

# 「班主任在支援學生生涯規劃中的角色」研討會

## Seminars for Secondary School Teachers on Roles of Class Teachers in Supporting Students for Life Planning

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# Basic Understanding of Career and Life Planning

## 4 Pillars of Career and Life Planning

- Awareness
- Self Understanding and Development
- Pathway Exploration
- Career and Life Planning

# Characteristic of Student under life planning

➤ F 1, 3, 6

➤ F2

➤ F4, 5

## Roles of Class Teachers and the Collaboration with the School Career Guidance Team

- Facilitate the student to have dream
- Facilitate the student to identify his/her strength
- Facilitate the student to engage into career and life planning
- Different roles of different forms

# Basic Understanding of Career and Life Planning

## 4 Approaches of Life Planning

- Holland-Party Game-RIASEC
- Super- Rainbow of Life-Life role  
(Different roles at different age)
- Narrative Based Career Counselling
- Krumboltz-Planned Happenstance

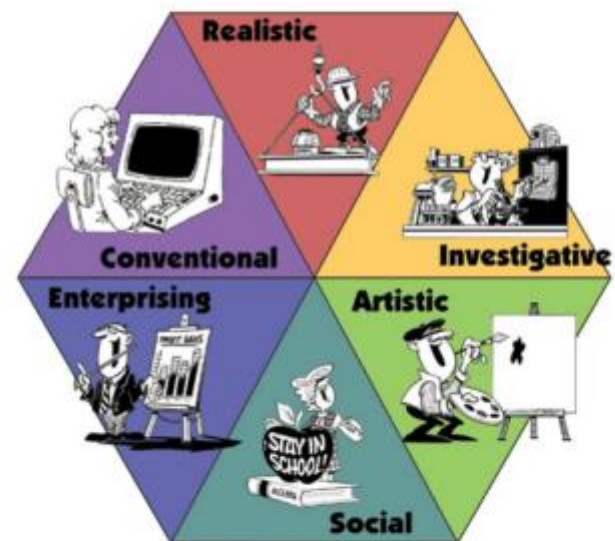
# Class Activities with Life Planning Education Elements

- ▶ Party game
- ▶ Card games
- ▶ Life Roles
- ▶ Life story
- ▶ Planned happenstance

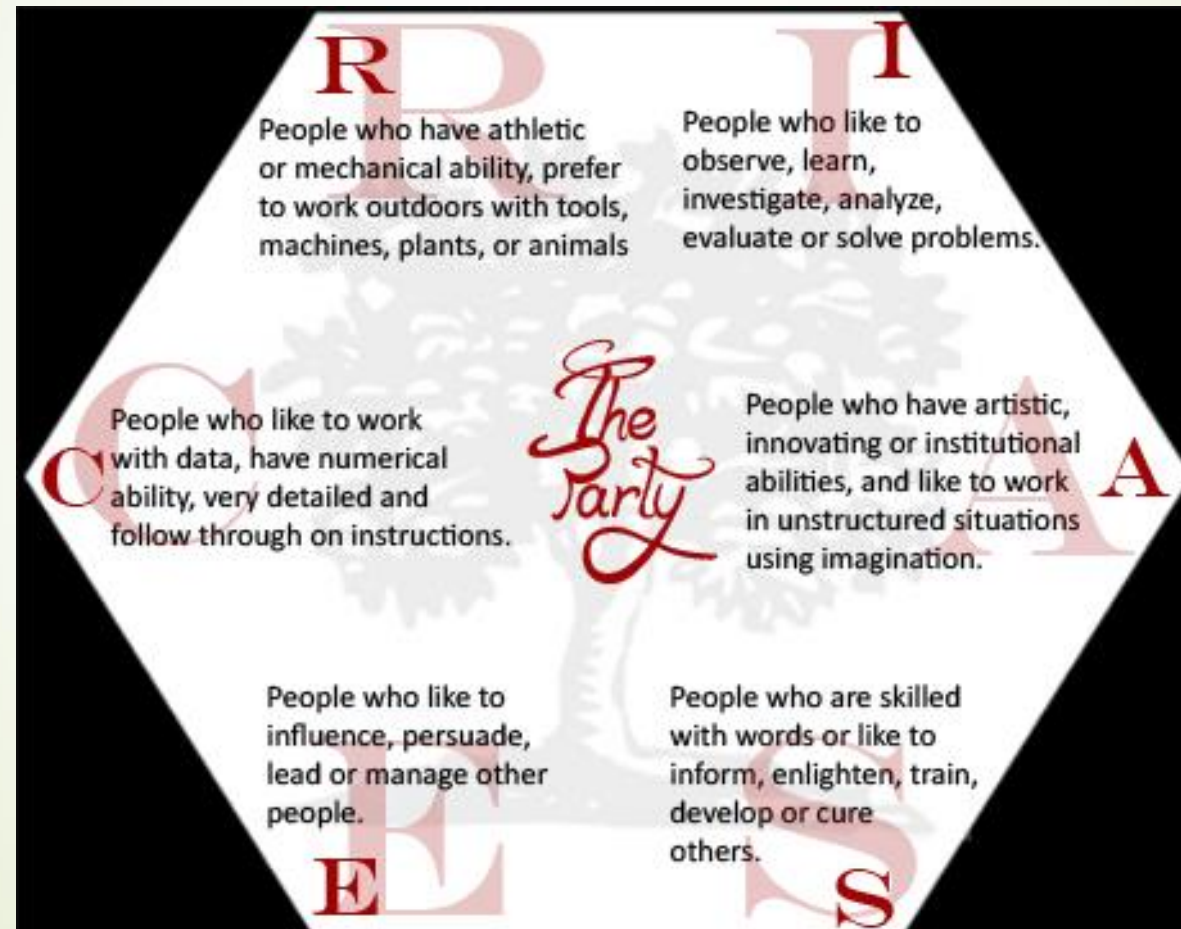
Career Decision Wheel



John Holland's Six Types



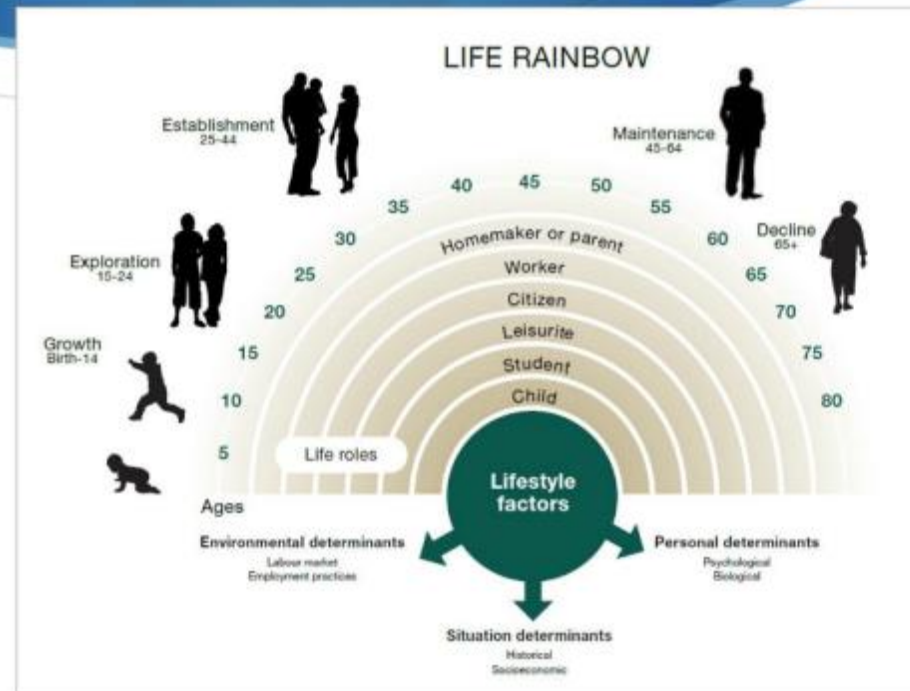
# Party game



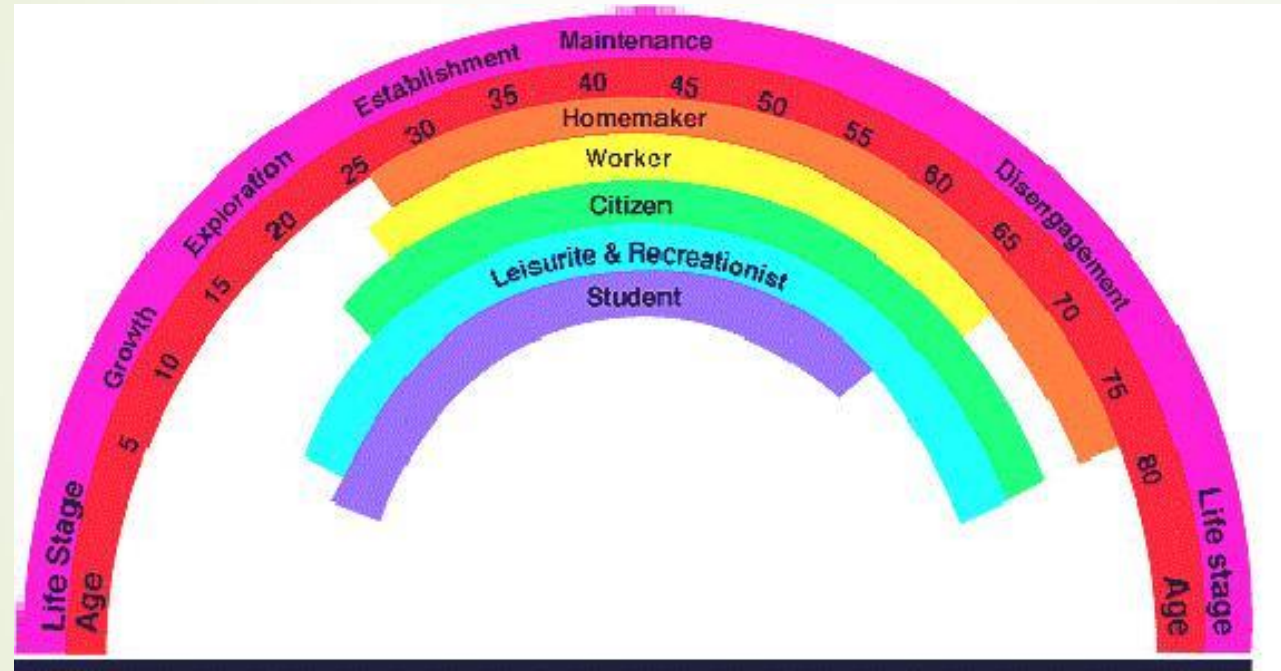


# Donald Super's Career Development Theory

- ◆ Life stage
- ◆ Life role
- ◆ Life space



# Life roles



## The Life - Career Rainbow

Source: Super, D. E. & Minor, F. J., (1987) *Career Development Planning in Organizations*. In B. Bass & P. Drenth (Eds.) *Advances in Organizational Psychology, International Review* (pp. 83-98) Sage Press, Beverly Hills, CA  
Reproduced by permission of Sage Publications, Inc.

# Card game



# Understanding of students' career interests

- Understand the leisure pattern
- Understand the students' strength
- Understand the students' shinning experience
- Understand the new trend of the work

ILO News(2012/9/4): 'Global Employment Outlook:  
Bleak Labour Market Prospects for Youth'



| Youth unemployment rates forecasts | 2012          | 2017          |
|------------------------------------|---------------|---------------|
| Global                             | 12.7 %        | 12.9 %        |
| Central and South Eastern Europe   | 16.9 %        | 17 %          |
| <b>Developed economies</b>         | <b>17.5 %</b> | <b>15.6 %</b> |
| East Asia                          | 9.5 %         | 10.4 %        |
| Latin America & the Caribbean      | 14.6 %        | 14.7 %        |
| Middle East                        | 26.4 %        | 28.4 %        |
| North Africa                       | 27.5 %        | 26.7 %        |
| South Asia                         | 9.6 %         | 9.8 %         |
| South East Asia & the Pacific      | 13.1 %        | 14.2 %        |
| Sub-Saharan Africa                 | 12 %          | 11.8 %        |

國際勞工組織2012年9月4日發布



國際勞工組織發佈

## 《2015年世界就業與社會展望》報告

世界就業形勢正在發生深刻的變化，

據國際勞工組織估計，

2014年全球失業人數高達2.01億，比2008年

全球經濟危機爆發前增長了3000多萬人。

雇傭關係面臨著重大轉型。

人們日漸放棄傳統的就業模式(被雇傭者依賴與雇主的雇傭關係賺取穩定的工資和薪金，為其全職工作)。

如今，在發達經濟體中，傳統的就業模式越來越

不占居主導地位；而新興和發展中經濟體越來越

普遍實行的是極短期合同和不規範的工時。

# Unknown Future



◆ 美國前教育部長Richard Riley：

2010年最迫切需要的10種工作，在2004年根本不存在。



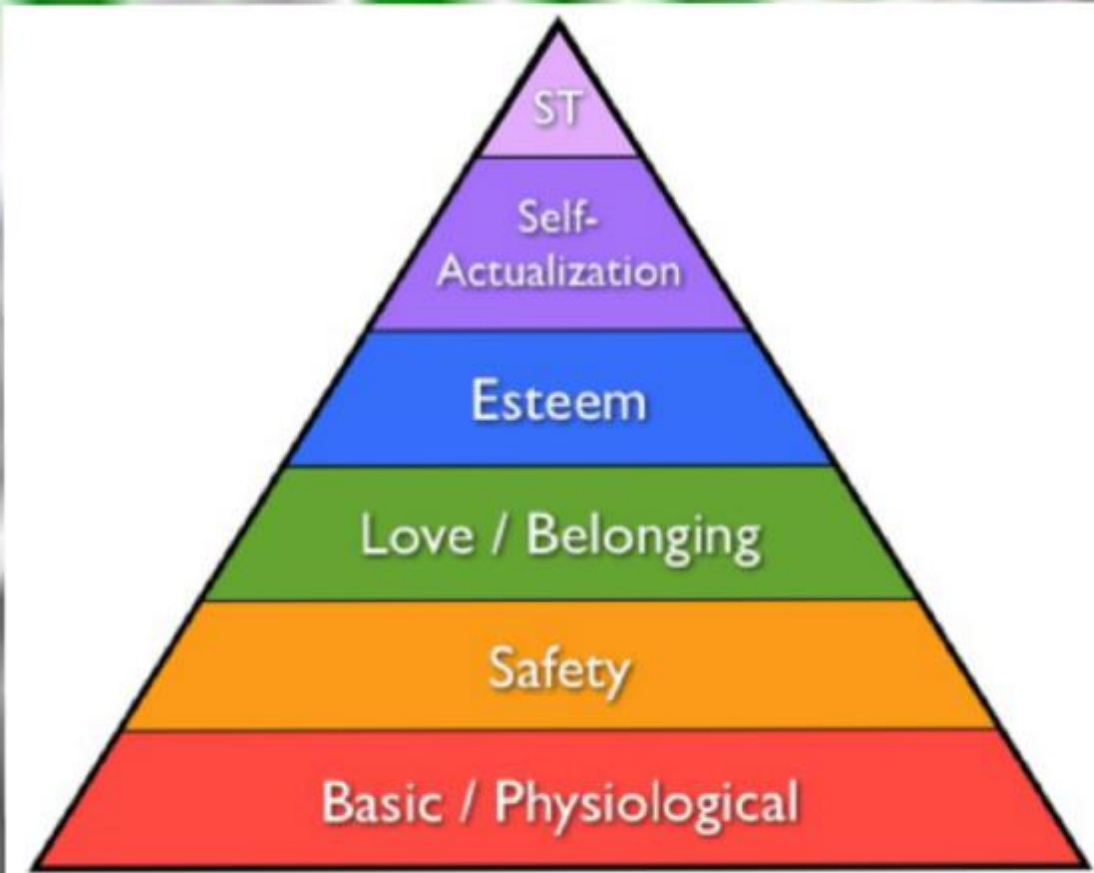
# Young people Development Status

## Emerging Adulthood



## Jeffrey Amett (2000)





# Working Environment

- ◆ From White- Collar to Brown- Collar
- ◆ Normad-worker , freelancer游牧上班
- ◆ Social Good 慈善工作

# 改變全球lifestyle的10個關鍵字

穿戴式科技

智慧家庭

綠色消費

分享經濟

公平貿易

自炊

在地生產、在地  
消費

未來食物

社群軟體

飛行車

# Narrative based counselling

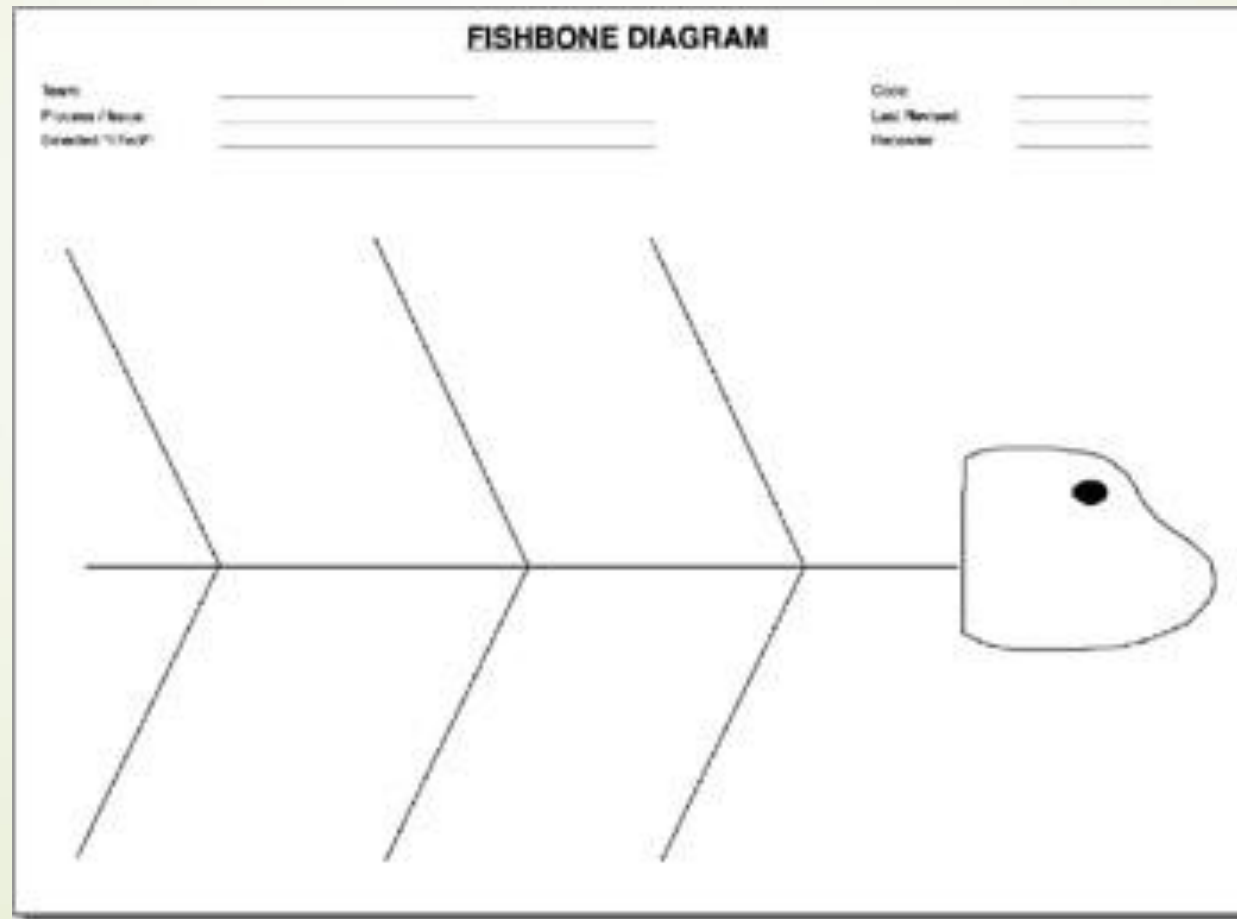




# The Story of My Life



# Life story



# Positive Psychology

價值實踐(VIA)突顯優點

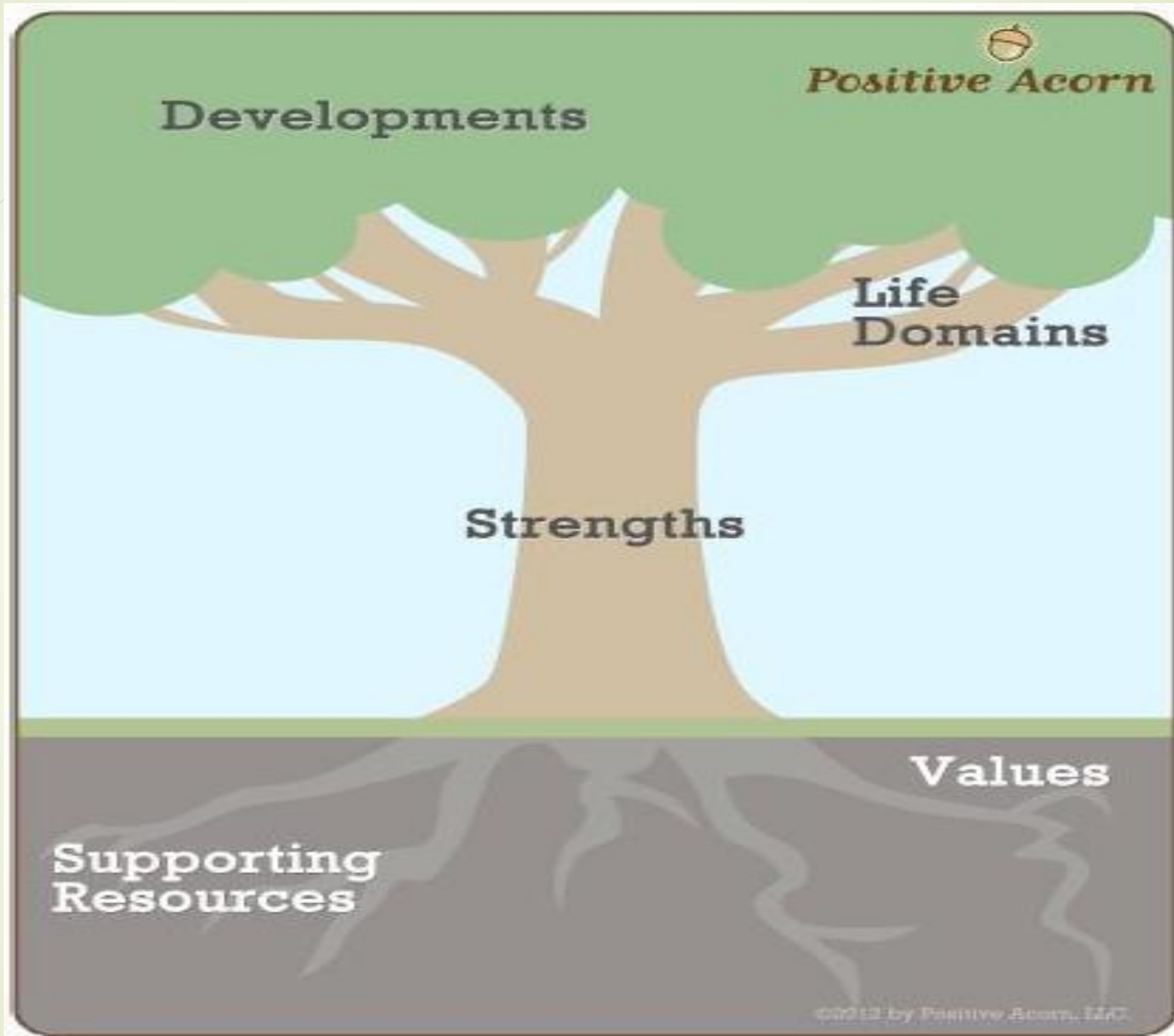




## 正向心理學 核心美德與24種力量



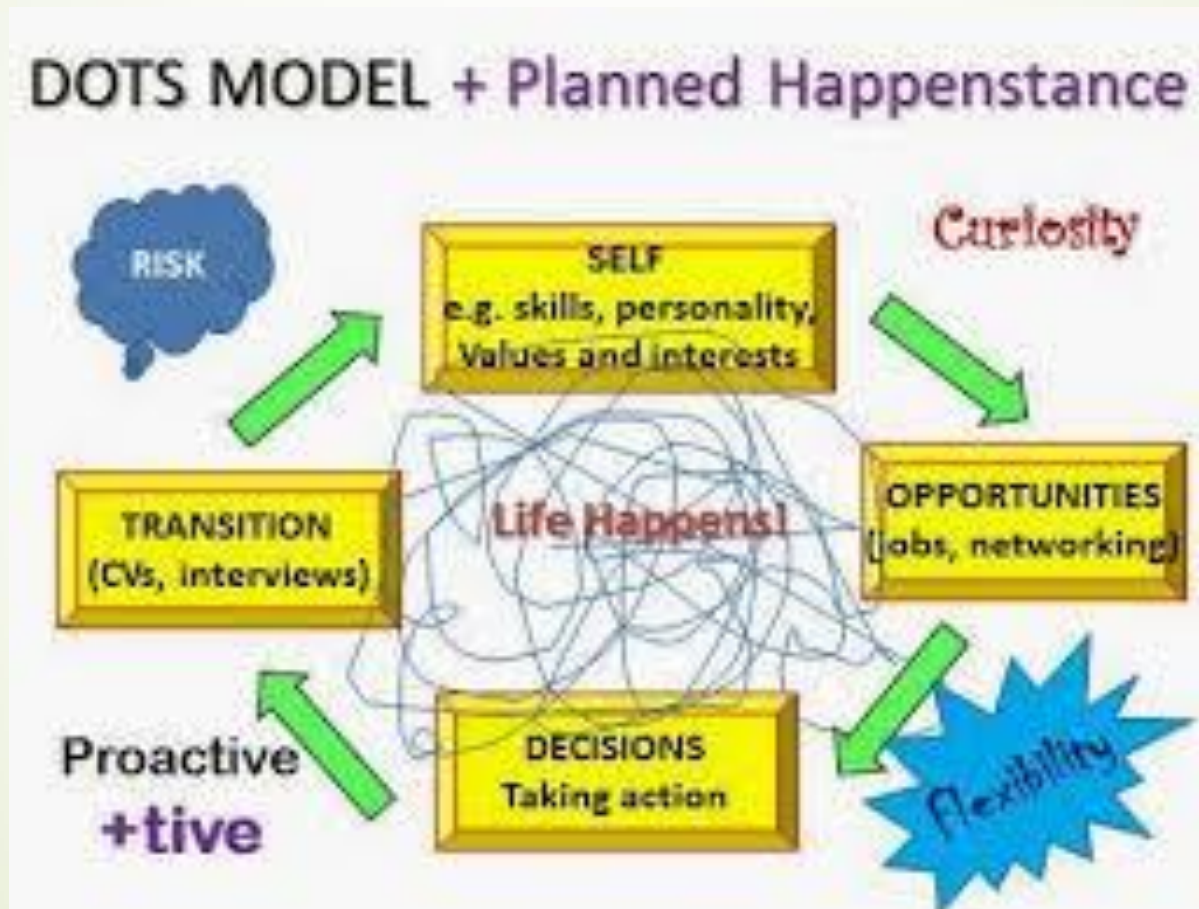
每個人都擁有「美德和性格優點」，重點是要發掘、培養和發揮自己的優點和專長，在家庭、友誼及工作間可以互補不足。



# The Train Of Life



# Planned happenstance



## Planned Happenstance

Attitudes helpful when dealing with uncertainty:

- **Curiosity**  
Explore new learning opportunities
- **Persistence**  
Exerting effort despite setbacks
- **Flexibility**  
Changing attitudes and circumstances
- **Optimism**  
Viewing opportunities as possible and attainable
- **Risk taking**  
Taking action in the face of uncertain outcomes

*(Mitchell, Levin & Krumboltz 1999)*

# Engaging Parents in Life Planning

- Parents workshop
- Volunteer work in life planning activities
- Social Media Approach

# Individual Career Guidance for Students with Different Learning Needs

- 24 VIA under Positive Psychology
- Expressive Art
- Life Tree
- Narrative Based Counselling
- Improvising Drama
- Theatresports

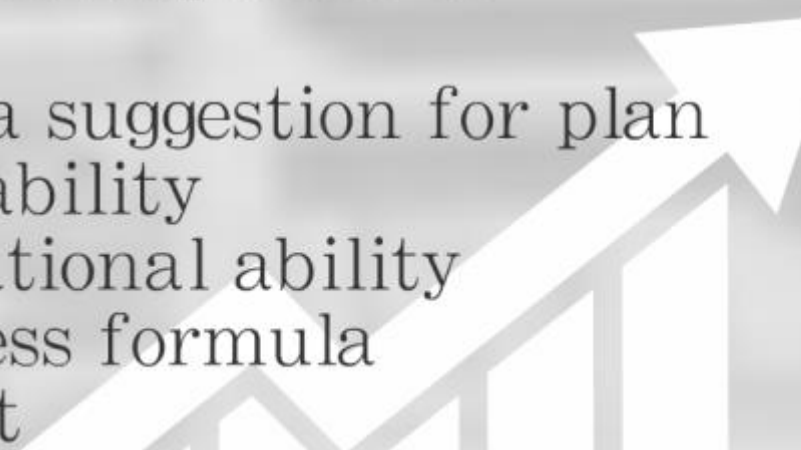
## 正向心理學 核心美德與24種力量



每個人都擁有「美德和性格優點」，重點是要發掘、培養和發揮自己的優點和專長，在家庭、友誼及工作間可以互補不足。



### Savickas 7 steps interpretive routine:

- Reviewing counseling goals
  - Attending to verbs
  - Examining headlines and recollections
  - Moving from preoccupation to occupation
  - Role models as a suggestion for plan
  - Profiling adaptability
  - Appraising vocational ability
  - Crafting a success formula
  - The life portrait
- 

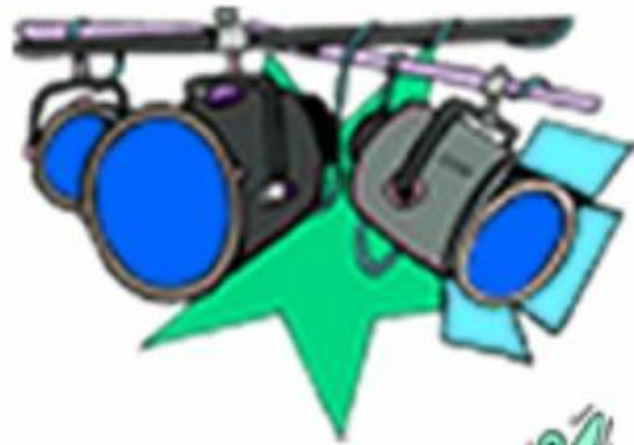
# Show Me Your Story!

a guide for teaching and assessing authentic narrative skills to upper elementary writers

Our Common Core Standards require educators to teach critical thinking skills to students during both reading and writing instruction. This resource was specifically designed to help push students to use analysis and evaluation strategies as they read mentor texts, student models of writing, and their own narrative drafts.



# EXPRESSIVE





# Useful Tips and Links of Career Guidance

➤ CLAP for Youth@JC

➤ Y.E.S. under LB

➤ Useful webpage:

[www.edb.gov.hk/lifeplanning](http://www.edb.gov.hk/lifeplanning)



賽馬會

鼓·掌創你程計劃

鼓動力量 掌握未來

**CLAP for youth@JC**

Career & Life Adventure Planning

## Youth Development Framework: Curriculum, Learning Tools and Resources for CLAP 課程/資源架構

CLAP for Youth  
Career & Life Subjective Learning

| Engagement                                 | Self-Understanding  | Career Exploration   | Career Planning and Management   |
|--|---|--|--|
| Self-differentiation and Intrinsic Meaning | Aspiration Building                                       | Basic Understanding of Career and Life Planning                  | Goal Setting, Action Planning, Actualizing Plans, Reflections and Review |
| Building Self-Efficacy                     | Career Interest, Personalities and Strengths              | Exploring Information on Multiple Pathways                       | Career Decision Making   |
| Motivation and Hopefulness                 | Beliefs and Values  | Life Skills on Self-management connected with Career Development | Building Personal and Career Profiling                                   |
| Participation and Engagement               | Making Sense of Life/Learning Experiences through Stories | Career Development through Subject Learning                      | Career Readiness   |
| Attribution of Success                     | Influence from the environment/ system                    | Mentoring and Role-modeling                                      | Understanding and Maintaining Different Life Roles and Notions of Work   |
| Resilience and Facing Adversity            | Connecting Self-understanding to Study/Career Plans       | Workplace Learning and the World of Work                         | Career Engagement/Taster and Entrepreneurship                            |
| Work Context in HK                         |   |  |  |

## Y.E.S.服務總覽

“Y.E.S.為青年人預備各項適切的服务，提升他們的就業能力，協助他們在勞動市場打好根基，達至持續發展。”

為青年人預備貼身服務





主頁 關於我們 簡體 ENG A A A 列印 輸入查詢字串

生涯規劃 教育局

升學資訊 職業資訊 學校專區 學生專區 家長專區

主頁

### 生涯規劃的三個元素

- 自我認識與發展
- 事業探索
- 生涯規劃與管理



#### 學校專區



#### 學生專區



#### 家長專區



#### 升學資訊



#### 最新消息

|            |  |   |
|------------|--|---|
| 2015-12-23 | 受訓教師講座：資歷架構、職業專才教育與生涯規劃                            | > |
| 2015-12-08 | 「內地部分高等院校免試招收香港學生計劃」講座(共兩場)*<br>延長報名日期：二零一六年一月十一日  | > |
| 2015-12-02 | 政府青少年網站11月份資訊：JRE(聯合招聘考試) 應試心得/中學生傑出電影系列/奧地利工作假期須知 | > |
| 2015 11 23 | 生涯規劃創未來暨商校合作計劃慶典                                   | > |
| 2015-11-19 | 規劃現在，成就未來－與勞工及福利局局長張建宗真情對話                         | > |
| 2015-11-19 | 「班主任在支援學生生涯規劃中的角色」研討會                              | > |

#### 職業資訊

