



Telling One's Own Story with Student Learning Profile (SLP): Strategy and Practice

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迦密中學



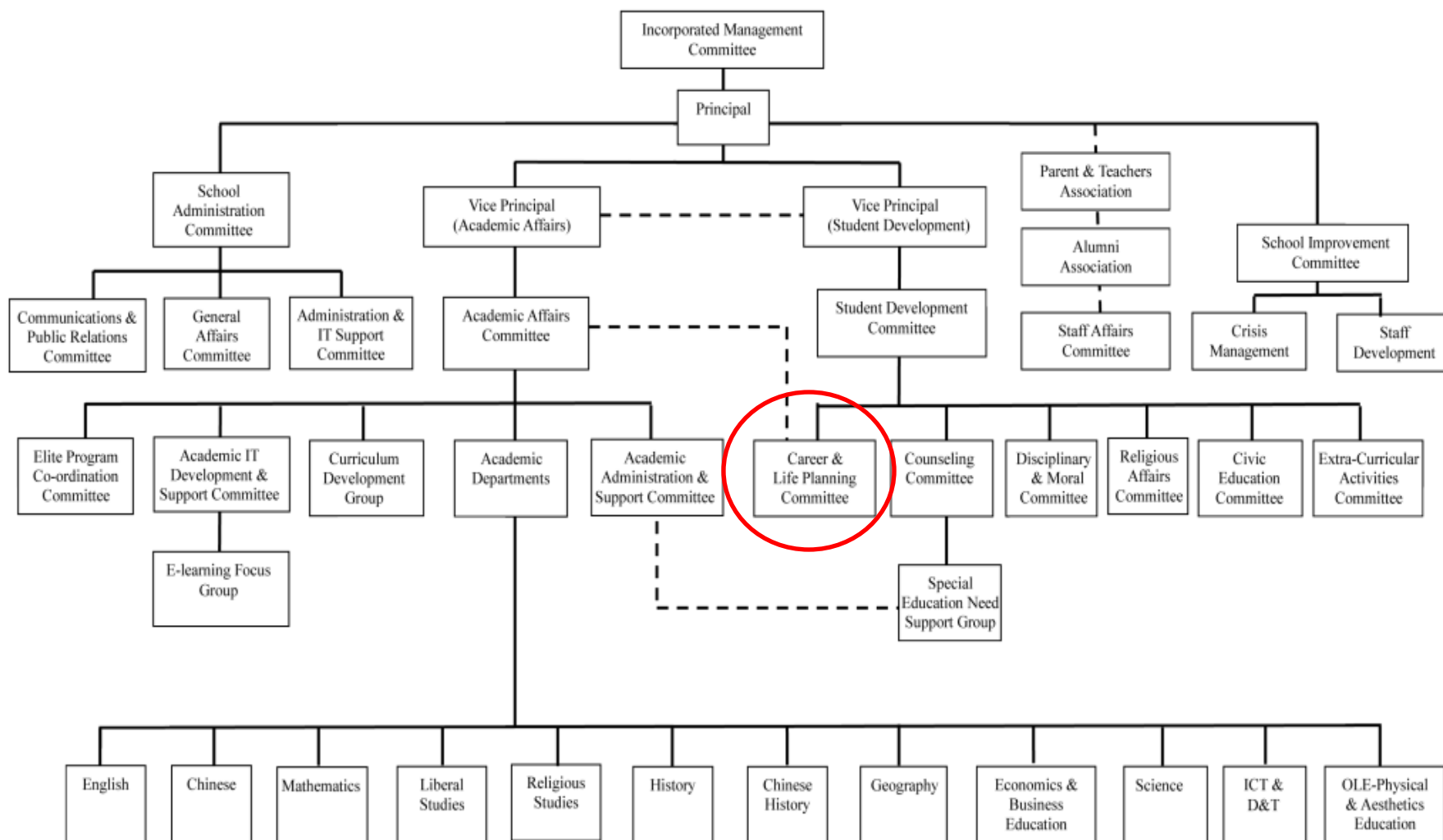


Integration of in the Career and Life Planning Framework

School practice in enhancing students' self-understanding & goal setting

學校架構

Organization Chart



生涯規劃課程

	初一	初二	初三	高一	高二	高三
生涯規劃周	不同主題的生涯規劃周					
班主任時間	認識自己	職業選項	尋找生命的色彩	生涯地圖	生涯地圖 + 香港事業興趣測驗	生涯地圖
短周會	迦密人的歷程	工作的意義	高中選修科事宜			
其他學習經驗課				導向講座	生活營	銜接講座
英語課程					職業英語	

一個迦密學生的歷程



升學

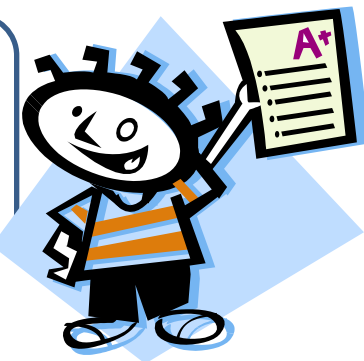
大學學位課程、海外升學、副學位課程、職業培訓



香港中學文憑試

高中

中四至中六：4個核心科目 + 3個選修科目



選科

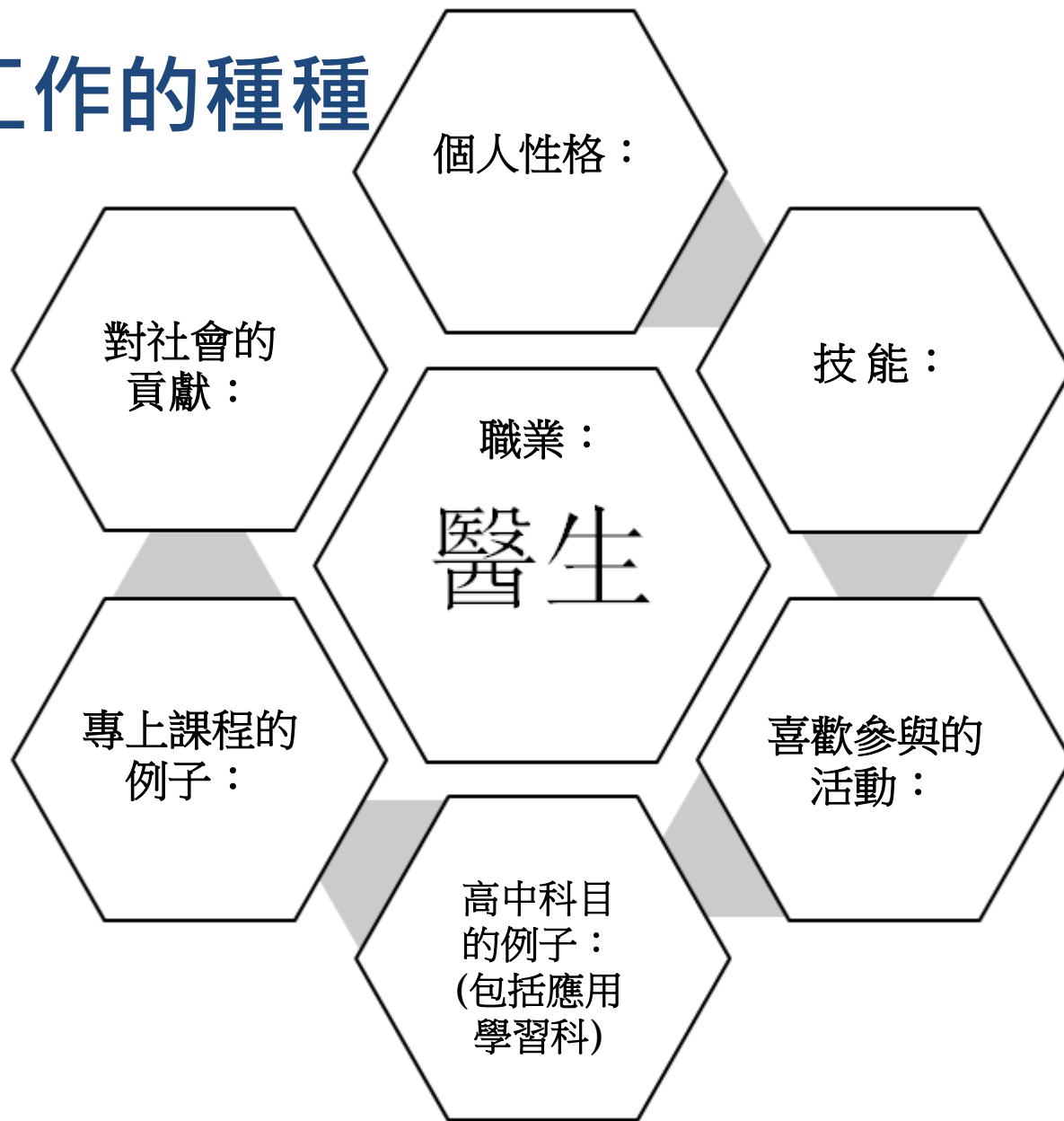
初中

中一、二：8科

中三：10科



認識工作的種種



中三選科的預備

瞭解自己

- 興趣(Interest)
- 能力 (Ability)
- 職業方向 / 理想 (Career aspiration)

+

探索環境

- 認識身邊的選擇/機會 (Opportunities)

做知情選擇
(Informed Choice)

其他學習經歷課

- 體藝活動
- 年級講座



S4 is a year to...

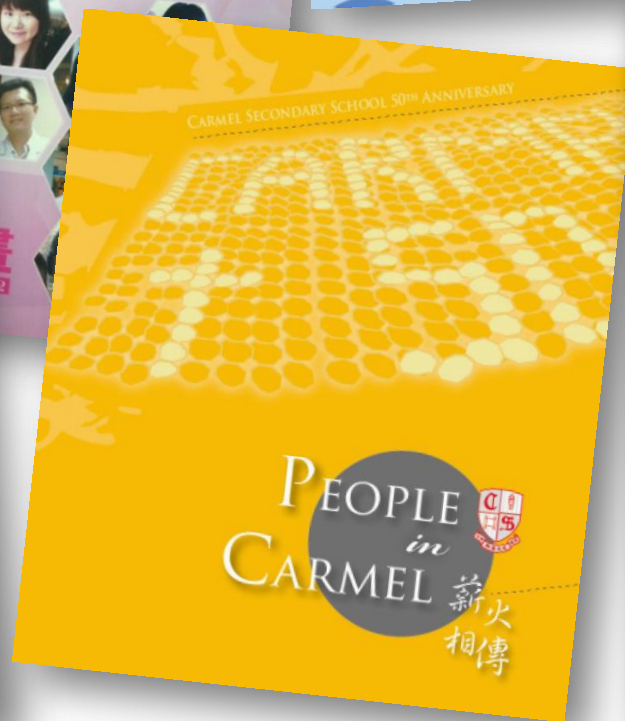
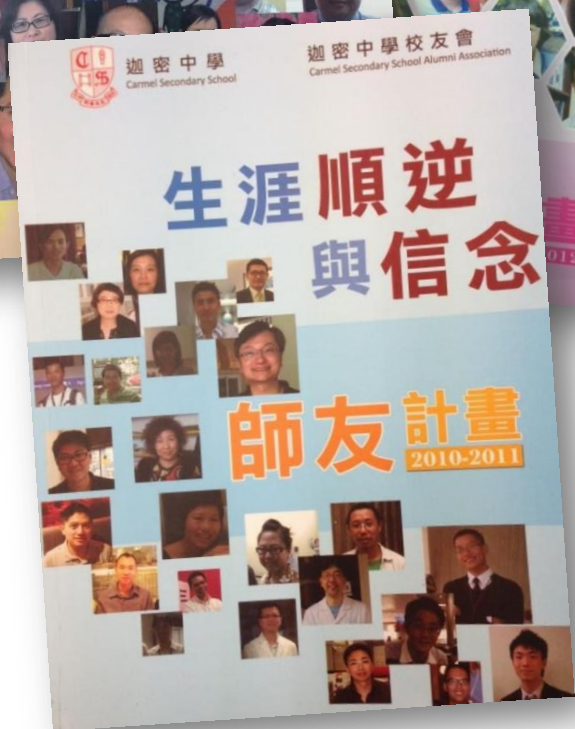
- S4 – knowledge building:
 - homework +
 - solid learning of S4 & S5 materials +
 - 'challenge' the teacher to challenge you
- S5 – a lot of SBA, study, revision, practice
- S6 – SBA, study, revision, practice, HODSE

提供豐富多元的參與機會

- 增強自信心
- 建立自我意識
- 瞭解自己的長處、短處
- 找到適合自己的學習目標和未來職業



師友計畫



生活營: 生涯規劃、團隊建立

第一天	第二天	第三天
你型我型	曆奇活動	宗教訊息 + 給自己的信
活出真我	曆奇活動	
班際天才表演	生涯站・借問	

運用事業興趣測試結果

高中選修學科：

1. 綜合/組合科學 2. 經濟

對學科和職業的想法：

夢想中的大學課程	夢想中的職業
經濟	nurse

曾考慮過的職業：

職業名稱	開始考慮該職業的年齡	仍在考慮嗎？
teacher	10	否
social worker	14	是
nurse	16	是

II. 事業興趣測驗結果

項目分數及事業興趣代碼：

分項分數

	R	I	A	S	E	C
活動	3	0	3	8	4	3
能力	3	3	3	11	8	5
職業興趣	0	0	0	8	8	5

總分數

項目	R	I	A	S	E	C
分數	6	3	6	27	20	13
百分等級(註1)	38	9	11	71	63	32

註1：百分等級之計算方法為將你的分數與相同性別的參考群組數據對比，分數相對地愈高，百分等級便愈高，最高為100

事業興趣代碼

	第一個	第二個	第三個
事業興趣代碼（依最高分數）：	S	E	C
依性別分類的百分等級（依最高分數）(Percentile Rank according to gender):	71	63	32
分化評分百分等級（依最高分數）(Percentile Ranks for Differentiation Scores(註2)):	75		

註2：Differentiation score: raw score computed by highest interest score minus lowest interest score, and then converted to a percentile score with reference to a group of reference sample participants.

擇業困難評估(CDDQ)結果

	分數	依性別分類的百分等級(註4)
擇業困難評估總計(註3)	223	96
分項一：心態準備困難 (Readiness)	55	78
分項二：資訊缺乏(Lack of Information)	108	100
分項三：訊息衝突(Difficulties related to Inconsistent Information)	60	82

註3：擇業困難評估分數之總分為288

註4：百分等級之計算方法為將你的分數與相同性別的參考群組數據對比，分數相對地愈高，百分等級便愈高，最高為100

生涯規劃工具



《香港事業興趣測驗：互聯網版本》
分析報告一教師用

合學生於《香港事業興趣測驗：互聯網版本》填寫，並同意由學校輔導人員取用作個人輔導工作的輔導資料，屬閣下文件。

主資料
名：(中)陳真珍 (英) Chan Chun Chun
稱：HKACMGM
NSS S.6
驗日期：二零一零年十月九日
修學科：
1. 化學
2. 歷史
3. 職業興趣

和職業的想法：

理想中的大學課程	理想中的職業
Journalism	Designer

選定的職業：

職業名稱	開始考慮該職業的年齡	仍在考慮嗎？
Writer	10	否
Accountant	11	否
Designer	14	是
Reporter	15	是

事業興趣測驗結果
分數及事業興趣代碼：

	R	I	A	S	E	C
活動	2	9	8	6	5	3
能力	1	10	10	7	7	2
職業興趣	0	2	8	3	2	0

總分數

	R	I	A	S	E	C
3	21	26	16	14	5	

事業興趣代碼

事業興趣代碼：	第一個	第二個	第三個
依性別分類的百分等級 (Percentile Rank according to the participant gender):	A	1	5
分化評分百分等級 (Percentile Ranks for Differentiation Scores [1]):	80	82	23

註1: Differentiation score: raw score computed by highest interest score minus lowest interest score, and then converted to a percentile score with reference to a group of reference sample participants.

擇業困難評估 (CDDO) 結果

擇業困難評估分數 (註2)	依性別分類的百分等級: (Percentile Rank according to the participant gender):
147	38

註2: 擇業困難評估分數之總分為200

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香港輔導教師協會
Hong Kong Association of Careers Masters and Guidance Masters

生涯地圖

生涯地圖網站 (myCareerMap.org) 是香港輔導教師協會為支援高中學制的事業教育工作而開發的資源。這網站裡的《香港事業興趣測驗：互聯網版本》(Career Interest Inventory: On-line Version) 是我們得中文大學教育心理學系系主任梁湘明教授授權使用的職業性向評估工具。此測驗根據 John Holland 的事業興趣理論開發，並經學術研究驗證：全個測驗有超過二百條題目，能較有效及準確地為參與者評估職業性向，為探索升學及職業路向提供基礎資訊。參與者可分多次完成全個測驗。

每位參與者完成網上評估後，可得到一份個別評估報告，分析其事業興趣結果。學生可向學校升學及就業輔導老師查詢如何報名參與是項測驗。

請逕...

事業興趣測驗

個人職業評估測驗
(Personal Globe Inventory 香港版)

Personal Globe Inventory

香港輔導教師協會

隱性課程 - 生涯規劃周近年主題

年份	主題
2012-13	Connect Global Competence
2013-14	Learn Work Serve
2014-15	Make a Difference (MaD)
2015-16	Live your life Live your dream
2016-17	Fly For a Reason
2017-18	#Workplace#Workskills#Workattitudes

2015-16 事業及生涯規劃周

主題：Live your Life Live your Dream

	23/11	24/11	25/11	26/11	27/11
早會 (上午8:00-8:15)	主題介紹	--	--	黃佩玲校友 分享	4B馮安莉及 4D 鍾穎心同學 分享
長周會(上午 9:50-11:10)(下 午11:20-12:40)	講座: 「跑步人生 X 跳出香港」 呂諾文校友及 香港特別行政 區傑出學生聯 會學生	--	--	--	--
短周會 (下午2:55-3:30)	--	中二: 「職業六角」	中三: 「認識荷倫密碼」 (Holland's code)	中一: 「迦密人的 旅程」	--
午飯時間(下午 12:40-1:40)		攤位遊戲: 「我的將來，我的夢」 (狙擊職業、職業猜一猜、 願望樹、照相角)		攤位遊戲: 「築夢工程紙牌遊戲」	
放學後 (下午3:30-5:00)	講座: Get the Mall -馬創森校友	參觀: 香港醫護學會	講座: 芝麻羔 (香港著名插畫師)	--	講座: AFS 國際文化交流

2015-16 事業及生涯規劃周

主題：Live your Life Live your Dream



2014-15 生涯規劃周

主題：Make a Difference

午間活動：中一至中二級午間論壇

主題：工作的價值觀

論壇題目：從16個擇業的考慮因素中，選擇3個你認為最重要的，並分享選擇原因。



1 工作保障	2 薪金優厚	3 工作性質多樣化	4 工作自主性
5 涉及體能運動	6 創作空間	7 權力及威望	8 對團體的歸屬感
9 挑戰性	10 有工餘時間 與親友相處	11 成就感	12 可發揮個人才能 和知識
13 工作環境	14 良好的晉升機會	15 有意義	16 與同工有良好的 工作關係

個別學生規劃

Individual Student Planning

自我認識 Self-understanding

事業探索 Career Exploration

行動及計畫 Action & Planning



高中選修學科：
 1. 數學延修部份(2M2) 2. 物理 3. 化學

對學科和職業的想法：

夢想中的大學課程	夢想中的職業
MECHANICAL ENGINEERING	BUS DRIVER

曾考慮過的職業：

職業名稱	開始考慮該職業的年齡	仍在考慮嗎？
PILOT	8	否
TEACHER	15	否
ENGINEER	15	否
DESIGNER	13	否
AIRPORT CONTROLLER		否

II. 事業興趣測驗結果
 項目分數及事業興趣代碼：

分項分數

	R	I	A	S	E	C
活動	7	3	0	3	2	0
能力	0	1	0	0	0	0
職業興趣	3	0	1	1	0	0

總分數

項目	R	I	A	S	E	C
分數	10	4	1	4	2	0
百分等級(註1)	21	7	7	5	6	1

註1：百分等級之計算方法為將你的分數與相同性別的參考群組數據對比，分數相對地愈高，百分等級便愈高，最高為100

事業興趣代碼

	第一碼	第二碼	第三碼
事業興趣代碼（依最高分數）：	R	S	I
依性別分類的百分等級（依最高分數）(Percentile Rank according to gender):	21	5	7
分化評分百分等級（依最高分數）(Percentile Ranks for Differentiation Scores)(註2):	8		

註2：Differentiation score: raw score computed by highest interest score minus lowest interest score, and then converted to a percentile score with reference to a group of reference sample participants.

擇業困難評估(CDDQ)結果

	分數	依性別分類的百分等級(註4)
擇業困難評估總計(註3)	80	4
分項一：心態準備困難 (Readiness)	58	80
分項二：資訊缺乏(Lack of Information)	12	1
分項三：訊息衝突(Difficulties related to Inconsistent Information)	10	1

註3：擇業困難評估分數之總分為288
 註4：百分等級之計算方法為將你的分數與相同性別的參考群組數據對比，分數相對地愈高，百分等級便愈高，最高為100

職業測試結果

學術指導

課程志願(x5)

個人自述：
成長/目標

Approach 1: Reflections about the “Code”

1. To what extent do you think your “code” reveals the real “YOU”? Why?
2. What experiences can you recall that align with the “code”?
3. How do the code and your experiences support you in decision making in relation to further study or career?

Approach 2: Story-telling

- **1. Your favorite subject:** What is the subject you like most in your secondary school years? What excites you about this subject? What are the parts/contents of the subject that you enjoy most and why? Are there any aspects of the subject you do not like and why? Where else in your life have you demonstrated knowledge or skills learnt from this subject?

Approach 2: Story-telling

- **2. A learning experience in school:** What is the experience you have that has an impact on you? What excites you about this experience? What role do/did you play in this experience? What qualities do/did you perceive yourself as having? Did you have this experience with others or alone? Are there any aspects of the experience that you do/did not like? Where else in your life have you demonstrated knowledge or skills you learnt/developed from this experience?

Approach 2: Story-telling

- **3. A competition that you participated in:** What is the competition? What excited you about this competition? What role did you play in this competition? What qualities did you perceive yourself as having? Were you engaged in it individually or with others? How did you overcome the challenges faced? Where else in your life have you demonstrated knowledge or skills you learnt/developed from this competition?

Approach 2: Story-telling

- **4. Your dream occupation:** When you are growing up, what is the occupation that you aspire to have? What excites you about this occupation? Are there any aspects of this occupation that you do not like? What would your friends/family say if you chose this occupation?

如何幫助同學作好準備



3.5 行動貼士：真實的自述

3.5.1 真實的故事

以下是一個第一屆新高中中六學生寶實的自述。

1 唉真煩

2 寶實為乜咁苦惱?

3 就快要交大學聯招選科自述文章，我一無是成，成績又唔係好好，都唔揀乜嘢讀?又唔知篇自述文章寫乜好?

4 唔使咁開心。不如我先同你做一個事業興趣測驗。睇下你對邊個範疇有多啲興趣。跟住再研究下你份紙嘅，睇點寫你篇自述文章?

5 咁又唔係但我就 enjoy 夾 band，可以表演比啲醫院為癌症病人演奏。演出完畢，我好開心、好滿足。咁夾 band 過程裏面既可認識唔同背景但志同道合的人，又可學到與人相處之道。最重要係做到自己鍾意嘅嘢又可以幫到人……

6 唔! 聽你咁講你鍾意音樂，個人都幾 artistic，又鍾意一啲對人嚟工作喇!

7 係喇 其實我都鍾意一啲對人嚟工作。都有想過好似做 sir 咁做老師或者好似做 sir 咁做社工。

8 點解你要提及兩位 sir 呢?

9 係呀! 其實佢地兩個都影響得我

3.5.2 根據興趣訂定升學及職業目標的自述文章

起點：了解自我

我對尋找理想工作的看法 (如有意願、高深等):

幫助有需要的人

工作可使我明白其他人或與其他人有合作機會

我的學習模式或特點

互動型

學科成績

學科	級內成績	預計於香港中學文憑試成績
香港中文文憑試科目		
數學	180/200	4
英語	175/200	3
中文	139/200	4
經濟	144/200	4
地理	96/200	2

根據你的事業興趣與特點列出三項最希望從事的工作

1 社工

2 教師

3 設計師

根據你的事業興趣與特點列出三項最希望進修課程

1 社會工作

2 教育學

3 設計

三項最重要的活動 (學業及非學業)

1 演劇

2 音樂

3 閱讀

計劃未來

個人發展目標

1 專業上有成就

2 更有責任感

3 希望有領導能力

我未來進修目標

目標一：修讀社會工作

目標二：考取執業證書

其他可行計劃：繼續修讀社會工作課程

採取行動實現就業目標

參與更多不同社會服務

嘗試學習其他專業

實踐升學目標要採取的行動

勤奮

提高英文能力

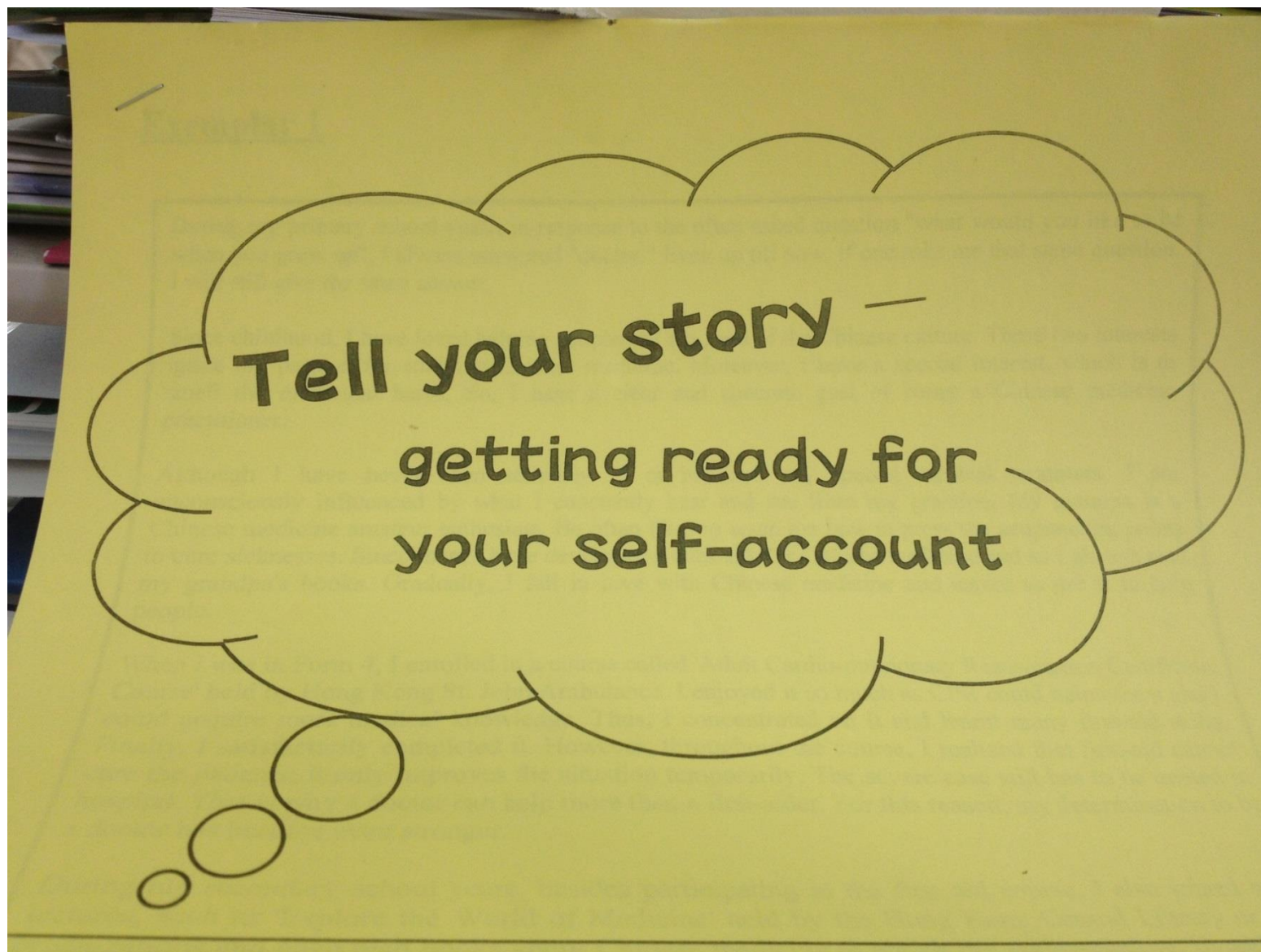
其他有助我達成目標的興趣、技能及知識

1 良好的溝通能力

2 積極面對困難的精神

3 對音樂有興趣

學生的自述範本



老師給予建議

Leung Nok Yan, Joanna SE(28)

When I was young, I dreamed to be a doctor. However, through my learning experience, my goal is advanced and more realistic. I really love to take care of others and make it become my career. In the four years of studying Physics, Chemistry and Biology, I have explored my interest in Biology. I found it is exciting and amazing. I most love knowing about human.

I am always injured in my life. I am a member of volleyball team in school of The Boys' Brigade, Hong Kong (BB) outside school. There are lots of hurt. When I was healed by the first-aiders and the physiotherapist, it stimulates me as I know how helpful these duties are to the patients. When my team also got strong desired to help them.

I always try my best to grab chances of learning new things. To explore first-aid, human and healing, I read different books. Also, when I know B hold a First Aid Certificate Course in association with Hong Kong St. John tried my best to convince my parents of letting me to join the course. awarded the certificate. I enjoy knowing how I can help the patients if I face Also, I love learning different activities so much. For example, I may expand learning canoe and guitar. Once I know there are chances of exploring

chances of learning canoe and guitar. Once I know there are chances of exploring my horizon, I always try my best to balance my timetable so that I can learn new things. I think this attitude makes me a good learner on different aspect, especially academic.

Besides the physically healing others, I am also interested on heal others mentally or simply give them support. During my secondary school years, BB and volleyball team influence me most. In these two teams, I am prepared to be a good leader. I think in this few years, I act this role successfully as I can always comfort the teammates besides only leading them. As a member of volleyball team, I was not the captain at first. Therefore, I can put myself into the members' shoes after I become the captain. In BB, I also have chances joined trainings, which also taught me how to appease and comfort others. The clearest flash back in my mind was once I comfort a one-year-elder teammate who felt pressure due to the academic result in form 5. As she was also our A-grade captain of volleyball team, the heavy workload nearly put her down. I become her listener fortunately. At last, she felt better and get support from me. It drives me to know more about console and psychology.

If I grab any chances to know further on either one aspect in the university, I must try my best to put all myself in it as I really want to help others with my knowledge.

What is your father's studies or career aspiration?

form entry 每校 15 名



CARMEL SECONDARY SCHOOL
迦密中學

55 CHUNG HAU STREET, HOMANTIN, KOWLOON, HONG KONG 香港九龍何文田忠孝街五十五號

STUDENT LEARNING PROFILE

Student's Self Account

I am a girl who is always injured. During my experiences of injuring and getting well, I discover my dream career.

As a member of the volleyball team in school and a member of The Boys' Brigade, Hong Kong (BB) outside school, there is much likelihood getting hurt from the activities. Healed by the first-aiders, nurses and the physiotherapist, I wish to heal others in return as I know how helpful these duties are to the patients. When my teammates got hurt, I also have strong desire to help them. I always tried my best to grab every chance of learning more about health care so I could be prepared. To explore about first-aid, humans and healing more, I read different books. I discovered more about health care, and read the experiences of doctors and nurses, to dig deep in what they do. I talked with my neighbors who are nurses and the physiotherapist healing me when I was injured again and again. From the information I got, I had a stronger and stronger desire in taking care of others. Also, when I knew BB was going to hold a First Aid Certificate Course in association with Hong Kong St. John Ambulance, I tried my best to convince my parents to let me join the course. At last, I was awarded the certificate. I enjoy knowing how I can help the patients. My teammates were always being hurt also. Every time they were hurt again, I became the first aider and I enjoy using what I have learnt in the lessons to help them so they could get well soon.

I am also interested in giving support to those who are upset. During my secondary school years, BB and volleyball team influence me the most. In these two teams, I was prepared to be and later I find that I am capable of being a leader. I can always comfort the teammates besides leading them. I was not the captain of the volleyball team at first. Therefore, I can put myself into the members' shoes after I become the captain. In BB, I also have chances to receive training, which also taught me how to appease others. A flash back in my mind was once I comforted a teammate who felt pressure due to the academic result in Form 5. As she was the captain of our grade A volleyball team, the heavy workload nearly put her down. I became her listener fortunately. At last, she felt better and got support from me. As I now, in the new definition of health care, both physical and mental health are important. And I would not miss any chance to advance my skills and knowledge in counseling.

I love learning new things so much. For example, I have grabbed chances of learning canoeing and guitar. Once I know there are chances of expanding my horizons, I always tried my best to balance my timetable so that I could learn new skills and new knowledge. I think this attitude makes me a good learner, especially in academic studies. In the four years studying Physics, Chemistry and Biology, I have developed my interest in Biology. I find it exciting and amazing. With help of internet I can explore more by information on the internet and in the books. It really attracts me.

I will try my utmost to explore the health aspects that I mentioned if I have the opportunity to study in university.

END OF REPORT

建議「其他學習經歷」項目: 10-15

629) UserName: YIM CATHERINE >> Home > Logout

announcement.

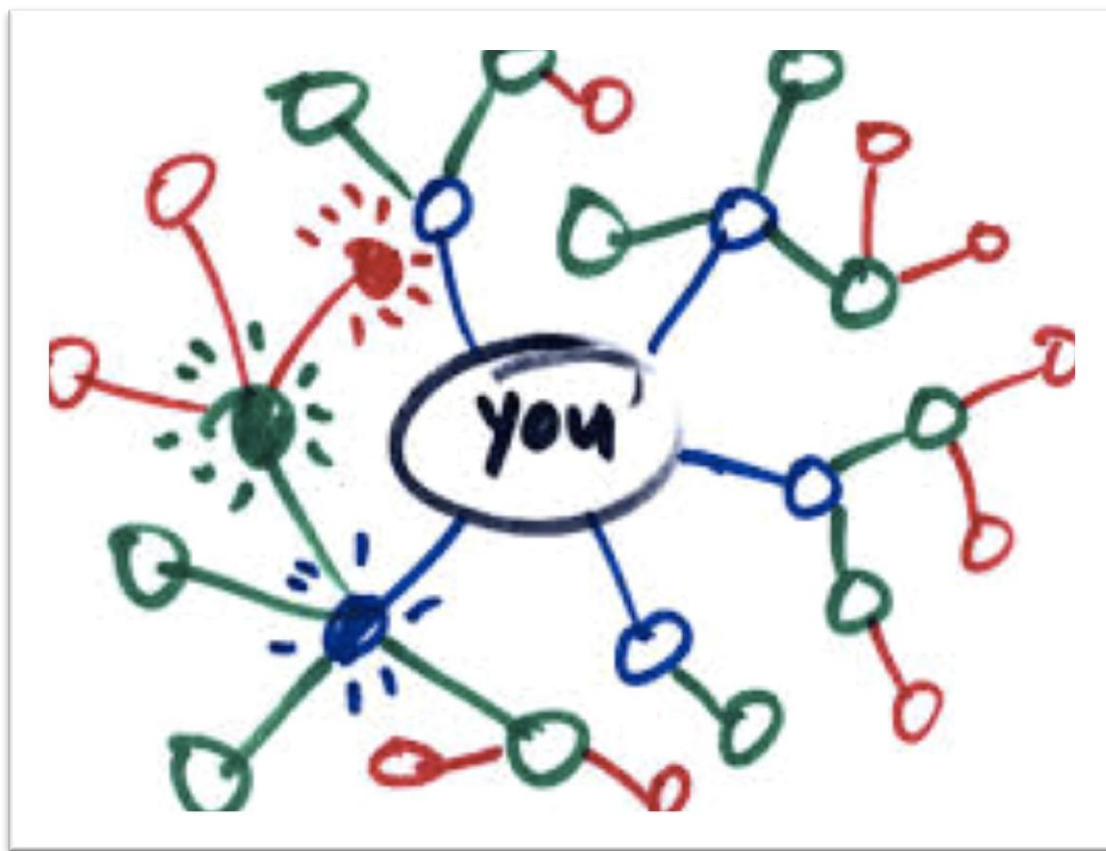
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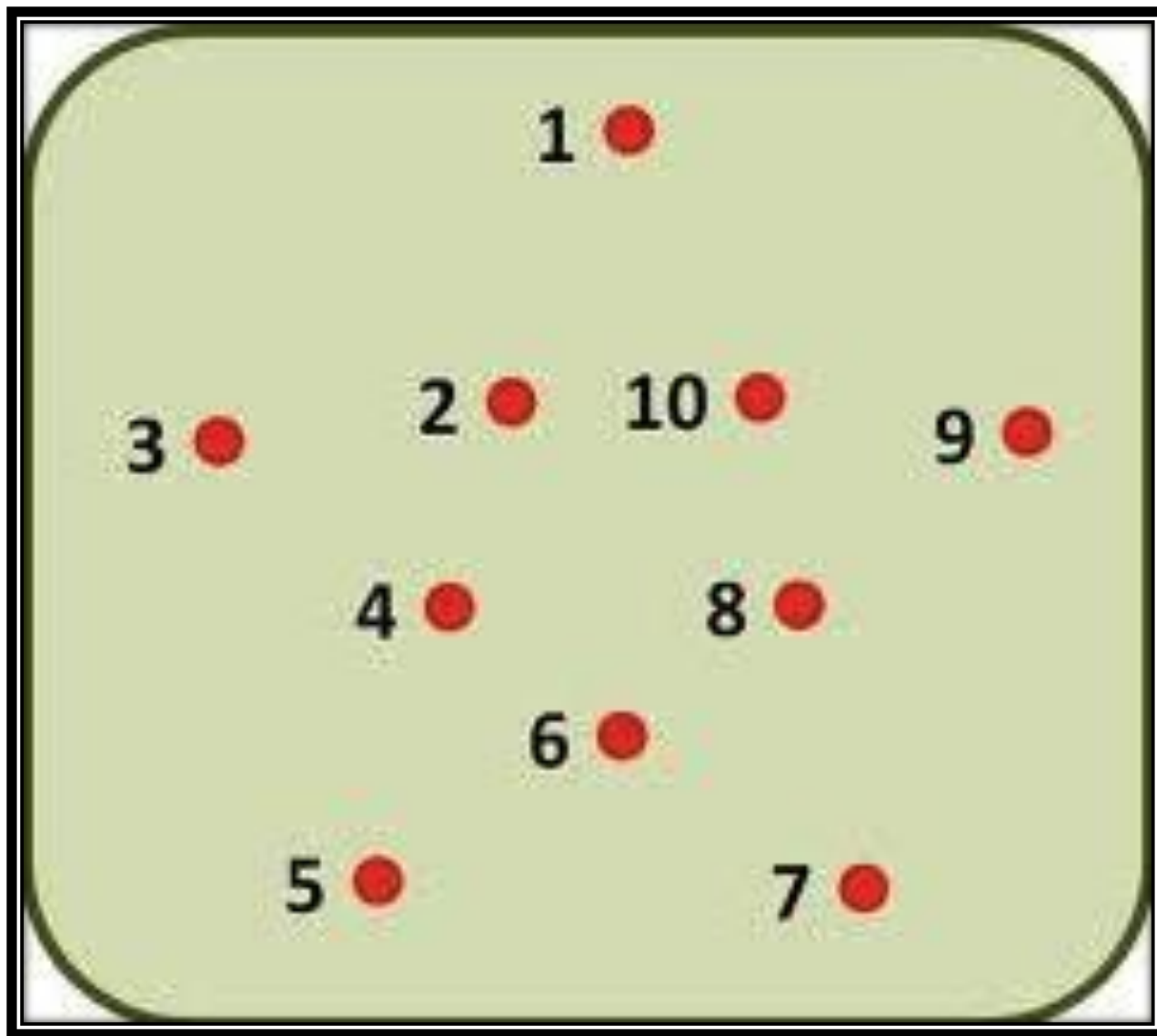
C) Internal Organizations

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				-				
				31-08-2013				
<input checked="" type="checkbox"/> 2	✓2	011-2012	Girls Basketball Team	01-09-2011	B Grade Captain	Service Certificate	0	
				-				
				31-08-2012				
<input checked="" type="checkbox"/> 5	✓5	010-2011	Girls Basketball Team	01-09-2010	C Grade Member	Service Certificate	0	
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				31-08-2011				
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				-				
				31-08-2010				
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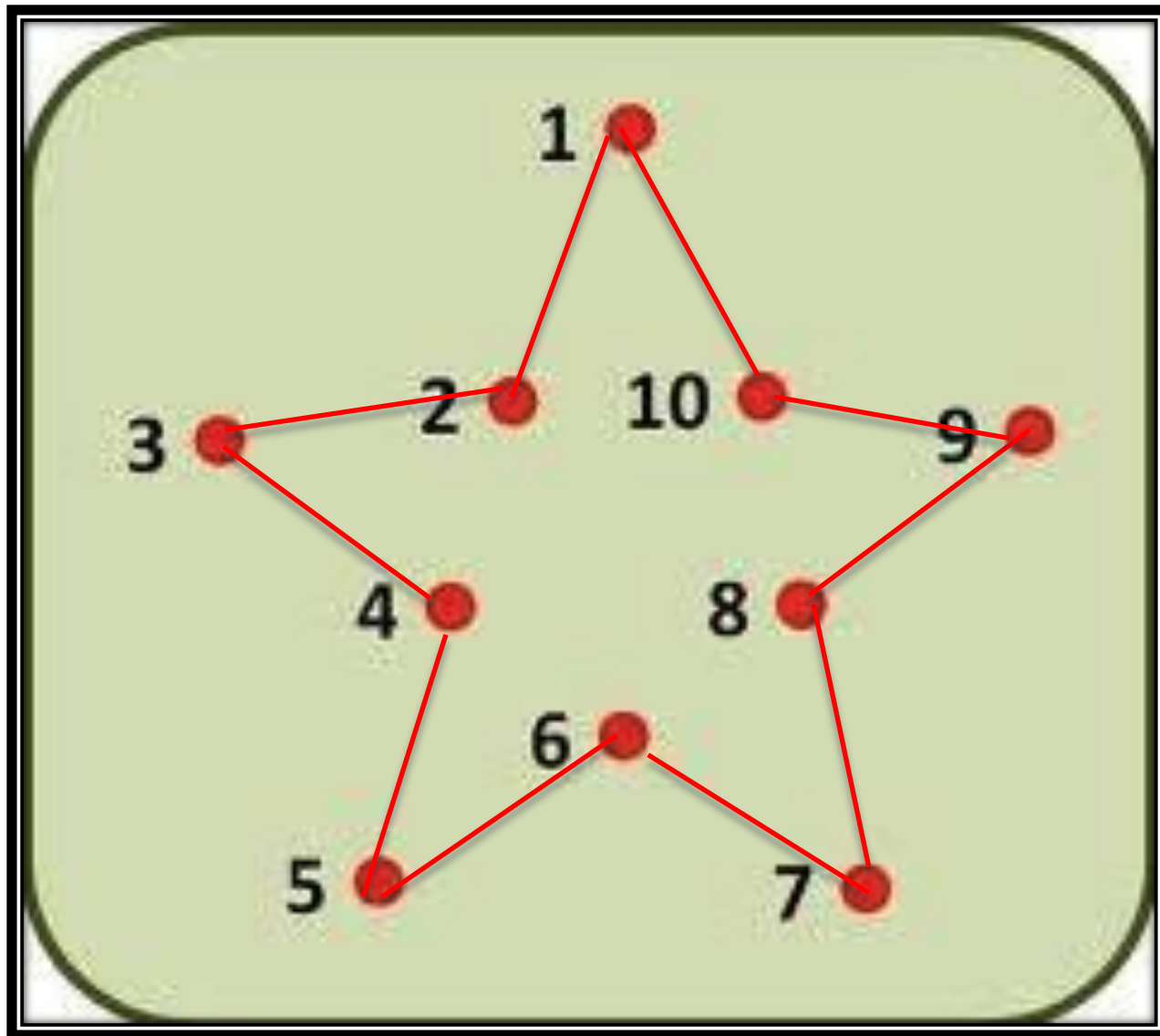
串聯過往經歷，現在需要和未來志向



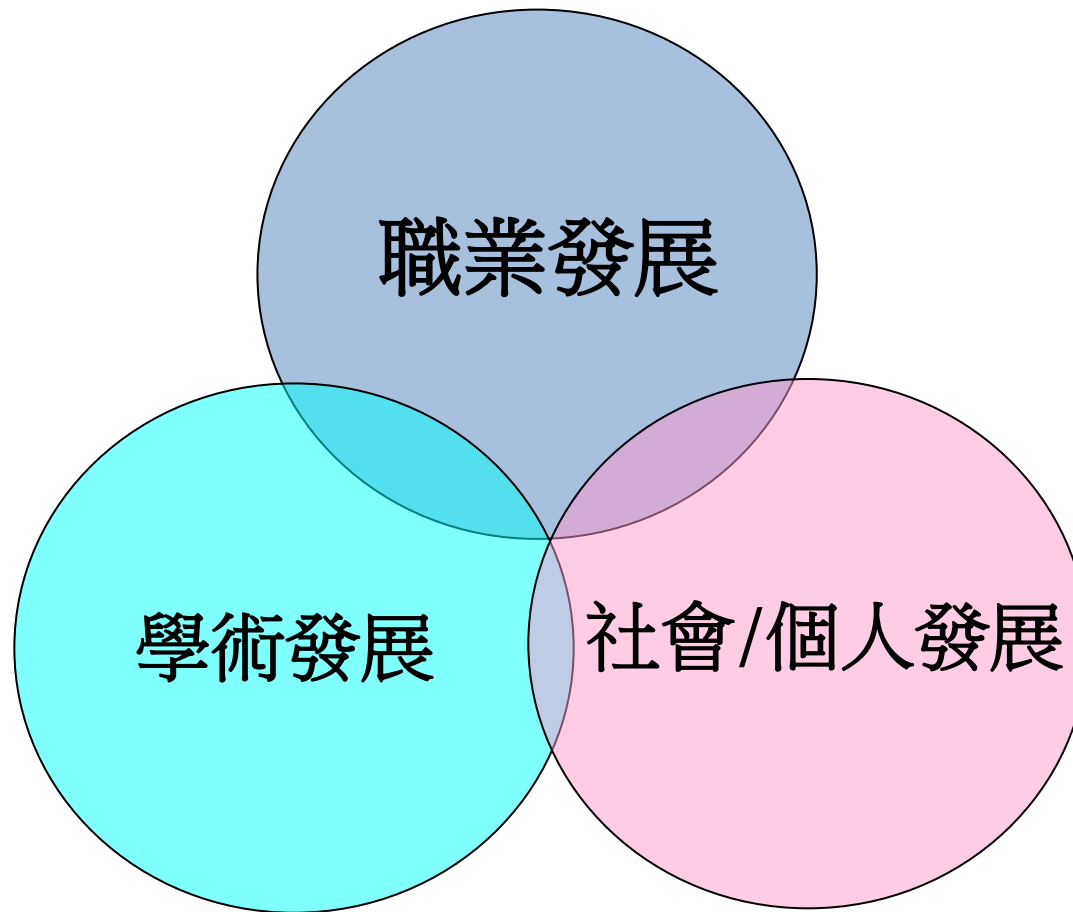
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全人教育 - 生活技能



袁文得 副教授 香港大學 教育學院

Interview Skills Workshop

Carmel Secondary School

3 May 2018



Name & Contact

One-page CV

MY MISSION STATEMENT

Utilize Information Technology in the business world to improve people's living and unleash their potentials.

EDUCATION

Carmel Secondary School

Form Six

September 2011 – Present

Core Subjects:

Chinese, English, Mathematics, Liberal Studies

Elective Subjects:

Physics, Chemistry, Information and Communication Technology

EXPERIENCE

IT Manager

Microsoft Hong Kong
August 2014

Participated in one-week job shadowing in Microsoft Hong Kong and explored the duties of IT management.

Assistant Executive Producer

Carmel Secondary School Campus TV

September 2013 – January 2015

Carried out administrative work and demonstrated leadership in the Campus TV.

Cellist

Carmel Secondary School Orchestra

September 2011 – January 2015

Performed in various shows in school and competitions outside school.

Volunteer

Yang Memorial Methodist Social Service
August 2013 – August 2014

Participated in a wide range of volunteer work, including visiting elderly people and teaching children in the community.

PROFESSIONAL SKILLS

Software

Microsoft Office Suite
WordPress
Adobe Premiere Elements
Apple Final Cut Pro

Language

Proficient Cantonese
Advanced English
Elementary Mandarin

Programming Language

Pascal
C++
PHP

HONORS & AWARDS

- JA Company Programme – IT Director of the Year
- Hope For Success 2014 by HKFYG – Gold Prize
- Point@media by ETV – Bronze Prize
- Secondary School Mathematics and Science Competitions – Credit in Mathematics and Chemistry
- International Competitions and Assessments for Schools – Credit in English
- Certificate of Canadian Computing Contest
- Certificate of Grade 5 Piano

製作學生學習概覽

Preparation for Student Learning Profile (SLP)

- 從不同學習經歷中認識自己？
Making Sense of Your Learning Experiences
- 為升學申請作好準備？
Preparation for Application for Tertiary Education

Making sense of one's experiences & preparing for one's future



Learning Experiences, including Career-related Experiences

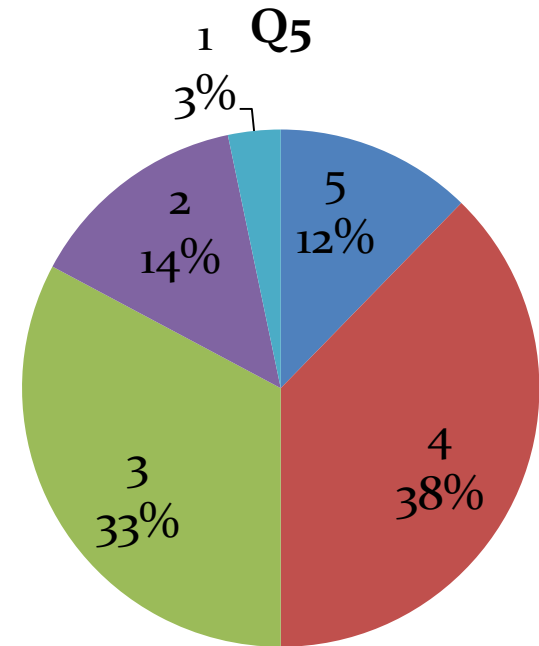
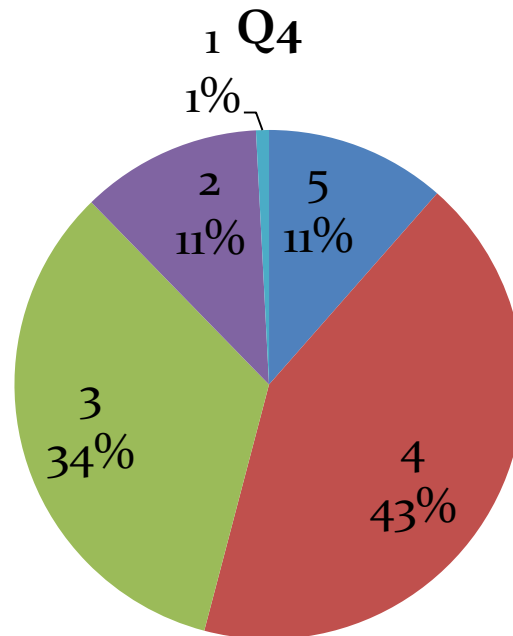
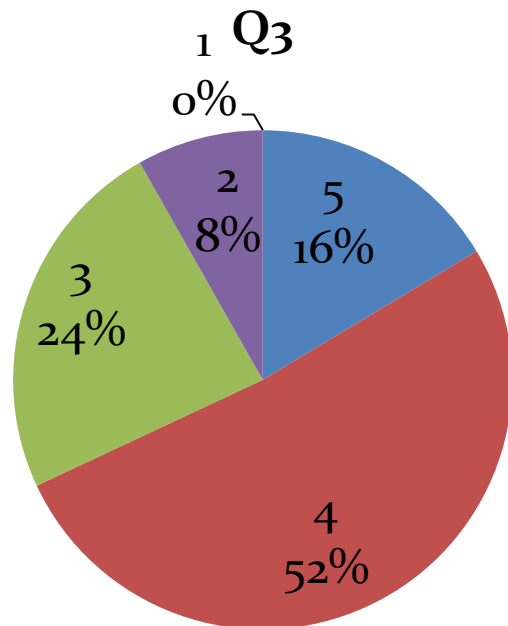
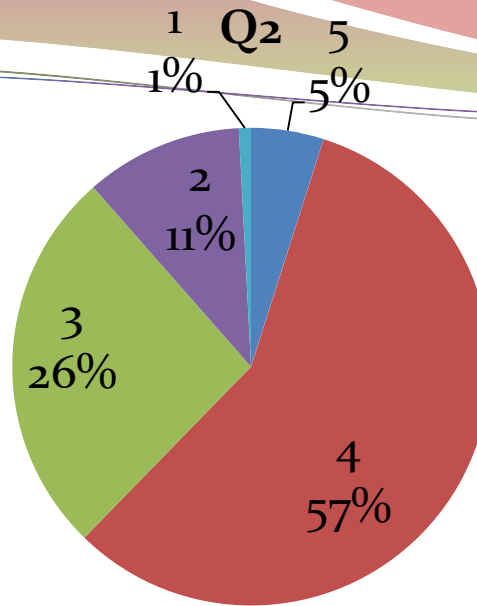
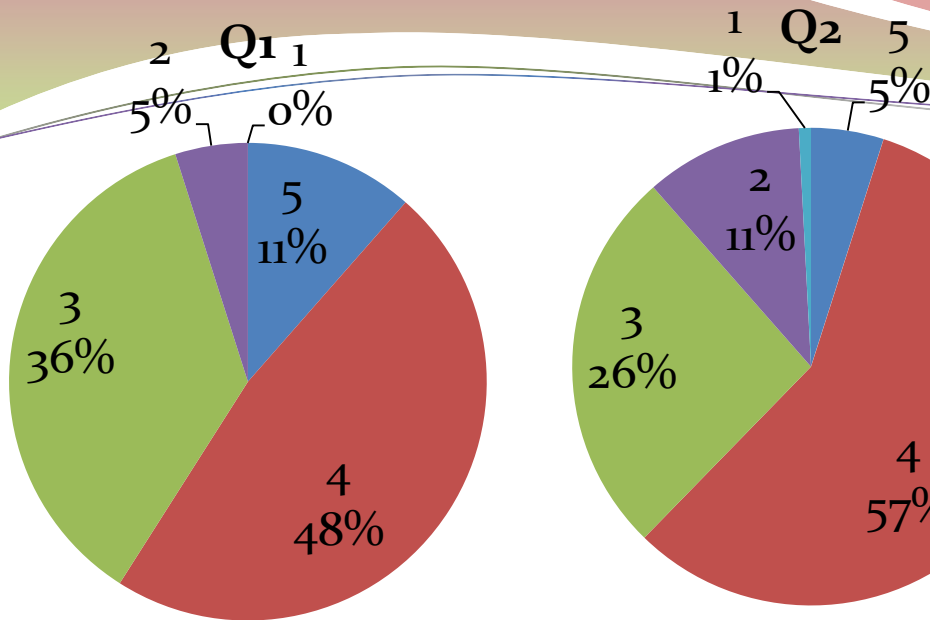


(Based on Gysbers & Lapan, 2009)

中六級「學生學習概覽」問卷調查結果

問題	十分同意						十分不同意	
	年份 (人數)	5	4	3	2	1		
1. 在建立「學生學習概覽」的過程我擁有自主性。	2016 (122)	11.48	47.54	36.07	4.92	0		
	2018 (82)	14.63	59.76	21.95	2.44	1.22		
2. 在建立「學生學習概覽」的過程我有作出反思及訂立目標。	2016 (122)	4.92	57.38	26.23	10.66	0.82		
	2018 (82)	8.54	57.32	29.27	2.44	2.44		
3. 在建立「學生學習概覽」的过程我得到老師的支持及指引。	2016 (122)	16.39	51.64	23.77	8.20	0		
	2018 (82)	19.51	60.98	18.29	1.22	0		
4. 我認為「學生學習概覽」有用於向高等院校及僱主展示我的學習成果及目標。	2016 (122)	11.48	42.62	33.61	11.48	0.82		
	2018 (82)	8.54	58.54	26.83	4.88	1.22		
5. 「學生學習概覽」有教育意義及應該繼續實施。	2016 (122)	12.30	37.70	32.79	13.93	3.28		
	2018 (82)	9.76	54.88	29.27	3.66	2.44		

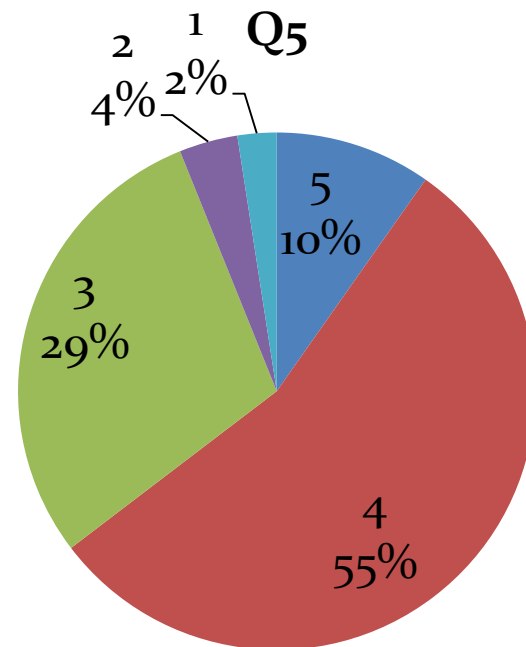
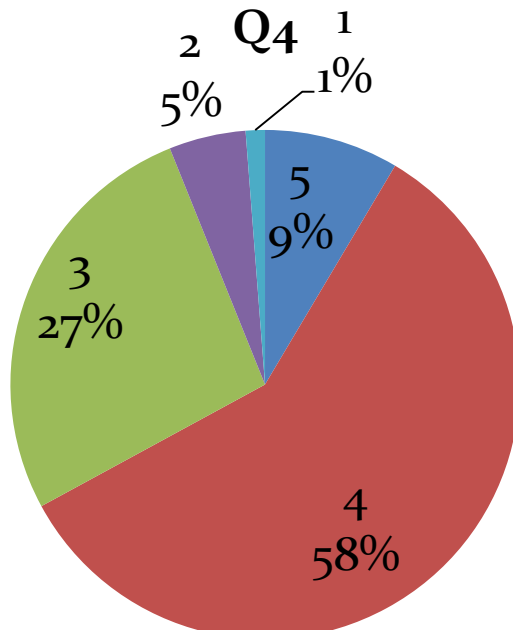
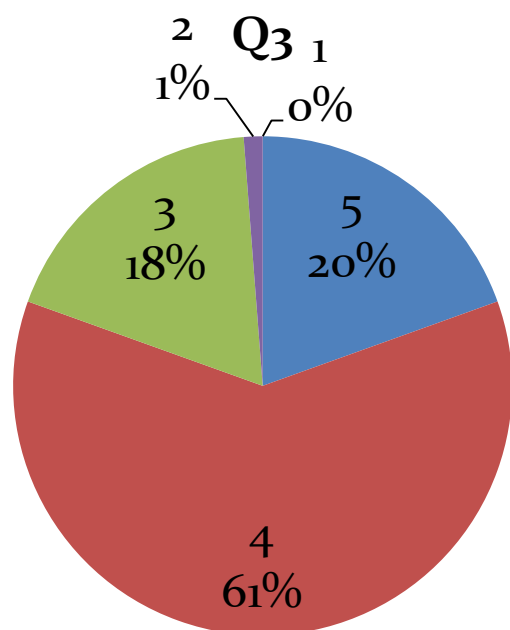
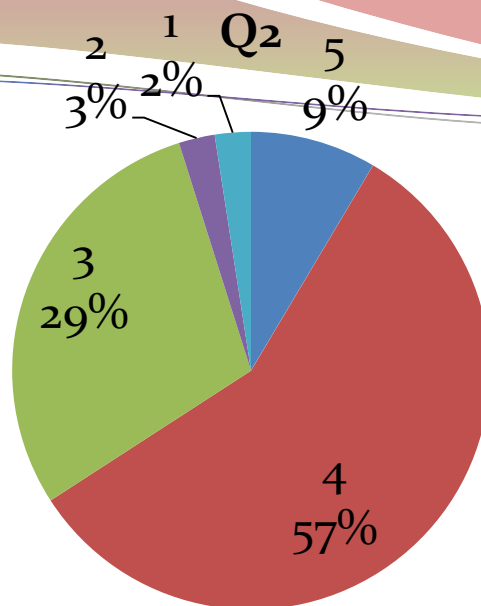
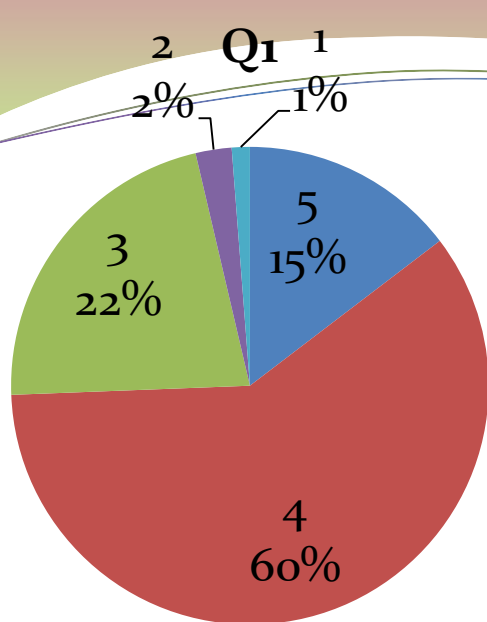
- Q1. 擁有自主性
 Q2. 作出反思及
 Q3. 得到老師的支持及
 指引
 Q4. 有用於展示學習成
 果及目標
 Q5. 有教育意義



2016 年

5 十分同意 4 同意 3 中立 2 不同意 1 十分不同意

- Q1. 擁有自主性
- Q2. 作出反思及
- Q3. 得到老師的支持及指引
- Q4. 有用於展示學習成果及目標
- Q5. 有教育意義



2018 年

5 十分同意 4 同意 3 中立 2 不同意 1 十分不同意

HKPISA 通訊

第 21 期 2015 年 1 月

學生眼中受用的生涯規劃

圖二 對學生預備升學就業最有幫助的三項途徑

與學校老師個別或分組傾談

49%

與家人或親戚傾談

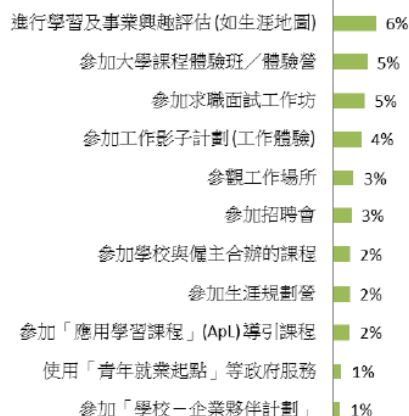
42%

搜尋互聯網

37%

故此仍有兩成多的學生未有與老師傾談的機會。

此外，雖然約有一半學生曾進行學習及事業興趣評估(例如：「尋找生命的色彩」及「生涯地圖」)，但令人感意外的是只有 6% 學生認為這屬於最有幫助的三項之一。學校為學生升學就業方面，舉辦不少各式各樣的活動和講座(例如：生涯規劃營)，但只有少於 5% 學生覺得它們屬於最有幫助的三項。一般認為安





Thank you ☺