

<u>Ms Luk</u>	<u>Ms Luk</u>
有的	Yes
其實在他小學的期間已經開始	Actually it started when he was still in primary school
其實我覺得生涯規劃這樣東西是終生的	I think life planning is a life-long process
所以在他開始小學的階段就讓他認識這樣東西	So I let him know about it since he was in primary school
因為在小學階段他就比較細	As he was relatively young in the primary stage
我就會嘗試給他試不同的活動	I let him try different activities
例如環保大使或者正向大使	Such as being an environmental protection ambassador or positive attitude ambassador
亦都鼓勵他們參與其他課外活動	And encouraged them to participate in other extra-curricular activities
因為他們比較年紀細	As they were relatively young
那如果我要講解可能他們沒那麼容易了解及明白到	They might not understand easily if I explained it verbally
所以通常就會身教	So I usually taught by examples
以及會多些跟他出外	And often took him out
出外的過程當中	When we were out
他可能會發問這些職業是什麼工種	He might ask questions like “what is this occupation”
或者會問為什麼這些姐姐哥哥是做這些工作	Or “why are those people doing this job”
在這個過程中我就會跟他們解釋	I would explain to them
他們這些工作是服務性行業	These jobs were in the service industry
或者是一些很固定的工作	Or these jobs were regular jobs
如果他有興趣的話我都會反問他們	If he was interested, I would ask them
你覺得做這些工作	If working for these positions
需要什麼學歷或需要什麼專長	What education qualifications or skills would be required
還有希望他能了解在他生活當中不同的工作	I hope he can understand that there are different careers in life
和清楚自己將來學習讀書或者選科方向	And figure out his learning or study direction
讓他認識多一些不同類型的種類	Let him know the different paths of development

有的	Yes
都很鼓勵他們參加的	I encouraged them to participate in different activities
其實我覺得多方面都可以參加	Actually I don't think it is limited to one or two aspects
例如藝術運動	Such as Arts and Sports
動態一些，例如跑步	Running, for example, for active ones
靜態一些，可能是砌樂高或者畫畫	And maybe Legos or painting for passive ones
因為我覺得小孩子在那個階段是未定形	Because I think children have not yet developed their potentials to the fullest in this stage
因為他們都不知道自己的專長或者興趣是在哪一方面	They don't know where their talent or interest is
所以給他多一些嘗試不同類型	So they can try more different things
第一可以讓你了解一下自己	First, you can get to know yourself more
而且在過程中他們可能會遇到一些失敗	And they may encounter some failures
或者不喜歡	Or dislikes during the process
那我們就要嘗試了解為什麼他有這個問題	Then we can try to understand why he has this problem
我有兩個兒子	I have two sons
有一個在他小時候我就讓他參加跆拳道	I let one of them join Taekwondo when he was young
他一開始很開心可以參加	He was very happy at first
但上兩堂後他就不喜歡	But he grew to dislike it after two lessons
回到家後我們都很少會用罵和質問的態度	We seldom used scolding or questioning attitude when we got home
我通常教導他們都是會跟他們聊天	I usually taught them through chatting
問一下他：「本來有興趣學	Asked him, "You were interested in it originally,
為什麼現在又不想呢？」	Why are you not interested now?"
原來原因很簡單	Turned out the reason was simple
原來每一次上完堂已經五六點	Since it was already five or six o'clock in the evening after class
他就覺得參加完課外活動之後已經很晚	He thought that it was very late
所以他就不喜歡了	That's why he didn't like it
我沒有興趣因為我怕黑	"I was not interested because I was afraid of the darkness"
從這個例子之中我們可以發現原來他不是不想上課	We could know from this example that he didn't hate going to class

只係時間令他不喜歡	He just disliked the lesson time
即是在這個例子中	And in this example
我們可以更改個時間令他學習	We could arrange another lesson time for him to learn
以及要教他們一件事: 不是你不喜歡課外活動	And to teach them it was not that you don't like extra-curricular activity
只是你擔心下課後很晚才回家, 擔心做不到功課	You are just worried about finishing your homework late after class
我們嘗試帶他正面面對問題	We tried to guide him to face the problems directly
正確解決那問題和困難	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
他們都會看到我去教小朋友或者我去上學	They would know that I was teaching children or going to school
他們都會有不同的表達有不同的需要	They also had different expressions for different needs
可能某一個階段	Maybe in a certain stage
在小學階段裡	In the stage of primary school
他們可能會覺得	They might think
媽媽你去教其他小朋友	Mum, you went to school to teach other children
回家後再照顧我們	And only took care of us when you got home
好像分薄了一些時間	It seemed like our time was being divided to others
但你解釋給他們聽你的工作	But when you explained to them about what you did
是去教其他小朋友是跟教你一樣	Teaching other children was the same as teaching you
我們是去幫助一些有需要的小朋友	We were helping some children in need
而他們大一點的時候例如上中學的時候	And when they grew up, like when they were in secondary school
他們亦會開始了解原來媽咪的工作時很有意義的	They started to understand that mum's job was meaningful
他們有時也會幫我去教一些小朋友	Sometimes they helped me in teaching some children as well
而且都會有興趣知多一些這份工作	And they showed more interests in the job
可以帶給其他人一些開心的事	It brought happiness to others
我的學生有時都會和我聊天	Sometimes my students would chat with me

會跟我分享他們的不開心	And would share with me about their unhappiness
我的孩子他們同時都學習到他們可能會遇到的問題	My sons could also know about problems that they might encounter later
而他們都會有機會知多一點了解多一點	And they had the chance to know more about it
其實選科方面	For the aspect of choosing their elective subjects
在他們小時候的時候，例如小學階段	When they were young, for example, in primary school
其實他們是不知道那一個科目是專長	They didn't know which subjects they were good at actually
或者興趣很濃厚	Or they were interested in
舉兩個例子，例如：我的細仔	Take two examples, like my younger son
他小時候英文很差	His English was poor when he was little
就是因為他曾經參加過補習班	That's because he used to joined tutorial class
一些英文的興趣活動班	Some English extra-curricular activities
他是被嚇到可能因為個老師好惡	He was scared because the teacher was very strict
之後他試過有半年在學校上英文課都是嘔的	He was vomiting in English lessons at school for half year
很不喜歡，很反感	That's how much he disliked it
所以小學初期二年級的階段	So during primary two
很不喜歡英文	he hated English
但我會幫他嘗試用不同途徑	But I tried to help him in different ways
在那個階段可能他默書的分數是零分	He got zero mark in his dictation at that stage
但做家長就要接受同鼓勵他	But as parents, we accepted and encouraged him
因為可能他情緒上出現了壓力問題	Since it was possible that his stress affected his emotion
影響了他的能力	And his ability
而不是因為他不喜歡這一個科目	But it didn't mean he disliked this subject
或不是因為他能力做不到	Or he didn't have enough ability
所以在過程中	Therefore, in the process of learning
例如帶他看多一些英文劇集，電影，卡通片	We brought him to watch more English drama, movies and cartoons
講英文故事	Tell him stories in English
跟他玩英文遊戲	Play English games with him
所以到三年級四年級	So when he got to primary three and four

他默書就有返分數可能 30 分 40 分	He got around 30 to 40 marks in his dictations
我們都不會責備的	We won't scold him
責罵可能只是家長情緒的發洩	Parents just vented their emotions by scolding their children
但對小朋友來說可能他更加恐懼	But it could be terrifying to the children
更加不願意跟你分享	They will be more unwilling to share with you
更加會收藏在自己心入面	And hide things further deep down in their hearts
一些害怕的事	that they are scared of
在過程之中	In the process of learning
每一次都高小小分	The marks improved slightly every time
那怕一分兩分	Maybe it was just one to two marks
我們都會讚賞他鼓勵他	But we would still praise and encourage him
當他有了動力和支持	When he had motivation and support
看到他一路到五六年級	We realised that when he was in primary five and six
其實他英文是可以考到很前頭幾名	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
所以在過程中其實這個小朋友	In his learning process
不要小時候就為他定型	Do not stereotype him when he was young
就話這方面不行比較弱	Don't say that he was weak in some aspects
所以對小朋友的選科	Therefore, the choice of elective subjects for children
無論小學到中學其實一路都在轉變	Is always changing from primary to secondary school
例如我大仔	Such as my elder son
一路中學中三中四	During the journey of his study at Form three and Form four
之後他是選了文商科的	he chose to study Arts and Business
在選科的過程中	When he was choosing his elective subjects
都要看他自己的興趣	He considered his interest
他自己的能力	and ability
因為他是最後一年會考生	As he was the last batch of HKCEE candidate
他考完之後就去了 HKU SPACE 讀個文憑	After he finished the exam, he studied in HKU SPACE for a diploma programme
但他讀了年半他就決定放棄	And he decided to give up after an year and a half

當時我們都角度來看是覺得很浪費	At that time, we thought it was a waste of time
因為還有年半就讀完	Because he only needed to take another year and a half to finish the programme
為什麼有個文憑但不要	Why would you give up on the diploma
因為我兒子同我解釋	Then my son explained to me
媽媽原來我發覺我是對這個科目沒有興趣	“Mum, I realised that I am not interested in this subject”
我以為自己有興趣讀這個科目的	“I thought I was interested in this subject before”
但我不想為考試而去考試	“I don’t want to be an exam machine”
為了個學位	“Just to get a degree”
他想為在自己的興趣或人生再闖一條路	He wanted to explore another path for his interest and life
我當時跟他聊天聊很久	I chatted with him for so long at that time
他解釋給我聽	He explained to me
他說媽媽如果你反對我的	He said, “Mum if you were against my decision
我覺得我將來會後悔	I would regret it in the future.”
我覺得做父母的話	I think as parents
其實在他的年齡還很年輕	He was actually still very young
可能他真的在以前不認識自己	Maybe he really didn’t know himself
到底喜愛哪一科或者專長是哪一科	About his favourite or talented subjects
但當他發覺自己他當時告訴我原來他喜歡生態	He told me, he realized that he was interested in Ecology
他所有科目要重新讀過	He had to re-study every subject
他要讀生物，物理，化學	Biology, physics, chemistry
他要由最初開始由頭讀過	He needed to start from ground zero
但他我覺得這個機會給他	But I thought I should give him the chance
因為他還很年輕	As he was still so young
他沒有負擔，屋企還未需要他去負擔經濟	He had no burden, the family didn’t need his financial support yet
而他覺得他要自己去行這條路	And he thought he wanted to develop himself through this path
他去到這一次自己要去選擇	He wanted to make his own choice
他會承擔後果	And he would bear the consequences
如果他今次讀不到	If he couldn’t make it

他都嘗試過	At least he tried
但他會努力去爭取自己	But he tried to fight for himself
覺得是他想行的方向	The direction that he wanted to pursue
因為他覺得他將來他的工作都是想做這個科目方面	Because he thought he also wanted to pursue his career in this field
所以最後決定他就真的去讀	So he decided to go for it at last
現在很感欣	I am very grateful now
他已經有碩士學位	That he obtained his master degree already
那我們都很開心	And we are all happy
當初他的選擇	That we supported
我們是支持他的	His choice at that time
因為其實一位年輕人	As a youngster
他們的思想很多事是未成熟	Sometimes, they may be immature
他們不知道自己的方向	Or feel lost
加上每一日不同的資訊	There is ever-changing information in our daily life
以及朋友都會影響他的決定或興趣	And his peers will affect his decision or interest
我覺得做父母要很樂意和歡迎大家互相坦白傾訴	I think parents should be open-minded and welcome for honest conversations
同孩子建立一個尊重的關係	Then we can build a respectful relationship with our children
所以有什麼事的時候他會尊重你同你傾同你講	So that they will respect you and talk to you when things happen
我們亦相信他的選擇	We also believe that he made a right choice
因為其實在每一年暑假的時候	Actually, we will let him join
我大仔我都會讓他參加不同的暑期工	Different summer jobs every year
而暑期工我們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
反而他會做廚房	Instead, he would work in the kitchen
做打雜	Or work as a gofer
一些人工很低的工作	Or jobs with low salary
可能一個月只是一千元人工	Maybe just a thousand dollars per month
純粹一個交通費	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
亦會被人欺負	And he was treated unfairly
做媽媽當然心痛	Of course, being a mother, I didn't feel good
但他回家後會跟他聊天	But I chatted with him after he got home from work
問他辛不辛苦	Asked if he was tired
你覺得這份工你會不會堅持下去	And if he thought he could insist
他說我會	He said he would
因為雖然人工很低	Although the salary was low
但他覺得做一個年輕人不要怕蝕底	He thought that a youngster cannot be afraid of doing extra work
不要計較得失	Or haggle over his gain or loss
最重要是能不能從中學習	The most important thing is whether you can learn from it
所以每一個暑假	So every summer
都給他嘗試不同的工種	We let him try different types of jobs
真實社會在工作上	In reality, work is more than we see
不是我們平時看到別人很舒服很開心	People don't just wear beautiful clothes
著得很漂亮去上班	And go to work happily
我覺得別人在背後付出了很多的努力	They have done a lot of hard work behind
或者你是需要去讀到某一個程度	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
其實在暑期工中亦都幫到他	Actually those summer jobs also helped him
一路規劃自己將來做什麼工作	In his career planning
或者讀哪一科	Or to decide which subject to study
因為在暑期工的過程中	Because during working for the summer jobs
其實他都會思考到	He would think about
如果不勤力	If he doesn't work hard
我未來就會做這個階層的工作	He may need to work in this working level in the future
可能我的人生就會是這樣	And that could be his life