
他可能会发问这些职业是什么工种	He might ask questions like "what is this occupation"
或者会问为什么这些姐姐哥哥是做这些工作	Or "why are those people doing this job"
在这个过程中我就会跟他们解释	I would explain to them
他们这些工作是服务性行业	These jobs were in the service industry
或者是一些很固定的工作	Or these jobs were regular jobs
如果他有兴趣的话我都会反问他们	If he was interested, I would ask them
你觉得做这些工作	If working for these positions
需要什么学历或需要什么专长	What education qualifications or skills would be required
还有希望他能了解在他生活当中不同的工作	I hope he can understand that there are different careers in life
和清楚自己将来学习读书或者选科方向	And figure out his learning or study direction
让他认识多一些不同类型的种类	Let him know the different paths of development

有的	Yes
都很鼓励他们参加的	I encouraged them to participate in different activities
其实我觉得多方面都可以参加	Actually I don't think it is limited to one or two aspects
例如艺术运动	Such as Arts and Sports
动态一些, 例如跑步	Running, for example, for active ones
静态一些, 可能是砌乐高或者画画	And maybe Legos or painting for passive ones
因为我觉得小孩子在那个阶段是未定形	Because I think children have not yet developed their potentials to the fullest in this stage
因为他们都不知道自己的专长或者兴趣是在哪一方面	They don't know where their talent or interest is
所以给他多一些尝试不同类型	So they can try more different things
第一可以让你了解一下自己	First, you can get to know yourself more
而且在过程中他们可能会遇到一些失败	And they may encounter some failures
或者不喜欢	Or dislikes during the process
那我们就要尝试了解为什么他有这个问题	Then we can try to understand why he has this problem
我有两个儿子	I have two sons
有一个在他小时候我就让他参加跆拳道	I let one of them join Taekwondo when he was young
他一开始很开心可以参加	He was very happy at first
但上两堂后他就不喜欢	But he grew to dislike it after two lessons
回到家后我们都很少会用骂和质问的态度	We seldom used scolding or questioning attitude when we got home
我通常教导他们都是会跟他们聊天	I usually taught them through chatting
问一下他: 「本来有兴趣学	Asked him, "You were interested in it originally,
为什么现在又不想呢? 」	Why are you not interested now?"
原来原因很简单	Turned out the reason was simple
原来每一次上完堂已经五六点	Since it was already five or six o'clock in the evening after class
他就觉得参加完课外活动之后已经很晚	He thought that it was very late
所以他就不喜欢了	That's why he didn't like it
我没有兴趣因为我怕黑	"I was not interested because I was afraid of the darkness"
从这个例子之中我们可以发现原来他不是不想上课	We could know from this example that he didn't hate going to class

只系时间令他不喜欢	He just disliked the lesson time
即是在这个例子中	And in this example
我们可以更改个时间令他学习	We could arrange another lesson time for him to learn
以及要教他们一件事: 不是你不喜欢课外活动	And to teach them it was not that you don't like extra-curricular activity
只是你担心下课后很晚才回家, 担心做不到功课	You are just worried about finishing your homework late after class
我们尝试带他正面面对问题	We tried to guide him to face the problems directly
正确解决那问题和困难	To figure out the real problem and tackle it
都有的	Yes
我本身都教小朋友	I teach children as well
他们都会看到我去教小朋友或者我去上学	They would know that I was teaching children or going to school
他们都会有不同的表达有不同的需要	They also had different expressions for different needs
可能某一个阶段	Maybe in a certain stage
在小学阶段里	In the stage of primary school
他们可能会觉得	They might think
妈妈你去教其他小朋友	Mum, you went to school to teach other children
回家后再照顾我们	And only took care of us when you got home
好像分薄了一些时间	It seemed like our time was being divided to others
但你解释给他们听你的工作	But when you explained to them about what you did
是去教其他小朋友是跟教你一样	Teaching other children was the same as teaching you
我们是去帮助一些有需要的小朋友	We were helping some children in need
而他们大一点的时候例如上中学的时候	And when they grew up, like when they were in secondary school
他们亦会开始了解原来妈咪的工作时很有意义的	They started to understand that mum's job was meaningful
他们有时也会帮我去教一些小朋友	Sometimes they helped me in teaching some children as well
而且都会有兴趣知多一些这份工作	And they showed more interests in the job
可以带给其他人一些开心的事	It brought happiness to others
我的学生有时都会和我聊天	Sometimes my students would chat with me
会跟我分享他们的不开心	And would share with me about their unhappiness

我的孩子他们同时都学习到他们可能会遇到的问题	My sons could also know about problems that they might encounter later
而他们都会有机会知多一点了解多一点	And they had the chance to know more about it
其实选科方面	For the aspect of choosing their elective subjects
在他们小时候的时候，例如小学阶段	When they were young, for example, in primary school
其实他们是不知道那一个科目是专长	They didn't know which subjects they were good at actually
或者兴趣很浓厚	Or they were interested in
举两个例子，例如：我的细仔	Take two examples, like my younger son
他小时候英文很差	His English was poor when he was little
就是因为他曾经参加过补习班	That's because he used to joined tutorial class
一些英文的兴趣活动班	Some English extra-curricular activities
他是被吓到可能因为个老师好恶	He was scared because the teacher was very strict
之后他试过有半年在学校上英文课都是呕的	He was vomiting in English lessons at school for half year
很不喜欢，很反感	That's how much he disliked it
所以小学初期二年级的阶段	So during primary two
很不喜欢英文	he hated English
但我会帮他尝试用不同途径	But I tried to help him in different ways
在那个阶段可能他默书的分数是零分	He got zero mark in his dictation at that stage
但做家长就要接受同鼓励他	But as parents, we accepted and encouraged him
因为可能他情绪上出现了压力问题	Since it was possible that his stress affected his emotion
影响了他的能力	And his ability
而不是因为他不喜欢这一个科目	But it didn't mean he disliked this subject
或不是因为他能力做不到	Or he didn't have enough ability
所以在过程中	Therefore, in the process of learning
例如带他看多一些英文剧集，电影，卡通片	We brought him to watch more English drama, movies and cartoons
讲英文故事	Tell him stories in English
跟他玩英文游戏	Play English games with him
所以到三年级四年级	So when he got to primary three and four
他默书就有返分数可能 30 分 40 分	He got around 30 to 40 marks in his dictations
我们都不会责备的	We won't scold him

责骂可能只是家长情绪的发泄	Parents just vented their emotions by scolding their children
但对小朋友来说可能他更加恐惧	But it could be terrifying to the children
更加不愿意跟你分享	They will be more unwilling to share with you
更加会收藏在自己心入面	And hide things further deep down in their hearts
一些害怕的事	that they are scared of
在过程之中	In the process of learning
每一次都高小小分	The marks improved slightly every time
那怕一分两分	Maybe it was just one to two marks
我们都会赞赏他鼓励他	But we would still praise and encourage him
当他有了动力和支持	When he had motivation and support
看到他一路到五六年级	We realised that when he was in primary five and six
其实他英文是可以考到很前头几名	He could be at the top of the class in English
而科科英文所有主科都 A	He got A in all major subjects including English
所以在过程中其实这个小朋友	In his learning process
不要小时候就为他定型	Do not stereotype him when he was young
就话这方面不行比较弱	Don't say that he was weak in some aspects
所以对小朋友的选科	Therefore, the choice of elective subjects for children
无论小学到中学其实一路都在转变	Is always changing from primary to secondary school
例如我大仔	Such as my elder son
一路中学中三中四	During the journey of his study at Form three and Form four
之后他是选了文商科的	he chose to study Arts and Business
在选科的过程中	When he was choosing his elective subjects
都要看他自己的兴趣	He considered his interest
他自己的能力	and ability
因为他是最后一年会考生	As he was the last batch of HKCEE candidate
他考完之后就去了 HKU SPACE 读个文凭	After he finished the exam, he studied in HKU SPACE for a diploma programme
但他读了年半他就决定放弃	And he decided to give up after an year and a half
当时我们都角度来看是觉得很浪费	At that time, we thought it was a waste of time
因为还有年半就读完	Because he only needed to take another year and a half to finish the programme

为什么有个文凭但不要	Why would you give up on the diploma
因为我儿子同我解释	Then my son explained to me
妈妈原来我发觉我是对这个科目没有兴趣	"Mum, I realised that I am not interested in this subject"
我以为自己有兴趣读这个科目的	"I thought I was interested in this subject before"
但我不想为考试而去考试	"I don't want to be an exam machine"
为了个学位	"Just to get a degree"
他想为在自己的兴趣或人生再闯一条路	He wanted to explore another path for his interest and life
我当时跟他聊天聊很久	I chatted with him for so long at that time
他解释给我听	He explained to me
他说妈妈如果你反对我的	He said, "Mum if you were against my decision
我觉得我将来会后悔	I would regret it in the future."
我觉得做父母的话	I think as parents
其实在他的年龄还很年轻	He was actually still very young
可能他真的在以前不认识自己	Maybe he really didn't know himself
到底喜爱哪一科或者专长是哪一科	About his favourite or talented subjects
但当他发觉自己他当时告诉我原来他喜欢生态	He told me, he realized that he was interested in Ecology
他所有科目要重新读过	He had to re-study every subject
他要读生物，物理，化学	Biology, physics, chemistry
他要由最初开始由头读过	He needed to start from ground zero
但他我觉得这个机会给他	But I thought I should give him the chance
因为他还很年轻	As he was still so young
他没有负担，屋企还未需要他去负担经济	He had no burden, the family didn't need his financial support yet
而他觉得他要自己去行这条路	And he thought he wanted to develop himself through this path
他去到这一次自己要去选择	He wanted to make his own choice
他会承担后果	And he would bear the consequences
如果他今次读不到	If he couldn't make it
他都尝试过	At least he tried
但他会努力去争取自己	But he tried to fight for himself
觉得是他想行的方向	The direction that he wanted to pursue

因为他觉得他将来他的工作都是想做这个科目方面	Because he thought he also wanted to pursue his career in this field
所以最后决定他就真的去读	So he decided to go for it at last
现在很感欣	I am very grateful now
他已经有硕士学位	That he obtained his master degree already
那我们都很开心	And we are all happy
当初他的选择	That we supported
我们是支持他的	His choice at that time
因为其实一位年轻人	As a youngster
他们的思想很多事是未成熟	Sometimes, they may be immature
他们不知道自己的方向	Or feel lost
加上每一日不同的信息	There is ever-changing information in our daily life
以及朋友都会影响他的决定或兴趣	And his peers will affect his decision or interest
我觉得做父母要很乐意和欢迎大家互相坦白倾诉	I think parents should be open-minded and welcome for honest conversations
同孩子建立一个尊重的关系	Then we can build a respectful relationship with our children
所以有什么事的时候他会尊重你同你倾同你讲	So that they will respect you and talk to you when things happen
我们亦相信他的选择	We also believe that he made a right choice
因为其实在每一年暑假的时候	Actually, we will let him join
我大仔我都会让他参加不同的暑期工	Different summer jobs every year
而暑期工我们不是想他做一些很舒服的暑期工	And we didn't want him to take those easy jobs
反而他会做厨房	Instead, he would work in the kitchen
做打杂	Or work as a gofer
一些人工很低的工作	Or jobs with low salary
可能一个月只是一千元人工	Maybe just a thousand dollars per month
纯粹一个交通费	That just covered transportation fee
我看到他做得很辛苦	I saw that he was really hard-working
很多工作要做	There were many tasks to do
亦会被人欺负	And he was treated unfairly

做妈妈当然心痛	Of course, being a mother, I didn't feel good
但他回家后会跟他聊天	But I chatted with him after he got home from work
问他辛不辛苦	Asked if he was tired
你觉得这份工你会不会坚持下去	And if he thought he could insist
他说我会	He said he would
因为虽然人工很低	Although the salary was low
但他觉得做一个年轻人不要怕蚀底	He thought that a youngster cannot be afraid of doing extra work
不要计较得失	Or haggle over his gain or loss
最重要是能不能从中学习	The most important thing is whether you can learn from it
所以每一个暑假	So every summer
都给他尝试不同的工种	We let him try different types of jobs
真实社会在工作上	In reality, work is more than we see
不是我们平时看到别人很舒服很开心	People don't just wear beautiful clothes
着得很漂亮去上班	And go to work happily
我觉得别人在背后付出了很多的努力	They have done a lot of hard work behind
或者你是需要去读到某一个程度	Or it requires a certain level of education
你才有能力去做某些工作	For you to be able to work on some jobs
其实在暑期工中亦都帮到他	Actually those summer jobs also helped him
一路规划自己将来做什么工作	In his career planning
或者读哪一科	Or to decide which subject to study
因为在暑期工的过程中	Because during working for the summer jobs
其实他都会思考到	He would think about
如果不勤力	If he doesn't work hard
我未来就会做这个阶层的工作	He may need to work in this working level in the future
可能我的人生就会是这样	And that could be his life