

<u>郝女士</u>	<u>Ms. Kwok</u>
我有兩個女一個今年十六歲一個十一歲	I have two daughters, one is 16 years old and another one is 11 years old
其實我由細到大都有跟他們傾的	Actually I have been discussing life planning with them since they were young
可能先講大女	Maybe I will talk about my elder daughter first
小學或小時候就會用故事告訴他們故事的人物所面對的事	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
可能會引導他們有什麼志願	I guided them to think about their aspiration
當然升到中學就不同	Of course it was different when she went into the secondary school
中學就會講得更深入	I would discuss the topic deeper when she was in secondary school
大概告訴他們有什麼工作可以讓他們考慮	Roughly talk about what occupations were available for consideration
但主要都是用一個探索的方法	But mainly in an exploration way
家長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
不是想影響他們將來對工作的看法	It is not to influence how they view jobs in the future
而是讓他們能夠預知	But to let them know in advance
其實工作都遇到很多挑戰和難題	That they will face a lot of challenges and difficulties at work
我覺得就算說自己的職業的好與壞	I think even if you tell them the good and bad sides of your career
其實小朋友去到某一個年齡都已經有自己的想法	Children will have their own thoughts when they are at a certain age
我自己認為家長應該要放手	I think parents should let go
小朋友去到中學選擇科目的時候	When children need to choose their elective subjects in secondary school
在選擇職業或是大學的時候	Or their career or university

我認為家長不應該有太多影響，左右他們的想法	I don't think parents should have too much influence on the children's thoughts
因為家長幫他選擇太多	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邊支持他	My way is to support her by her side
例如我的女兒有和我談過	For example, my daughter has talked to me
她是中五，準備升大學	She is in Form five and is preparing to enter university
她有表示很喜歡藝術	She said that she liked Arts
擔心讀藝術沒有很大的出路	But she was worried that Arts students do not have a great prospect
如果她選擇就讀科學，生物，化學	If she chose to study science, biology and chemistry
她又擔心自己的成績和能力不夠	She was also worried about her academic results and ability
我的做法就是給她一個訊息	What I did was to deliver her one message
無論她的最後選擇是什麼媽媽都會支持她	That I will stand by her no matter what her final choice is
所以她會有一個很大的空間，信心	So that she had a larger space and confidence
能夠作出一個適合的選擇	In making the suitable choice
陪伴，支持，鼓勵	Companion, support and encouragement
和她一起並肩	To stand by her
搜尋多些資訊	Gather more information
陪她一起看不同的學校	And take a look at different schools together
或者多些和她溝通	Or to communicate with her
說一些關於不同的職業	About different career
可能會預計到的挑戰	Challenges that we predict to encounter
或者他們可以作出的貢獻	Or contribution that they can make
給予他們足夠的資訊	Give them enough information
給予他們足夠的鼓勵和支持	Give them sufficient encouragement and support
到最後小朋友會自己選擇	And the children will make their choice eventually