

# Finding Your Colours Of Life

NSS Subject Choices  
and the Development  
of Career Aspirations



**Hong Kong Association of  
Careers Masters and Guidance Masters**

香港輔導教師協會

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## Station 0 : The WHAT, WHY and HOW of Finding Your Colours of Life

### Prologue

This booklet is the first phase of **Individual Student Planning** – students have the right and responsibility to be in charge of their school life, their learning and subject choices, which pave the way for continuation of study in tertiary institutions, pursuit of professional training, and a very important aspect of their life, choosing an occupation that suits their capabilities, interests and career aspirations. In brief, Individual Student Planning is the starting point of the life-long planning.

Your current decisions on subject choices and even learning experiences inside and outside school have long-lasting impact. Various studies provide evidences that **young people with clear goals (academic or career) gain more satisfaction in their learning, have better achievements and thus enjoy a higher chance of success in pursuit of tertiary education or professional training.**

Individual Student Planning is about making decisions. Critical decisions to be made at different stages of life are both CHALLENGES and OPPORTUNITIES for personal growth – entering Senior Secondary (NSS) Education is definitely one of them. ALL students enjoy the privilege of senior secondary education, a wider choice of subjects and increased diversity in combination of the New study choice. The SS curriculum is not offered as “Arts/Commercial/Science” rigid package. But this means decision-making now becomes more complicated.

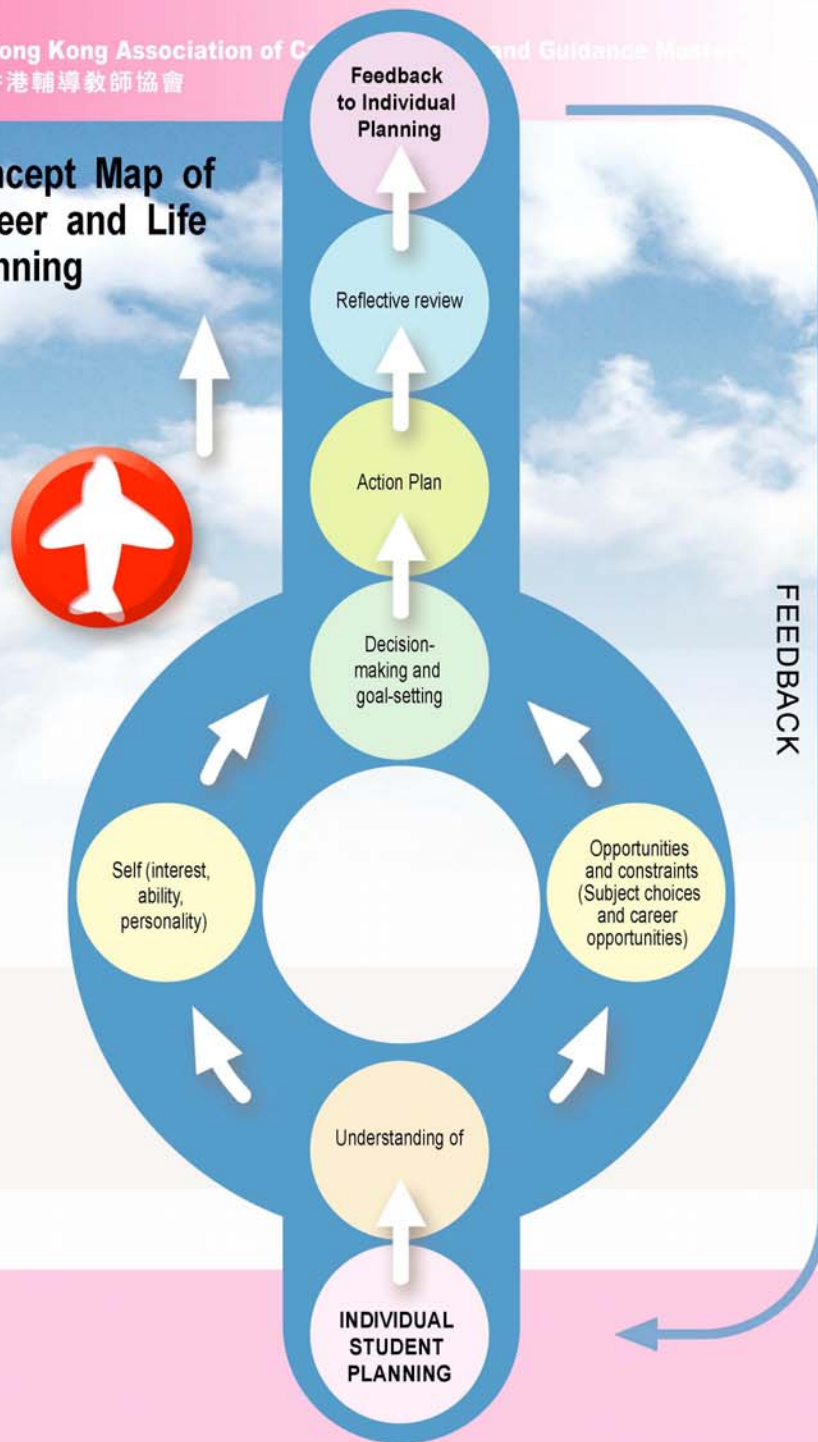
This booklet is designed with the belief that young people are also able to and need to make informed choice. All start with genuine understanding of themselves, both strengths and constraints. Understanding of the New Senior Secondary curriculum framework is another pre-requisite. However, we should bear in mind that **PLANNING IS AN ON-GOING, FEEDBACK LOOP** – feedback from the previous decision making and its outcomes allows us to **RETHINK OUR GOALS AND MISSIONS IN THE NEXT CRITICAL LIFE-PLANNING DECISION.** Decisions made in S.3 need to be reviewed and the result informs your choices to be made in S.4, 5 or 6.

*Therefore, this is just a BEGINNING,  
not an end to tell your fate!*





## Concept Map of Career and Life Planning



## A letter to students

### Dear Student :

Upcoming is an interesting but challenging exploration. For many of you it is the **first time** in your life that you can plan for your choice of subject and your future. There are a few things you need to get ready before you start the journey :

1

#### Clear your misconceptions on decision making

There are several common misconceptions in decision making model used by young people, when they go through the transition from junior secondary to senior secondary study life :

- ✗ My choice doesn't matter; only the public exam results make a difference
- ✗ My parents and teachers will choose for me
- ✗ I can just follow my best friends' choice
- ✗ To prove that I am superior, I must choose the popular subjects
- ✗ I cannot change my plan of career development once I have made it

2

#### Find a support partner

Before you start your journey, find a SUPPORT PARTNER, who can be your parents, school teachers and even your friends – someone you trust, willing to listen, and willing to give you objective advices. However, you are always the one to conduct study, and eventually, the one to choose your occupation and to develop your career path.

3

#### Find your dream

What is YOUR DREAM? Do you have some personal, study and career goals? Do you know how to work step by step to make them come true? Having positive answers to all these questions does not guarantee success, but your CHANCE TO SUCCEED is higher.

4

#### Believe that there is no WRONG choice, yet you need to be responsible for your informed choice.

Spare time to understand yourself – your dreams, your interests, your personality and skills you possess. Believe that you are valuable – you can choose to work hard for your goals flexibly, and you are able to contribute to the society. To start with, ask WHO YOU ARE.

Hope you enjoy the journey!

*Your supporter*





## A Few Words to Teachers and Parents

Teachers and Parents are key supporters to students in Individual Student Planning -- their journey of exploration of self understanding, subject choices, career aspirations and life goals. We should bear in mind, however, that students need to learn how to make decisions, to be responsible for their own choices, and to go through the tough process of actualizing their study and career aspirations independently: **WE ARE THEIR SUPPORTERS, YET YOUNG PEOPLE SHOULD BE GIVEN SPACE TO GROW AND LEARN.** Here are some suggestions for teachers and parents in the process of Individual Student Planning.

### Teachers should try to be...

- ◆ Empathetic of their confusion and limitations in making decisions
- ◆ Supportive
- ◆ Motivating
- ◆ Respecting
- ◆ Informative

### Provide students opportunities to...

- ◆ Reflect on their learning experiences in school
- ◆ Acquire understanding of their individual interest, aptitude, personalities
- ◆ Try out career assessment tools or interest assessments
- ◆ Participate in a variety of career-related experiences that stimulate students' career aspirations
- ◆ Discuss and share their problems on individual planning with you, senior students in school and their parents

### Parents should try to be...

- ◆ Supportive
- ◆ Motivating
- ◆ Respecting
- ◆ Empathetic of their confusion and limitations in making decisions
- ◆ Understanding that every child is unique and so there is no RIGHT or WRONG choice

### Help your child by...

- ◆ Supporting them in setting and actualizing short - term and long - term goals
- ◆ Encouraging them to participate in a larger diversity of Other Learning Experiences (OLE) to explore their potential and career interest
- ◆ Encouraging them to make an Individual Student Planning Profile with records and evidences of their involvements / achievements in various aspects
- ◆ Discussing with them information related to further studies, professional training and career options.
- ◆ Discussing with them their interest and hobbies, together with figuring out what they like and dislike and how they can achieve their goals.



## Station 1 : Ready for a Journey of Self Exploration?

First of all, answer a tough question to yourself : "WHO AM I ?"

What pop up in your mind? "My name is Allie" "I am fourteen" ; or, "Well, I am sure exactly who I am...".

Development of career aspirations ALWAYS starts with understanding of self. This process may help you understand yourself better - a YOU who may surprise you! Station 1 offers interesting exercises to help you go through a process of self exploration. With better understanding of YOUR personalities, YOUR skills, YOUR academic interest, YOUR career aspirations, and even YOUR life goals, YOU CAN PLAN YOUR SUBJECT CHOICE WITH GREATER CONFIDENCE AND CAPACITY.

I have found myself.  
How about you ?







## Station 1.1 : WHO AM I ? My First Biography

My name is \_\_\_\_\_

I am \_\_\_\_\_

(use 3 to 4 words to describe your strengths, e.g. artistic, energetic)

I like to \_\_\_\_\_

(3 to 4 things you like to do)

My favourite subjects are \_\_\_\_\_

I know how to \_\_\_\_\_

(2 to 3 skills you have)

My best friends say I am \_\_\_\_\_

(2 to 3 comments from your best friends, you may need to ask them)

When I visit the library to borrow or to read a book of my interest, I will choose \_\_\_\_\_ to read.

My hobbies are \_\_\_\_\_

I like to / am proud of participating in \_\_\_\_\_

(activity or learning experience inside/outside school)

Because \_\_\_\_\_

When I was in kindergarten, my dream occupation was \_\_\_\_\_

because \_\_\_\_\_

When I was in primary school, my dream occupation was \_\_\_\_\_

because \_\_\_\_\_

NOW, my dream occupation is \_\_\_\_\_

because \_\_\_\_\_

## Station 1.2 : Checking My Academic Achievements and Competence

Academic competence **reflects your ability and interest**. Your scores and grades achieved demonstrate your academic competence. In this activity, you need to be **HONEST** to yourself.



Key Learning Areas (KLA)	Subject (Please fill in the subject names)	My Score or Grade in			Competence Score	Confidence Score	Interest Score
		S.1	S.2	S.3	1 → lowest 5 → highest	1 → lowest 5 → highest	1 → lowest 5 → highest
Chinese language education	Chinese						
English language education	English						
Mathematics education	Mathematics						
Science education							
Personal, social and humanities education							
Arts education							
Technology education							
Physical education	Physical education						



## Pause and Think !

Completing the following bubbles is just one of the ways to know more about yourself.  
You can also draw pictures or share with your friends in order to complete this part.  
And you can jot down some important points to remind yourself.  
The most important point is that you have seriously thought over these questions.

In which KLA(s) that your interest, confidence level and competence are well-connected and have got the highest score?

What have you learnt about your academic potential?

To meet your tentative subject choices, which subject(s) do you need to work harder on? How would you do it?

In which areas of your study that you think improvement is necessary? How would you do it?

## Station 1.3 : What have I learnt through experiences inside and outside school? A reflection on my skills and personal qualities

It is through participation in various activities and teams that you develop your **interest, knowledge, transferable skills, attitude** towards people and the society; it is also through these opportunities that you learn more about your strengths and weaknesses.

**Think of 3 'other learning experiences'**\* that have the strongest impact on you (may be programs you participated in, uniform groups you joined, or a competition you took part in; if you have no other learning experiences in school, think of your favorite hobby).

Record your findings in the following table. **Circle the skills and personal qualities identified from the THREE experiences described.**

Other learning experiences* ( with brief description)	Transferable Skills	Personal Qualities
1.	<p><b>On Data:</b></p> Synthesizing Coordinating Innovating Analyzing Application of Number Problem Solving Information Technology	Determined Dependable Creative Enthusiastic Adaptable Helpful Considerate Tactful Polite Patient Responsible
2.	<p><b>On People:</b></p> Mentoring Negotiating Instructing Persuading Speaking Serving	Good sense of humor Neat Ambitious Conscientious Honest Thoughtful Easy-going Adventurous Energetic Friendly
3.	<p><b>On things:</b></p> Handling Precision working Manipulating	Sensitive Persistent Leadership Risk Management

\*OLE: In S.1-S.3, these are activities organised by School Addressing the needs of Whole Person Development. These essential learning experiences are Intellectual Development, Moral and Civic Education, Community Service, Physical and Aesthetic Development and Career-related Activity





## Pause and Think !

Ask your supporting partner or your best friend to circle your skills and qualities with a different color pen on p.9. Compare your results with his/hers. What are the things in common and what are the differences? Why?

What do the above records tell about your preference in subject choices in senior secondary level?

How much can you apply these transferable skills developed in your subject choices? Why?

## Station 2 : Career Honeycomb: Connecting your personality trait with my study and my career

Defining your subject choice, in the long run, **probably affects your career choice**. THIS IS A CRITICAL LIFE EVENT. In fact, we need to make similar decisions throughout our lifetime, for example, when you graduate from secondary school three years later, when you choose your first job and then, your career in a later stage of life.

Career Questionnaire can **provide a clue on how your individual characteristics suit or match well with fields of study and future career choices**. We all understand that different disciplines of study and occupations require their unique sets of knowledge, skills, and even values. In short, people have their potential best actualized when they study or work in a complimentary environment.

Believe that there is no **WRONG** choice.  
Yet you need to be responsible for your informed choice.

**There are several tips related to the principle:**

The result of the career questionnaire gives you **more information about how your personality trait CAN BE RELATED to various fields of study or career choices**, but not an **ANSWER** to your problem! Why?

- ◆ Because young people like you are all **CHANGING**, with your experiences in study, other learning experiences, and various life events. In short, you are still in a **FLUID STATE**.
- ◆ Therefore, better use the result as a **REFERENCE**.
- ◆ When you make your decision on subject choices, **go back to pages of Station 1 and 2**. Your final choice should be based on a **COMBINED EFFECT OF YOUR ACADEMIC APTITUDE, INTEREST AND CAREER GOALS**.



Get ready ? Let's go !



## Station 2.1 : The Honeycomb Party <sup>1</sup>

Below is an aerial view of a room in which a whole day party is taking place in school.



- Which corner of the room would you be drawn to? Write "1" in the box next to the letter below.
- Other than that group of people, which group would you be drawn to the most to enjoy the time for the rest of the party? Write "2" in the box next to the letter below.

A	B	C	D	E	F

- Then fill in the following with the TWO colours that represent you:

First colour		Second colour	
--------------	--	---------------	--

<sup>1</sup>Adapted and modified from Bolles, R. N. (2008). *What Color is Your Parachute? A Practical Manual for Job-Hunters and Career Changers*. California: Ten Speed Press.

## Station 2.2 : Honeycomb: My interest profile

The first colour of your code is your strongest interest profile, the second colour follows. What does that mean ?

The honeycombs<sup>2</sup> in the following pages show the related personality, skills and activities preferred, and most importantly, the related NSS subjects and possibilities of further studies and career.

Read your first two colours to understand how all elements are connected. But you are also suggested to read other colour honeycombs also.

### An important reminder :

Our Interest Profile or Personality Traits affect our choice of subjects and career, but when we grow, our interests, skills acquired, personality and aspirations will also **BE SHAPED BY OUR EXPERIENCE** - what we experience through learning in subjects we have chosen.

Therefore, there is a **MUTUAL EFFECT**.



<sup>2</sup> Part of the content was adapted and modified from the following reference:

<http://career.missouri.edu/students/explore/thecareerinterestsgame-conventional.php> and SDS Career Explorer Self-Assessment Booklet. PAR.





## Red = Realistic



## Orange = Investigative

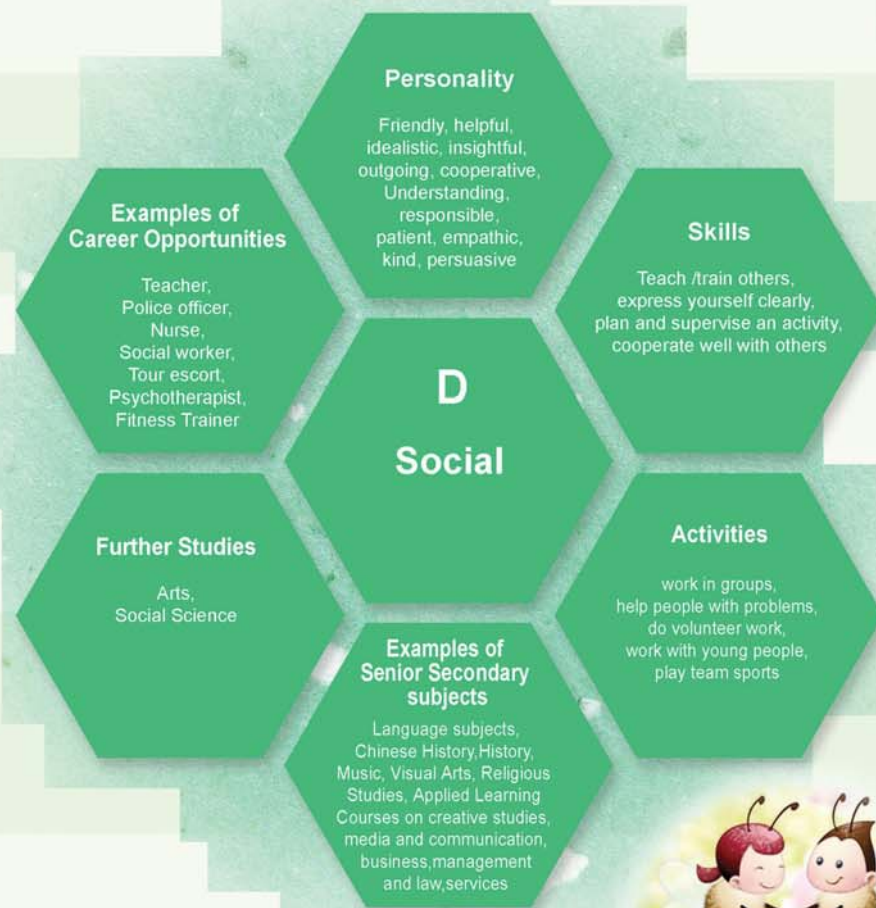




## Yellow = Artistic



## Green = Social



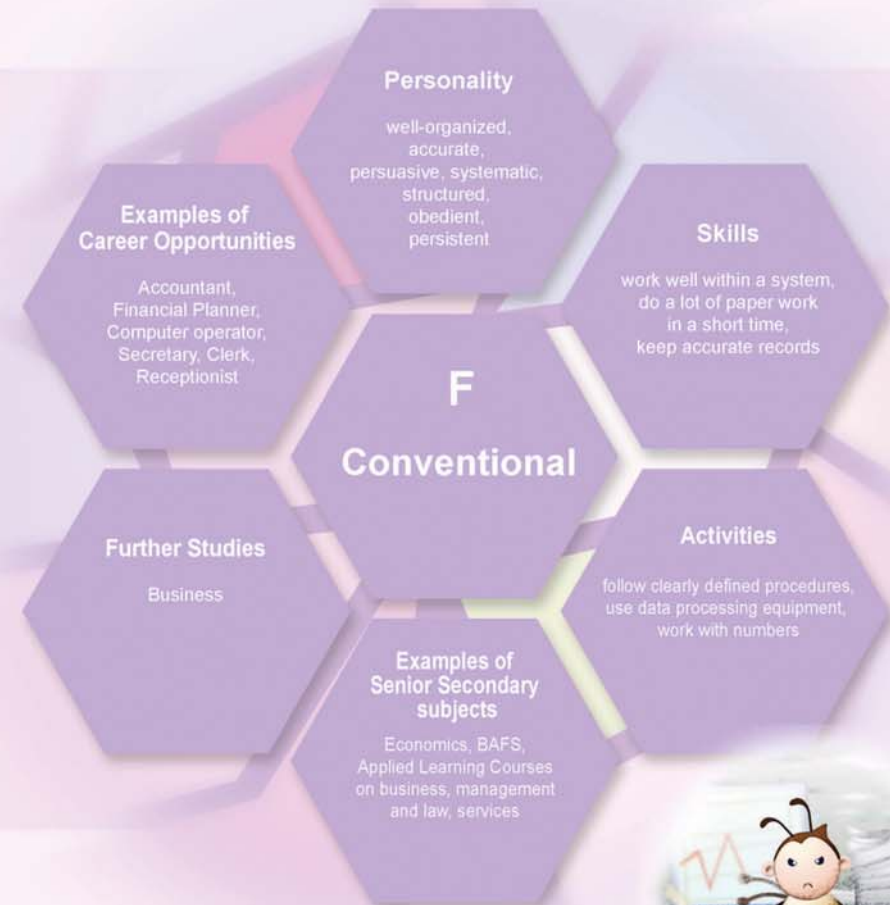




## Blue = Enterprising



## Violet = Conventional





## Pause and Think

After going through your two favourite honeycombs, try to RELATE the following questions to your senior secondary subject choices.

(You may need to work with your SUPPORT PARTNER again)

How would you manage your time to DO or LEARN things that suit your potential?

What would you DO or LEARN to maximise satisfaction in your study life?

According to the questions above, what subjects in senior secondary level will you choose for your study and the future career?

In the light of your answer to the previous question, what would you DO or LEARN right now to get yourself better prepared to plan about your senior secondary subject choices?

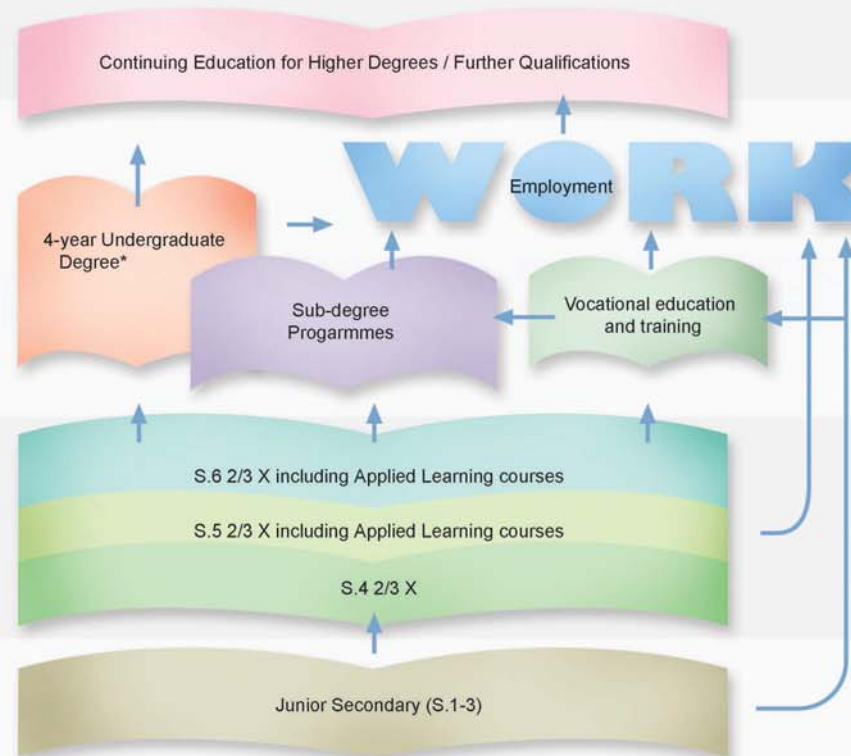
## Station 3 : Understanding my Senior Secondary Subject Choices

The following pages offer latest information about the progression path of senior secondary students and the territory-wide curriculum framework. The former tells you various opportunities of education and professional training. That may be the starting point of thinking about your long-term study goal.

The curriculum framework roots in the principle of flexibility and senior secondary education is no longer "packages" of arts/commercial/science subjects. You should avoid making subject choices just on your own, you need to consult school career teachers on subjects offered by your school, admission requirements of different subjects and most importantly, combinations allowed. Consult your parents and discuss your struggles with them. Fill up the school-based curriculum table so that you know exactly what you can choose.



### Station 3.1 : Progression Path for Senior Secondary Graduates



**\* Remarks:**

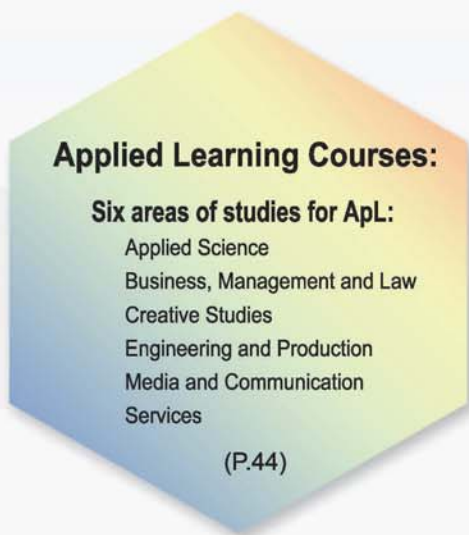
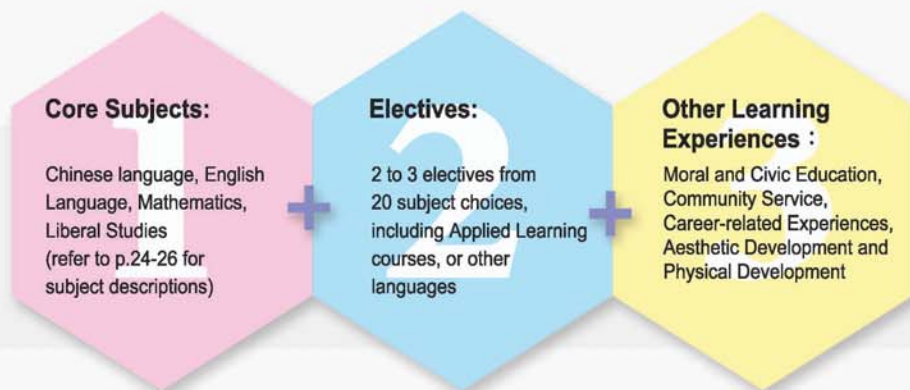
Admission requirements of degree courses offered by local universities :  
For general admission requirements, please visit  
[http://www.edb.gov.hk/FileManager/EN/Content\\_4745/summary%20of%20general%20entrance%20requirements.pdf](http://www.edb.gov.hk/FileManager/EN/Content_4745/summary%20of%20general%20entrance%20requirements.pdf)  
For specific subject requirements of different faculties/departments, please visit  
[http://www.edb.gov.hk/FileManager/EN/Content\\_6440/university\\_entrance\\_requirements\\_eng\\_080218.pdf](http://www.edb.gov.hk/FileManager/EN/Content_6440/university_entrance_requirements_eng_080218.pdf)





## Station 3.2 Senior Secondary Curriculum Framework

### More than 20 Elective Subjects :



Chinese Literature (P.27)	English Literature (P.28)	Chemistry (P.32)	Physics (P.32)
Biology (P.33)	Combined / Integrated Science (P.31,34)	Business, Accounting & Financial Studies (P.36)	Economics (P.35)
Tourism & Hospitality Studies (P.29)	Ethics & Religious Studies (P.31)	History (P.30)	Geography (P.29)
Chinese History (P.30)	Information & communication Technology (P.40)	Technology & Living (P.37)	Design & Applied Technology (P.39)
Health Management & Social Care (P.38)	Visual Arts (P.41)	Music (P.42)	Physical Education (P.43)





## Station 3.3 Subjects Introduction 3.3(a). Four Cove Subjects

### 中文



必修部分：閱讀、寫作、聆聽、說話、文學、中華文化、品德情意、思維、語文自學

選修部分：從以下單元中選修3-4個建議單元

- ▲ 名著與改編影視作品
- ▲ 戲劇工作坊
- ▲ 小說與文化
- ▲ 文化專題探討
- ▲ 新聞與報道
- ▲ 多媒體與應用寫作
- ▲ 翻譯作品選讀
- ▲ 科普作品選讀
- ▲ 普通話傳意和應用
- ▲ 普通話與表演藝術
- ▲ 自擬單元

#### 你能學到些甚麼？

- 語文素養
- 豐富語文積累，培養語感，掌握語文學習方法
- 提高讀寫聽說、探究、創新和自學等能力
- 提高思維素質、文化修養和審美情趣
- 培養對國家、民族的感情

#### 本科如何幫助你為未來作好準備？

- 打好語文根基，進一步培養汲取知識、探究學問的能力，養成終身學習的習慣
- 發展心智，開拓思維，進一步培養溝通、協作、思辨、創造等能力
- 享受文學閱讀，體認中華文化，陶冶性情，培養積極的人生態度，終身受用

#### 如何有效地學習本科？

- 根據自己的興趣、程度、才情、期盼，規畫學習目標
- 積極投入不同的語文學習活動，樂於閱讀，勤於思考，勇於提問，養成良好的語文學習態度和習慣
- 掌握語文學習的方法和策略，不斷自我完善、力求進步

#### 相關網站

◆ <http://www.edb.gov.hk/cd/chi>

## English Language



The senior secondary English Language curriculum is made up of two parts. The Compulsory Part focuses on the learning and use of listening, speaking, reading and writing skills, grammar, communicative functions, vocabulary and various text-types through meaningful tasks and activities. The Elective Part consists of a total of eight modules, from which students will choose at least three. These modules represent different means (e.g. drama, popular culture, social issues and sports communication) through which they can deepen their learning experience by applying the language and skills they have learnt in the Compulsory Part in a wide variety of contexts.

#### What can you learn/ benefit from it?

Through the senior secondary English Language curriculum, students will be able to enhance their language knowledge and skills, generic skills (e.g. creativity, critical thinking and communication skills) and positive values and attitudes (e.g. confidence in using English) for lifelong learning. They will also enhance their personal and intellectual development, cultural understanding and global competitiveness in our rapidly changing knowledge-based society.

#### How will you learn effectively in the subject?

To effectively master the subject, students should assume a central role in learning. Specifically, they need to

- stay focussed and attentive in lessons
- set their own learning goals, making use of the opportunities and resources in school and the community to enhance their exposure to the language
- be willing to take risks and engage actively in learning activities
- read and view English materials widely
- seriously consider the teacher's advice and feedback
- regularly reflect on their own learning experience, and see how they can further improve

#### How can it help you prepare for your future?

The senior secondary English Language curriculum helps students develop the necessary language knowledge and skills for their future needs, whether they choose to pursue vocational training or university education, or to work after they complete secondary education. It opens up a large variety of post-secondary and career pathways, particularly in the areas of media production, language studies, translation and interpretation, performing arts, education, business, law and social sciences.

#### Related website

◆ <http://cd.edb.gov.hk/eng/>





## Mathematics

The New Senior Secondary Mathematics consists of a Compulsory Part and an Extended Part. All students need to study the Compulsory Part. The Extended Part includes two modules, "Calculus and Statistics" and "Algebra and Calculus". If students intend to learn more mathematical or pursue further studies in University which require more mathematical knowledge, they may take one of the modules of the Extended Part.

### Related website

- ◆ For viewing the New Senior Secondary Mathematics Curriculum, you may visit the homepage of the Mathematics Education Section at "<http://www.edb.gov.hk/Index.aspx?nodeID=6120&langno=1>".



## Liberal Studies

- Self and Personal Development
- Society and Culture
- Science, Technology and Environment

### How can it help you prepare for your future?

- It develops your general intellectual ability, and helps you to develop multiple perspectives useful for further studies at the tertiary level;
- It prepares you for effective learning and enables you to make wise decisions in the ever-changing work environment.

### How will you learn effectively in the subject?

- Develop concern for current affairs of the local community, the society, the nation, and the world
- Try to analyse the events and topics from multiple perspectives
- Cultivate the interest in and habit of reading
- Participate actively in different kinds of extra curriculum activities, to enrich the learning experience.

### What can you learn/ benefit from it?

- develop the ability to create knowledge through enquiring into contemporary issues which affect you, the society, our nation, the human world and the physical environment
- understand that personal, local, national and global issues are often interconnected, and that there are interdependence between the physical environment and the human society that affects issues of human concern
- identify the values behind different views and judgments on personal and social issues, and use critical thinking skills, creativity and different perspectives to make decisions and judgments on issues and problems at personal and social levels;
- make clear arguments, respect evidence, be open-minded and tolerant towards the views and values people of other people.

### Related websites

- ◆ <http://www.ls.hkedcity.net>  
(Web-based Resource Platform for Liberal Studies)
- ◆ <http://www.hkfyg.org.hk/new/>  
(Hong Kong Federation of Youth Groups)
- ◆ <http://www.breakthrough.org.hk/eng/>  
(Breakthrough)
- ◆ <http://www.ifg.org/>  
(International Forum on Globalization)
- ◆ <http://www.cheu.gov.hk/>  
(HKSAR Government, Department of Health)
- ◆ <http://www.susdev.org.hk/>  
(Council for Sustainable Development)

## 3.3(b). Elective Subjects

### 中國文學



- 必修部分：文學賞析與評論、文學創作、文學學習基礎知識
- 選修部分：從以下單元中選修3-4個建議單元
  - 作家追蹤——自選作家作品選讀
  - 名著欣賞
  - 文學專題
  - 當代文學作品選讀
  - 香港文學
  - 戲劇文學評賞
  - 文學作品中的人物形象
  - 文學創作——原創或改編
  - 自擬單元

### 你能學到些甚麼？

- 文學素養
- 提高理解、分析、欣賞、評論文學作品的的能力。
- 運用藝術手法，表達個人思想情感以發展創造力。
- 培養藝術品味和情操。
- 培養對國家民族、人類社會的感情。

### 如何有效地學習本科？

- 認清本科學習內容，因應個人能力、興趣，訂定學習目標。
- 掌握學習策略，欣賞作品時先整體感受，後探究，玩味鑒賞，提出個人體會。
- 積極主動地投入文學學習活動，多閱讀文學作品，感受、思考、探索作品精妙處，享受箇中樂趣。
- 運用所學方法進行創作，表達所思所感，體驗創作樂趣。

### 本科如何幫助你為未來作出準備？

- 較有系統地學習文學，提高文學素養，培養藝術品味和情操
- 日後可以升讀大學中文系或與文化藝術相關的專科
- 將來從事與創作、評論、研究或與文化藝術有關的工作，如編輯、文藝評論、作家、戲劇工作

### 相關網站

- ◆ <http://www.edb.gov.hk/cd/chi>





## Literature in English



The senior secondary Literature in English curriculum aims to introduce students to different forms of literature including short stories, novels, poetry and drama. Students will have the opportunity to closely examine the major works of British and American writers as well as those by English-speaking writers from other parts of the world including Asia, Africa, Australia and Canada. Students will also view and analyse films related to a variety of literary themes.

### How can it help you prepare for your future?

The senior secondary Literature in English curriculum helps broaden and enrich students' knowledge and experience, and provides a firm foundation for further study, vocational training or work. It opens up a large variety of post-secondary educational and career pathways, particularly in the areas of media production, performing arts, teaching, law and social sciences.

### How will you learn effectively in the subject?

To effectively master the subject, students should take an active part in learning. Specifically, they need to:

- work closely with the teacher and classmates on how to approach texts.
- engage actively in class discussions.
- read and view widely and critically.
- exercise their imagination and critical thinking in formulating their own views and responding to texts through oral or written means.
- consider the feedback from teachers and peers with an open mind.
- reflect regularly on their own learning experience, and see how they can further improve.

### What can you learn/ benefit from it?

The curriculum enhances students' abilities of critical thinking and appreciation through close interaction with literary texts, encourages creativity and self-expression, and cultivates a life-long interest in reading literature. It also helps develop their capacity for personal growth, empathy and cultural understanding, and enhances their sensitivity to language use and awareness of the relationship between literature and society.

**Related website**  
<http://cd.edb.gov.hk/eng/>

## Geography



### What can you learn from it in the senior secondary years?

Geography is the study of the earth's landscapes, peoples, places and environments. In short, it is about the world we live in.

Geography involves the study of the major issues and problems we are facing in our daily life, including Hong Kong's urban problems, China's natural hazards, as well as global issues like global warming and food shortage.

### How will you learn effectively in the subject?

Geography is unique in bridging the social sciences (human geography) with the natural sciences (physical geography). So, no matter students wish to major in science, social science or art stream, geography can provide a solid foundation for their future study.

Geography also provides plenty of opportunities for learning outside classroom through field trips and visits. Students can also learn how to read maps and satellite photos, and some specific information technology skills like geographic information system (GIS) and global positioning system (GPS) in this subject.

### How can it help you prepare for your future?

Geography prepares students for a range of career choices. The most obvious ones include urban and transport planning, logistics management, architecture, geotechnical engineering, surveying, resources and environmental management, tourism and recreation and, at a broader level, public administration and business management.

### Related websites

- ◆ [www.edb.gov.hk/cd/pshe/nss/geog/chi](http://www.edb.gov.hk/cd/pshe/nss/geog/chi)
- ◆ [www.edb.gov.hk/cd/pshe/dvd/chi](http://www.edb.gov.hk/cd/pshe/dvd/chi)
- ◆ [www.edb.gov.hk/cd/pshe/nss/chi](http://www.edb.gov.hk/cd/pshe/nss/chi)

## Tourism and Hospitality Studies

In Hong Kong, the tourism and hospitality industry has taken on a role of growing importance in the local economy. In equipping students for this new economic environment, Tourism and Hospitality Studies (THS) provides students with a solid foundation of knowledge about the tourism and hospitality industry.

### How will you learn effectively in the subject?

Visiting museums, hotels, restaurants, theme parks, attractions and watching related TV commercials are all potential sources of information in helping students to learn effectively in the subject.

### What can you learn/ benefit from it?

THS develops students' adaptability, which is required in a rapidly changing society. Through studying the local and international tourism and hospitality trends and issues and their social, economic and environmental impact, students explore and understand the relationship between individuals and society.



### How can it help you prepare for your future?

THS enables students to understand the important issues of local and global tourism industry. The professional and generic skills acquired will also help students to excel in other servicing industries.

### Related websites

- ◆ [www.edb.gov.hk/cd/pshe/nss/th/chi](http://www.edb.gov.hk/cd/pshe/nss/th/chi)
- ◆ [www.edb.gov.hk/cd/pshe/dvd/chi](http://www.edb.gov.hk/cd/pshe/dvd/chi)
- ◆ [www.edb.gov.hk/cd/pshe/nss/chi](http://www.edb.gov.hk/cd/pshe/nss/chi)





## 中國歷史

中國歷史教育讓學生認識和關心國家民族的過去與現在，並展望未來發展的路向。

### 你能夠透過本科的學習學到甚麼？

新高中中國歷史課程選修部份提供了多元化的選擇。學生可以按自己的興趣與能力，從六個單元之中選修兩個。

中國歷史不單只是國民教育的重要素材，也注重解難、內省、批判及創意思維等能力的培養，藉以提升學生處理日常生活事務及參與社會決策的能力。此外，透過學習中國與其他民族交往的歷史，使學生懂得欣賞及尊重其他文化體系的價值，培養有容乃大的胸襟，以面對全球化的新世界。新高中中國歷史課程必修部份以詳近略遠的方式編排，讓學生有較多時間認識新中國的發展。

### 如何有效地學習本科？

中國歷史源遠流長，文化遺產豐富，研習材料特別多。學生可以透過參觀考察等多姿多采的學習活動，愉快地學習，認識歷史。這些學習經歷與研習成果，還可以作為公開評核的一部份，減輕公開筆試的壓力。對於好思考愛體驗的學生，中國歷史是十分適合的選擇。

### 本科如何裝備你為未來作出準備？

自改革開放以來，中國在世界政治及經濟等領域的角色越來越重要。學生將來無論從事什麼行業，都要對國情有基本的認識。中國歷史為學生提供這方面的教育。

### Related websites

- ◆ [www.edb.gov.hk/cd/pshe/nss/chist](http://www.edb.gov.hk/cd/pshe/nss/chist)
- ◆ [www.edb.gov.hk/cd/pshe/dvd/chi](http://www.edb.gov.hk/cd/pshe/dvd/chi)
- ◆ [www.edb.gov.hk/cd/pshe/nss/chi](http://www.edb.gov.hk/cd/pshe/nss/chi)

## History

### Compulsory Part:

1. Modernisation and transformation in 20th century Asia
2. Conflicts and cooperation in the 20th century world

### Elective Part (choose one):

1. Comparative Studies
2. Issue-based Studies
3. Local Heritage Studies

### How can you benefit from it?

- understand yourself, society and the world
- develop global perspective - to make sound judgment
- develop critical thinking

### Related websites

- ◆ [www.edb.gov.hk/cd/pshe/nss/hist/chi](http://www.edb.gov.hk/cd/pshe/nss/hist/chi)
- ◆ [www.edb.gov.hk/cd/pshe/dvd/chi](http://www.edb.gov.hk/cd/pshe/dvd/chi)
- ◆ [www.edb.gov.hk/cd/pshe/nss/chi](http://www.edb.gov.hk/cd/pshe/nss/chi)

### How can you learn it effectively?

- To read widely
- To observe carefully
- To think critically

### How can it prepare you for your future?

- Mr Ma Ding-sheng, military commentator: "Understanding of history enables you to have a more perceptive outlook of what is going on around you, and realistic expectations of what lies ahead. Employers generally find a person who has studied history more capable of thinking logically and handling business more swiftly."
- Dr. Peter T Y Cheung, Department of Politics and Public Administration, HKU: "Historical knowledge and skills acquired at secondary level bring enormous benefits to students who are interested in further studies in public administration or politics, as all political, legal and administrative systems are manifestations of cultural and historical characteristics of a particular country."



## Ethics and Religious Studies



The Ethics and Religious Studies curriculum comprises a compulsory part and an elective part. The former covers topics such as normative ethics as well as personal and social issues, such as life and death, sex and marriage, business ethics and media ethics etc.

The elective part comprises of two components, namely Religious Traditions and Faiths in Action. Religious Traditions offers two modules, Buddhism and Christianity; Faiths in Action compels students to reflect their religious experience through experiential learning activities.

### How can it help you for your future?

The training through Ethics and Religious Studies allows students to have a profound understanding on complex ethical and religious issues. This also helps them develop their analytical ability, creative thinking and problem-solving skills which will be beneficial to their pursuit of further studies.

### How will you learn effectively in the subject?

Students who are interested in shared human experiences (e.g. life and death), willing to share and express their views on religious or social issues, eager to reflect on personal and public life will learn effectively in the subject.

### What can you learn/benefit from it?

The learning of Ethics and Religious Studies does not only help students understand various religious beliefs, basic doctrines, ceremonies and styles of living in a systematic manner, but also encourage students to explore the meaning of life, seek self-understanding and an appreciation of how the human community works, so that their life has direction and is based on positive values.

### Related websites

- ◆ [www.edb.gov.hk/cd/pshe/nss/ers/chi](http://www.edb.gov.hk/cd/pshe/nss/ers/chi)
- ◆ [www.edb.gov.hk/cd/pshe/dvd/chi](http://www.edb.gov.hk/cd/pshe/dvd/chi)
- ◆ [www.edb.gov.hk/cd/pshe/nss/chi](http://www.edb.gov.hk/cd/pshe/nss/chi)

## Combined Science

### How will you learn effectively in the subject?

Each science subject in Combined Science has its own emphasis of learning. For details, please refer to the subject description for Physics, Chemistry and Biology respectively.

### What can you learn/ benefit from it?

#### Depending on your choice of combination:

- (i) Combined Science (Physics, Chemistry) - You will acquire conceptual and procedural knowledge relevant to our daily lives in the study of Physics, as well as the fundamentals of chemistry required for further study.
- (ii) Combined Science (Biology, Physics) - You will understand the living world, yourself as a living organism and your role in the environment, and acquire conceptual and procedural knowledge relevant to our daily lives in the study of Physics.
- (iii) Combined Science (Chemistry, Biology) - You will learn the fundamentals of chemistry required for further study and understand the living world, yourself as a living organism and your role in the environment. Also, you will be able to develop various skills including problem solving, critical thinking, creativity, analytical ability and communication skills.

Combined Science comprises areas of content selected from the Biology, Chemistry and Physics curricula. There are three combinations:

- (i) Combined Science (Physics, Chemistry)
- (ii) Combined Science (Biology, Physics)
- (iii) Combined Science (Chemistry, Biology)

### How can it help you prepare for your future?

Combined Science enables you to proceed to further study in post-secondary courses, or to a range of career pathways, in various fields related to science, technology, medicine or engineering. Besides, the development of logical thinking and problem-solving skills will be valued in the workplace.

### Related websites

- ◆ <http://www.edb.gov.hk/index.aspx?langno=2&nodeID=5962>





## Chemistry

Chemistry is the key science for understanding different forms of matter. It studies how energy is associated with matter, chemical structures and chemical reactions. Chemists know what holds the material world together and how to change it. The products of chemistry make a huge impact on our daily lives.

### How will you learn effectively in the subject?

You have to interpret data and observations precisely, to research on different explanations and to participate in different experiments and investigative study. Also, you have to think deeply so as to build links between content in various topics.

### How can it help you prepare for your future?

Chemistry is required for entry to many post-secondary courses including medicine, pharmacy and different sciences. Chemistry is also useful for the study of courses like environmental sciences and engineering. Beside further study, chemistry also provides you with training in analytical ability, logical thinking, creativity and communication skills required for different careers.

### Related website

◆ <http://www.edb.gov.hk/index.aspx?langno=2&nodeID=5962>

### What can you learn/benefit from it?

You will learn the fundamentals of chemistry required for further study. Different theories and practices will be covered. Also, you will be able to develop various skills including problem solving, critical thinking, creativity, analytical ability and communication skills.



## PHYSICS

Physics is one of the most fundamental natural sciences. It involves the study of universal laws, and of the behaviours and relationships among a wide range of physical phenomena. The curriculum covers fundamental principles and concepts in physics, including compulsory topics - "Heat and Gases", "Force and Motion", "Wave Motion", "Electricity and Magnetism" and "Radioactivity and Nuclear Energy", and elective topics - "Astronomy and Space Science", "Atomic World", "Energy and Use of Energy" and "Medical Physics".

### What can you learn/benefit from it?

You will acquire conceptual and procedural knowledge relevant to our daily lives in the study of Physics. With a solid foundation in physics, you should be able to appreciate both the intrinsic beauty and quantitative nature of physical phenomena, and the role of physics in many important developments in engineering, medicine, economics and other fields of science and technology.

### How can it help you prepare for your future?

This curriculum makes it possible for you to pursue a degree or sub-degree course in a specialised study or other related disciplines. The ability to apply physics knowledge and skills to daily life phenomena will enable you to study effectively in a variety of vocational training courses. Furthermore, the development of your logical thinking and problem-solving skills will be valued in the workplace.

### Related website

◆ <http://www.edb.gov.hk/index.aspx?langno=2&nodeID=5962>

### How will you learn effectively in the subject?

The curriculum attempts to make the study of physics interesting and relevant. You may connect the learning of physics with real-life contexts. The adoption of a wide range of investigative activities and self-evaluation can also stimulate your interest and motivation for learning.

## Biology

Biology is the study of the living world. It develops your biological knowledge, scientific process skills, and positive values and attitudes towards life and living world. The curriculum covers major aspects of biology, including compulsory topics - Cell and Molecules of Life, Genetics and Evolution, Organisms and Environment, and Health and Diseases, and elective topics - Human Physiology: Regulation and Control, Applied Ecology, Microorganisms and Humans, and Biotechnology.

### What can you learn/benefit from it?

The study of Biology helps you to understand the living world, yourself as a living organism and your role in the environment. It develops your ability to make scientific inquiry, to think scientifically and critically, to solve problems, and to make informed decisions and judgement on biology-related issues.

### How will you learn effectively in the subject?

The emphasis of learning is on understanding biological concepts and principles rather than on memorising unrelated facts. Learning can be greatly enhanced by relating biological knowledge with daily life contexts, and to apply your knowledge to solve problems.

Conducting practical work and scientific investigations is essential for you to gain personal experience of scientific inquiry. In addition, participating actively in learning activities such as reading articles, discussions, debates, oral reporting, role-play and field studies will help you to attain the learning targets and enhance active learning.

### How can it help you prepare for your future?

The Biology Curriculum provides you with a solid foundation in biological and life science for pursuing higher levels of study in tertiary or vocational training institutions and entering a wide spectrum of careers related to science, technology and the environment. Furthermore, the development of a logical mind and problem-solving skills through studying Biology will prepare you to deal intelligently with everyday problems and make you more competitive in the workplace.

### Related website

◆ <http://www.edb.gov.hk>







## Integrated Science

Integrated Science is designed for students with diverse interests, who wish to be exposed to knowledge and understanding of different KLAs. In taking this subject, you will gain a comprehensive and balanced learning experience in Biology, Chemistry and Physics. You may then take up subjects from other KLAs to widen your horizon.



### What can you learn/ benefit from it?

The emphasis of the curriculum is on an understanding of science to prepare you for participating in discussion, debate and decision-making about the applications and implications of science and technology. You will be given many opportunities to reflect on issues and controversies in matters involving science and technology, e.g. "How is air quality affected by weather and human activities?"; "Why do we sometimes fall sick?", and so become better informed and more sophisticated consumers of science-related information. You will also develop the ability to think scientifically, critically and creatively, and to solve problems individually or collaboratively in science-related contexts.

### How can it help you prepare for your future?

By broadening and enriching your knowledge, skills and experiences in science, the Integrated Science curriculum also opens up for you a variety of possible post-secondary educational and careers pathways including Actuarial Science, Business Administration, Dental Surgery, Environmental Science, Food & Nutritional Sciences, Information Engineering, Law, Risk Management Science, Sports Sciences, etc.

Many science-related faculties and departments in tertiary institutions, including the Science Faculty of HKU, have already indicated their readiness to accept students taking the Integrated Science curriculum.

### How will you learn effectively in the subject?

Apart from knowledge and understanding, you will also develop a solid foundation in areas related to scientific thinking and investigation. You will learn to draw information from sources (e.g. observations, experiments, product brochures, Internet); use science language to report findings, justify a stance or draw conclusions in appropriate ways; and present information or thoughts in various forms in different contexts, and for a variety of audiences.

### Related websites

[http://www.edb.gov.hk/FileManager/EN/Content\\_5999/int\\_sci\\_final\\_e\\_070329.pdf](http://www.edb.gov.hk/FileManager/EN/Content_5999/int_sci_final_e_070329.pdf)  
<http://www.edb.gov.hk/index.aspx?nodeid=6002&langno=1>

## Economics



"I want to buy a pair of jeans, a new mobile phone ... but I only have HK\$1,000." "I want to go to the cinema this weekend, but I have not yet finished the project report." "Why does my mother always complain that her salary can never catch up with the increase in cost of living?" Have you come across these problems? If yes, economics may help you.

Economics is about how people manage the limited resources to satisfy their unlimited wants. It studies how people make decisions with the aim of maximizing their interests, and analyses the factors that affect the performance of the economy.

### What can you benefit from it?

Economics may not tell you how to earn big money, but it provides you with some analytical frameworks so that you can make rational decisions in consumption, production, investment, etc. These frameworks can also enable you to understand why sometimes the unemployment rate in Hong Kong is high, and why sometimes the Chinese government raises the interest rate to cool down the economy.

### How will you learn effectively in the subject?

Economics emphasises both theory and application. So, it will be good for you to familiarize yourself with social issues by developing a habit of reading newspapers, magazines and books, and to apply what you learn to analyse these issues.

### How can it help to prepare for your future.

Economics helps to foster your intellectual power, and develop your economic perspectives that will benefit your further studies in tertiary institutions. It prepares you for university study not only in economics but also in other fields such as business administration, finance, law, environmental studies and social sciences.





## Business, Accounting and Financial Studies (BAFS)

The BAFS curriculum draws on a range of business related disciplines (such as finance, accounting and business management) to highlight their complex and intertwining relationship. The learning elements are contextual and interrelated that mirror the real business world to provide students with a holistic view from various perspectives.



### How will you learn effectively in the subject?

An integrated and contextual approach to organise learning elements in the compulsory and elective parts is recommended. The purpose is to enhance students' understanding of how to apply principles, concepts, models and skills from interrelated areas of business in authentic / simulated contexts. Students in turn are expected to learn interactively and initiate learning activities which articulate with their learning needs. They have to move from being passive listeners to becoming independent learners who engage in the construction of their own knowledge. It is hoped that through this they will become intrinsically motivated and develop a lifelong interest in learning about business.

### What can you learn/ benefit from it?

The compulsory part of the BAFS curriculum covers four main areas, namely: Business Environment, Introduction to Management, Introduction to Accounting and Basics of Personal Financial Management. They provide a threshold, in terms of knowledge and skills, for students' future studies or careers. The elective part, which builds upon the knowledge and skills in the compulsory part, provides students with an opportunity to pursue a more in-depth study in a focused area. Students can choose either Accounting or Business Management, according to their interests and inclinations.

### How can it help you prepare for your future?

The importance of business and financial services in Hong Kong makes the study of business, accounting and finance important for developing entre pre-neurial spirit of students. The study of BAFS at the senior secondary level will provide students with essential business knowledge and skills for higher education/tertiary studies in business and for various careers.

### Related website

- ◆ <http://www.edb.gov.hk/index.aspx?nodeid=3104&langno=1>.

## Technology and Living (TL)

- TL is an applied science subject, which involves both theoretical studies and practical investigative work. It provides two different strands to meet different interests of students. Students are required to select one of the strands for their S4-6 studies, namely, 'Food Science and Technology' Strand (FST), or 'Fashion, Clothing and Textiles' Strand (FCT)
- For FST, it involves the study of properties of food, food preparation technology, food culture, food product development as well as the relationship among food, diet, nutrition and health concerns
- For FCT, it involves the study of textiles and clothing technology, fashion design basics, the relationship among culture and fashion design as well as apparel industry

### What can you learn/ benefit from it?

Your potential will be stretched through the study of TL in terms of:

- Knowledge
  - You may explore more deeply the issues and concerns in either the food or clothing context from different perspectives and dimensions in relation to enhancing the quality of life at personal, family, society and global levels
  - You learn how to manage and use natural and socio-economic resources effectively in consideration of ecological sustainability
- Generic Skills
  - Your generic skills (e.g. creativity, critical thinking, communication, problem solving, self-management, collaboration) will be strengthened through participating / working in a wide range of learning tasks / activities in different modes
- Values and Attitudes
  - You will be able to make sensible and ethical decisions with regard to controversial issues in the food / clothing context, work with an open-mind more readily to meet challenges and uncertainties, develop positive values that foster a healthy lifestyle and contribute to the well being of the society and the world



### How will you learn effectively in the subject?

- develop a genuine interest of the subject
- have strong motivation to learn and try out new ideas
- enjoy reading related reference materials and doing investigative work

### Related websites

- ◆ <http://www.edb.gov.hk/334>
- ◆ [http://www.hku.hk/science/undergrad/program\\_food.htm](http://www.hku.hk/science/undergrad/program_food.htm)
- ◆ <http://www.cuhk.edu.hk/fns/index.html>
- ◆ <http://www.itc.polyu.edu.hk/programmes/undergraduate.html>





## Health Management and Social Care (HMSC)

HMSC is a new elective subject under the New Senior Secondary Curriculum. It is about personal development across the lifespan, health maintenance and promotion, health and social care policies, issues and concerns of individuals, families, communities and the nation as a whole in both local and global contexts

### What can you learn/ benefit from it?

#### ■ Knowledge

- You will understand the linkages between personal behaviour and practices and the health and social well-being of oneself and the community
- You will be more competent in understanding, analyzing and evaluating local and global health and social care issues from different levels and perspectives

#### ■ Generic Skills

- Your generic skills (e.g. critical thinking, communication, problem solving, self-management, collaboration) will be strengthened through experiencing a wide range of learning tasks and activities in authentic contexts and learning through life-events

#### ■ Values and Attitude

- Nurture yourself as a responsible and caring citizen who lead and promote healthy lifestyle as individual, family and community for the well-being of society
- Appreciate the importance of collaboration with others and of working with a positive attitude in the face of adversity and uncertainty

### How will you learn effectively in the subject?

- Develop interest in and concern for emerging contemporary issues of health and social care
- Participate in health and social care related services, interact with people to understand their needs

### How can it help you prepare for your future?

You will be equipped with the necessary knowledge and skills for:

- Adulthood  
Lead and promote a healthy lifestyle and contribute to building up a caring harmonious society
- Further studies  
This subject provides good articulation to degree programmes in medicine /nursing/ social work, etc. offered by local and overseas tertiary institutions
- Career  
You will have a better understanding and wide selection of the broad range of careers related to the study of Health Management and Social Care e.g. health care sector, social welfare sector, business sector, public administration sector



### Related websites

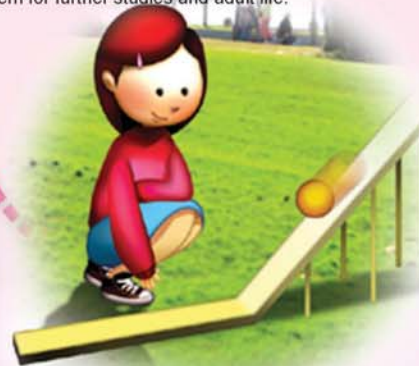
- ◆ The Education Bureau - <http://www.edb.gov.hk/334>
- ◆ World Health Organisation - <http://www.who.int>

## Design and Applied Technology (DAT)

The overarching aim of DAT is to provide students with the fundamental knowledge and skills in technology and design, and cultivate in them the necessary attributes of innovation and entrepreneurship in order to face the rapid social, economic and technological changes in a knowledge-based economy.

### What can you learn/ benefit from it?

The learning elements of DAT include the compulsory part grouped into three strands, namely, 'design and innovation', 'technological principles', and 'value and impact' and five elective modules, including 'Automation', 'Creative Digital Media', 'Design Implementation and Material Processing', 'Electronics' and 'Visualization and CAD Modeling'. Students are required to study two out of the five elective modules. DAT calls for the understanding and application of knowledge in a range of technological areas to address particular needs and aspirations. It encourages students to explore the synthesis of ideas and practices, and examine the effect of technology on society and the environment. Apart from equipping students with knowledge and skills in technology and design, DAT also aims at developing students' capability for self-directed and life-long learning so as to prepare them for further studies and adult life.



### How will you learn effectively in the subject?

Students should be encouraged to find connections between technology, design and society through the learning activities they engage in. A variety of design contexts can be explored such as personal life, the home, the school, recreation, the community, the environment, business and industry. Coursework - such as case studies, research and development, product analysis, design projects and enterprise activities - as well as experiences in the wider world are used to enable students to link theory with practice.

### How can it help you prepare for your future?

Through the acquisition of foundation knowledge and development of interest in DAT, students will find DAT helpful in further studies or career aspirations in the areas such as design, engineering, applied science and media communication. DAT is one of the elective subjects required for university entrance. It is also on the specific subjects requirements lists of some university faculties, such as design, engineering and medicine.

### Related websites

- ◆ Technology Education Key Learning Area, Education Bureau - <http://www.edb.gov.hk/>
- ◆ The Hong Kong Design Centre - <http://www.hkdesigncentre.org/>
- ◆ Hong Kong Science and Technology Parks - <http://www.hkstp.org/>
- ◆ Hong Kong Designers Association - <http://www.hongkongda.com/>
- ◆ Industrial Designers Society of Hong Kong - <http://www.idshk.org/>
- ◆ The Hong Kong Institution of Engineers - <http://www.hkie.org.hk/>
- ◆ The Professional Validation Council of Hong Kong Industries - <http://www.pvchk.org/>





## Information and Communication Technology (ICT)

The ICT curriculum provides students with knowledge, practical skills and an understanding of the processes involved in problem-solving using technology. It encompasses problem identification, solution and design, and the applications of ICT knowledge and skills in these processes.

### What can you learn/ benefit from it?

The ICT curriculum is organised into a Compulsory Part and an Elective Part. The Compulsory Part comprises five topics involving the fundamental principle, namely Information Processing, Computer System Fundamentals, Internet and Its Applications, Basic Programming Concepts and Social Implications. The Elective Part offers four options drawn from distinctive fields of computing and information science and their applications. The options are Database, Data Communications and Networking, Multimedia Production and Web Site Development and Software Development. Students are required to choose one out of the four specialised areas for in-depth study. The ICT curriculum helps students develop intellectual capacity and lifelong learning skills, and provides opportunities for the development of key generic skills such as critical thinking, communication, creativity and problem solving skills.

### How can it help you prepare for your future?

The ICT curriculum prepares students with solid foundation for pathways into the workforce or further studies in ICT-related fields. It also equips students with the knowledge, skills and attitudes necessary to address rapid change.

### Related websites

◆ [http://www.edb.gov.hk/FileManager/EN/Content\\_5999/ict\\_final\\_e.pdf](http://www.edb.gov.hk/FileManager/EN/Content_5999/ict_final_e.pdf)

### How will you learn effectively in the subject?

Learning ICT is a complex, multi-faceted, active and interactive process. Knowledge can be acquired from instruction and reading the literature. Knowledge can also be learned through experience followed by reflection. Finally it can be learnt through collaborative interaction with others. Apart from attending lessons traditionally, students should learn actively, and adopt enquiry and problem-based learning. Besides, students should adopt experiential learning and explore opportunities to learn in authentic settings.

## Visual Arts

Visual Arts learning consists of art appreciation and criticism, and art making. Appraising students' own and others' artworks, as well as participating in art making activities, can enrich their aesthetic and life experience, and help them acquire knowledge and skills of the arts.

### What can you learn/ benefit from it?

Through art appreciation and art making activities, students not only acquire and apply relevant knowledge and skills such as visual communication skill, but also develop fine observation, imagination, creativity, aesthetic sensitivity, communication skill, critical thinking skill and ability to formulate viewpoints from multiple perspectives. Students' positive values and attitudes are cultivated, and their learning effectiveness of Visual Arts and other subjects will be enhanced, thus helping them learn how to learn.

Visual Arts provides students with opportunities to study Chinese, Western and local visual artworks of the past and present, thereby broadening their horizons, as well as enhancing their understanding of and respect for different cultures.



### How will you learn effectively in the subject?

Visual Arts emphasises students' autonomous learning. Through self-selected themes, students study other people's artworks and explore ways of art making that are suitable for presenting their ideas.

Through building their own portfolios, students record their learning process and idea development, develop their ability of art appreciation and criticism, and reflect their unique artistic style and art making abilities.

### How can it help you prepare for your future?

Visual Arts is recognised as one of the electives in the university entrance requirement. Priority consideration may be given to students who study this subject for admitting them to arts programme in a number of universities. Visual Arts may flexibly connect with areas such as humanities, technology, science, economics, commercial management, and languages in widening the scope for students' further studies and future careers, such as arts creation, arts administration, arts critics, arts education, mass media and conservation of the cultural properties; animation, film and video production; advertisement, fashion, image, product and stage design; as well as architectural design, surgery, arts therapy and other professions relevant to creative industries.

### Related website

◆ <http://cd.edb.gov.hk/arts>





## Music

The senior secondary Music curriculum emphasises a balanced development in students' abilities to respond critically to, perform and create music. Students are allowed to choose an area in Music that suits their interests and strengths for an in-depth study.

### What can you learn/ benefit from it?

Music education contributes significantly to the development of aesthetic sensitivity, intellectual and moral pursuits of human beings. It nurtures students' creative mind, flexibility and respectful attitudes for others. Music offers unlimited space for students to make use of its unique quality to exercise imagination and articulate emotions freely that definitely cannot be replaced by languages.

Through the study of Music, students deepen their understandings on diversified music such as Western classical music, Chinese instrumental music, Cantonese operatic music and popular music, in ways that broaden their music horizon, strengthen their understanding of and respectfulness for different cultures.



### How will you learn effectively in the subject?

The study of Music encompasses three areas, namely music listening, performing and creating. Through appraising their own or others' performing and compositions, participating in solo performing or ensemble playing, and creating music, students not only apply their music knowledge and skills to express their personal characteristics and emotions, but also exercise their abilities such as imagination, creativity, aesthetic sensitivity, communication and critical thinking skills so as to express the inner quality, characteristics and emotions of the music.

### How can it help you prepare for your future?

Music is recognised as one of the electives in the university entrance requirements. Priority consideration may be given to students who study this subject, for admitting them to music programmes in a number of universities. Music may flexibly connect with humanities, technology, science and languages in widening the scope for further studies and future careers of the students, such as music composition, script writing, arts administration, arts appraisal, mass media and music education; animation, film, video and record production; advertisement and theatre production; sound engineering, music therapy, as well as professions related to creative industries.

### Related website

- ◆ <http://cd.edb.gov.hk/arts>

## Physical Education

- It comprises nine theoretical parts and a practicum.
- The nine theoretical parts touch on the basics of various academic disciplines including physiology, nutrition, physics, psychology, sociology, history and management. The subject helps students to address issues related to "Body Maintenance", "Self Enhancement" and "Caring for the Community".
- In the practicum, students are required to do physical fitness training, participate in at least two physical activities, organise school or community recreation/sport programmes and address current issues in PE, sport and recreation.

### How can it help you prepare for your future?

- With the knowledge of PE, sport and recreation, one can better understand and be critical and independent thinkers when confronting issues that affect daily lives at personal, community, national and global levels.
- Being physically and mentally healthy, one can face challenges of all kinds, and be self-regulated in adopting an active and healthy lifestyle.

### How will you learn effectively in the subject?

Actively involve in using or testing theories in hands-on activities, experiments and fieldwork to gain first-hand experience and reflect on this.

### Related websites

#### PE Elective curriculum design:

- ◆ [http://cd1.edb.hkedcity.net/cd/pe/tc/NSS/NSS%20School%20Information%20Kit\\_PE\\_c\\_080329.ppt](http://cd1.edb.hkedcity.net/cd/pe/tc/NSS/NSS%20School%20Information%20Kit_PE_c_080329.ppt) (A brief introduction of the subject : Chinese version only)
- ◆ [http://cd1.edb.hkedcity.net/cd/pe/tc/cd/ProvFinal/pe\\_final\\_e.pdf](http://cd1.edb.hkedcity.net/cd/pe/tc/cd/ProvFinal/pe_final_e.pdf) (the curriculum document)

#### Similar subjects in other countries:

- ◆ [http://www.curriculum.wa.edu.au/pages/syllabus\\_manuals/volumes/VI\\_health/physical.htm](http://www.curriculum.wa.edu.au/pages/syllabus_manuals/volumes/VI_health/physical.htm) (Australia)
- ◆ [http://www.aqa.org.uk/qual/gceasa/spo\\_assess.php](http://www.aqa.org.uk/qual/gceasa/spo_assess.php) (United Kingdom)



### What can you learn/ benefit from it?

- Develop a strong foundation for further education in a wide range of science, humanities and social science subjects.
- Develop a scientific inquiry and reflective thinking mind.
- Develop positive values and attitudes.





## Applied Learning Courses

Applied Learning (ApL) contributes to the diversification of senior secondary curriculum through offering learning contexts close to students' daily life to satisfy their curiosity and learning needs and complementing other subjects. Courses are being offered in six areas of studies: (1) Creative Studies; (2) Media and Communication; (3) Business, Management and Law; (4) Services; (5) Applied Science; and (6) Engineering and Production. Students are given a wide range of choices to suit their interests, aspirations and aptitudes. To provide students with authentic, practical and diversified learning opportunities, course contents are selected from a spectrum of trades and professions. Courses will be updated in a timely manner according to local as well as global social, economic and technological trends.

### How will you learn effectively in the subject?

ApL enables students to understand fundamental theories and concepts through application and practice, and to develop generic skills in authentic or near-authentic environment. The courses are offered by institutions with capacity, capability and willingness to contribute to the secondary education in Hong Kong including tertiary institutions and professional bodies. In order to provide students with appropriate learning experiences, the courses are conducted in a combination of venues including schools, venues of course providers and workplaces.

### What can you learn/ benefit from it?

Students will be prepared for further studies, for work as well as for lifelong learning through the development of foundation skills, thinking skills, people skills, values & attitudes and career related competencies. They acquire knowledge and skills as well as understand the workplace requirements of a particular profession or vocational area. Qualifications acquired through ApL are of similar status as other school subjects and students' results will be recorded in the Hong Kong Diploma of Secondary Education (HKDSE).

### How can it help you prepare for your future?

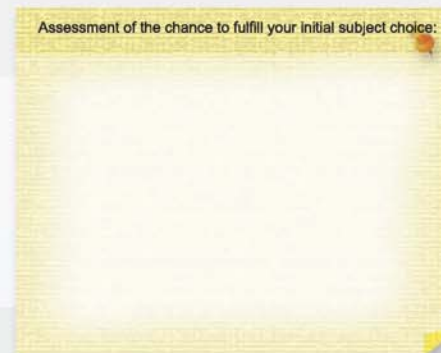
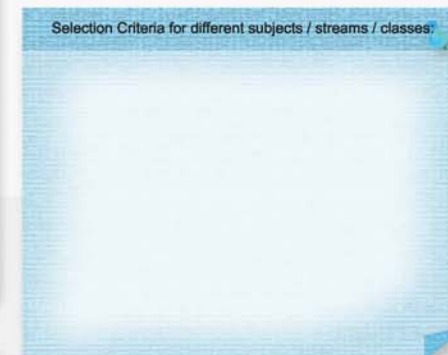
ApL aims at laying a sound foundation for students' further learning. Students develop the necessary values and attitudes for their adult life through ApL. Students will be provided with the opportunities to explore their orientation for life-long learning and career aspirations in specific areas.

### Related website

- Further information (including the overview and development of ApL, courses offered and a list of the course providers) is available at: <http://www.edb.gov.hk/apl>



## 3.4 Subject Choices and Selection Procedures offered by your School (This part is to be provided by your own school)







## Station 4: How can I get there?

In Station 1 you are provided with information of subject choices offered by the senior secondary curriculum, but it is the beginning of the challenge – HOW can you decide your choice for the coming THREE years of study?

You are approaching the end of the mission, but it is also the hardest time. You need to:

- Reflect on what you have found about yourself – your personality, your academic and career interest, your skills, your aspirations...
- Make up your mind on an initial choice of subjects in senior secondary level.
- Create an ACTION PLAN on how you could make your mission possible

Setting of goals --- One long term and many short term goals. Short term goals will be achieved progressively one by one moving forward to the long term goal.

### Tips on setting study or career goals

- must be realistic and achievable
- ask for comments and suggestions from teachers, parents, and friends
- write down your short term goals and long term goals, review regularly to make any necessary change
- prepare for alternatives

### Tips on creating your action plan – be SMART

- Specific → What tasks or actions need to be done?
- Measurable → How can I claim success or achievement?
- Achievable → Is the tasks or actions be completed in near future?
- Realistic → Can I handle tasks or actions with my ability?
- Time check → When is the deadline for completion of action plan?

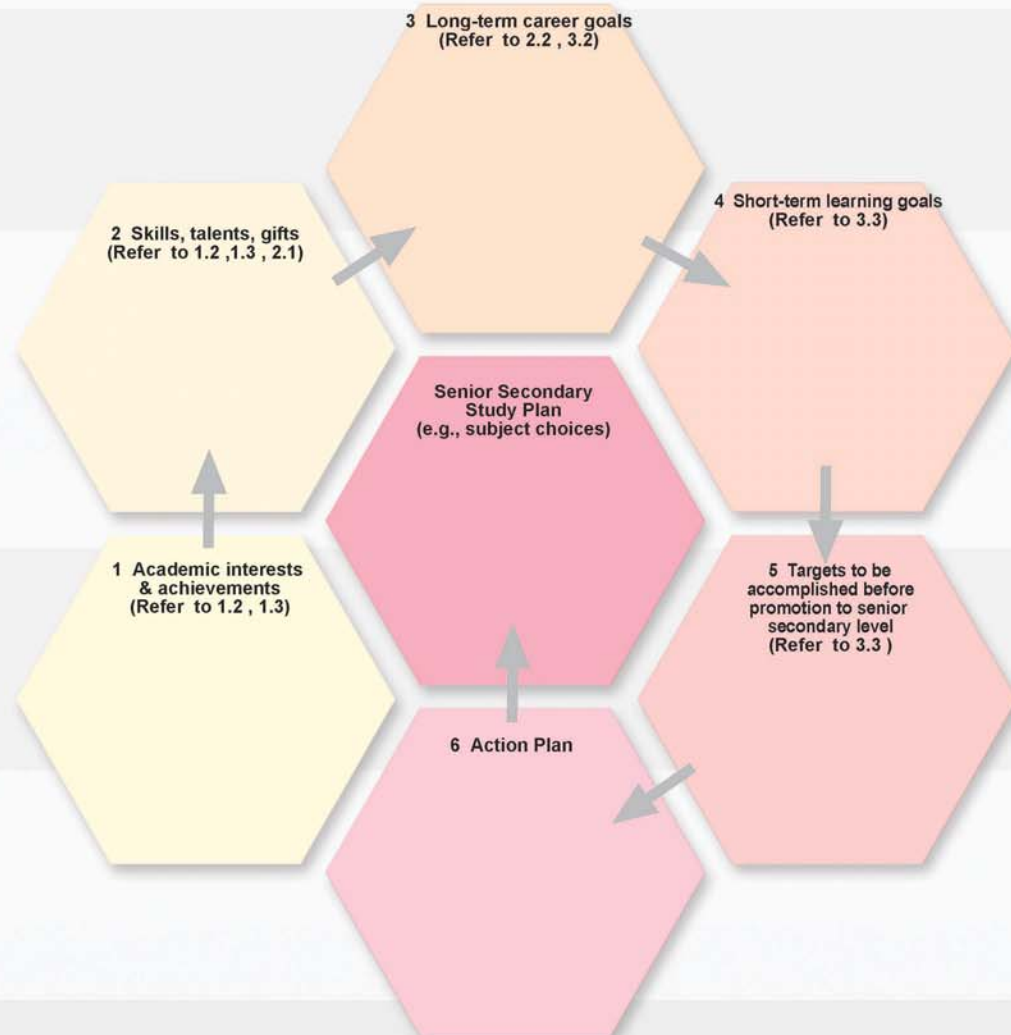
Action Plan is a step-by-step approach to achieve your goals, from short-term ones to those long-term. It is like a problem-solving exercise – HOW and WHAT CAN I DO to arrive at the destination?

Once again, you need to be HONEST to yourself, be BOLD to take some challenge, and be READY to take actions.

3"SMART Model" adapted from *Progress File*, produced by the Department of Education and Skills; Getting Started, Section 7 Action Planning

## My Action Honeycomb

Start with the central cell – your Tentative Senior Secondary Subject Choices by writing down subjects including Applied Learning Courses you want to take in the first year of your senior secondary education. Then follow the order, from 1 to 6. to complete one cell after another.





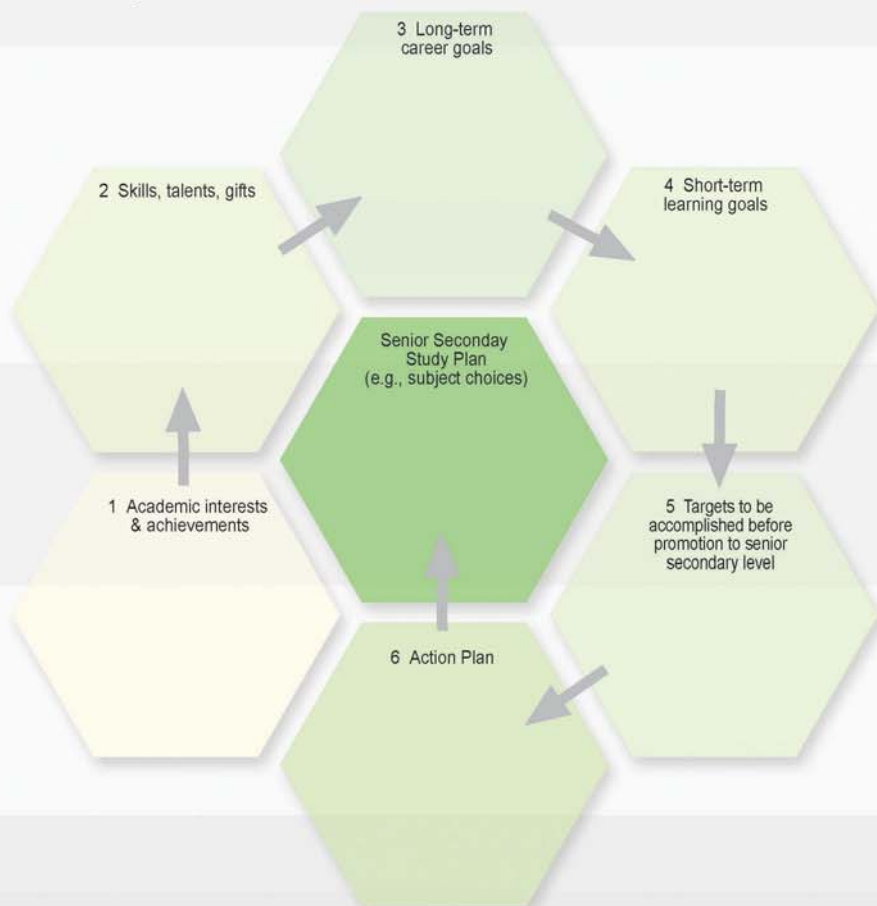


## Station Plus: The Support Partner Honeycomb

Celebrate your accomplishment by going through the first stage of career-aspirations development. But an end is always the BEGINNING of another journey – make your ACTION PLAN HONEYCOMB a poster to remind yourself to start and then work persistently on your ACTION PLAN.

But remember, you'll keep changing, and so your action plan, study plan and your career plan may also change when you gain more experience in your senior secondary study life. Whatever plan you have made, it is subject to continuous review and revision.

No, No! Mission not yet completed. Interview your support partner by showing him or her the "My Action Honeycomb" poster. Jot their comments and suggestions on the honeycombs below. Do you think your action plan needs revision? Why? How?



Finding Your Colours of Life: NSS Subject Choices and the Development of Career Aspirations  
尋找生命的色彩：新高中科目選擇及個人抱負的探索

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### Project Team:

**Advisors:** Prof. LEUNG Sheung Ming, Alvin (Department of Educational Psychology, The Chinese University of Hong Kong)

Dr. CHUI Yat Hung (Department of Applied Social Science, The Hong Kong Polytechnic University)

Dr. CHEUNG Wai Leung, Raysen (Department of Applied Social Studies, City University of Hong Kong)

**Editor and Author:** Dr. HO Yuk Fan (The Hong Kong Association of Careers Masters and Guidance Masters)

### Persons-in-charge of pilot schools programs:

Ms. CHENG Wai Yee, Monica (Holy Trinity College)

Ms. YAU Shun Yee, Flora (SKH Li Ping Secondary School)

Ms. LEE Yuk Yi (Carmel Secondary School)

Mr. WOO Chun Kit & Mr. Richard YEUNG (Carmel Holy Word Secondary School)

Mr. WONG Kwan Bo, Remy (STFA Leung Kau Kui College)

Mr. CHAN Wai Man & Ms. AU Sui Woon (Stewards Pooi Tun Secondary School)

Mr. HO Chun Yan (C&MA Sun Kei Secondary School)

Mr. NG Po Shing (Tak Sun Secondary School)

**Research Assistants:** Mr. IP Ka Chi Antony

Miss CHAN Hiu Kwan, Cony

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