

Promoting life planning education through adopting a whole-school approach and integrating it into the school's formal and informal curriculums

透過全校參與模式及融入學校正規與非正式課程推行生涯規劃教育



SKH TSANG SHIU TIM SECONDARY SCHOOL

聖公會曾肇添中學

MS. WONG WAI SHAN, VICE-PRINCIPAL

MS. LAM KIT SHAN, CAREER MISTRESS

SKH Tsang Shiu Tim Secondary School

聖公會曾肇添中學



- founded in 1978 by Sheng Keng Hui (Anglican), Diocese of Hong Kong Macao
- an EMI aided secondary school
- 100 % of our F.1 intake in 23-24 belongs to Band 1
- located in Wo Che Estate, Shatin



School Motto
Wisdom(智), Perseverance (毅),
Health (健), Gregariousness (群)



School Life
Caring
Colourful
Cheerful
Challenging



Composition of the Career & Life Planning Committee

CLP Mistress

9 CLP Teachers

Deputy CLP Mistress

F.3

**One CLP Teacher
per class**

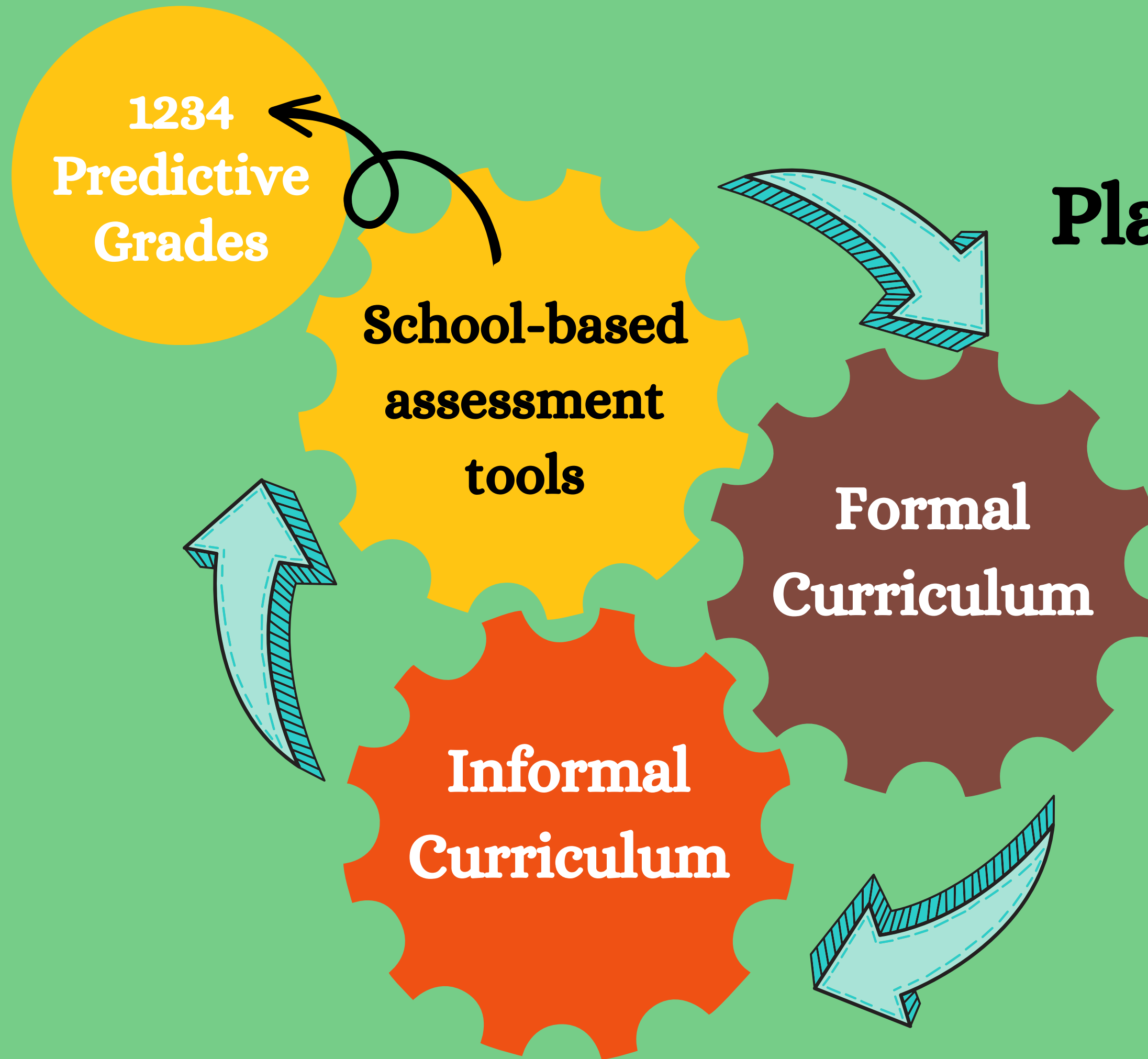
F.4, F.5 & F.6

**One CLP Teacher
per class**

2 Affiliated Members

- **JA Company**
- **Leadership Training**

Career & Life Planning Education





A Whole-school Approach to Career and Life Planning Education





School Major Concerns

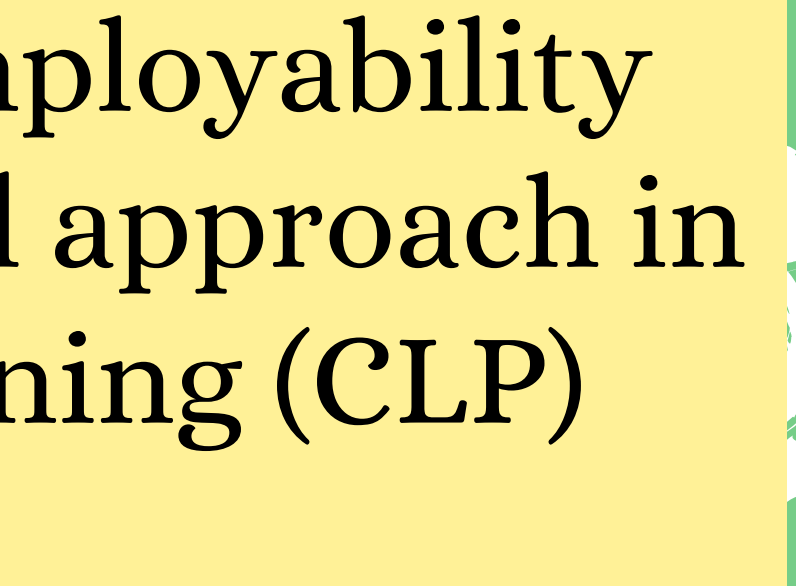
2015/16 - 2017/18

Implement a whole-school approach
in career education

**CLP being the
focus of two school
development
cycles**

2018/19 - 2020/21

Enhance students' employability
through a whole-school approach in
Career and Life Planning (CLP)
education



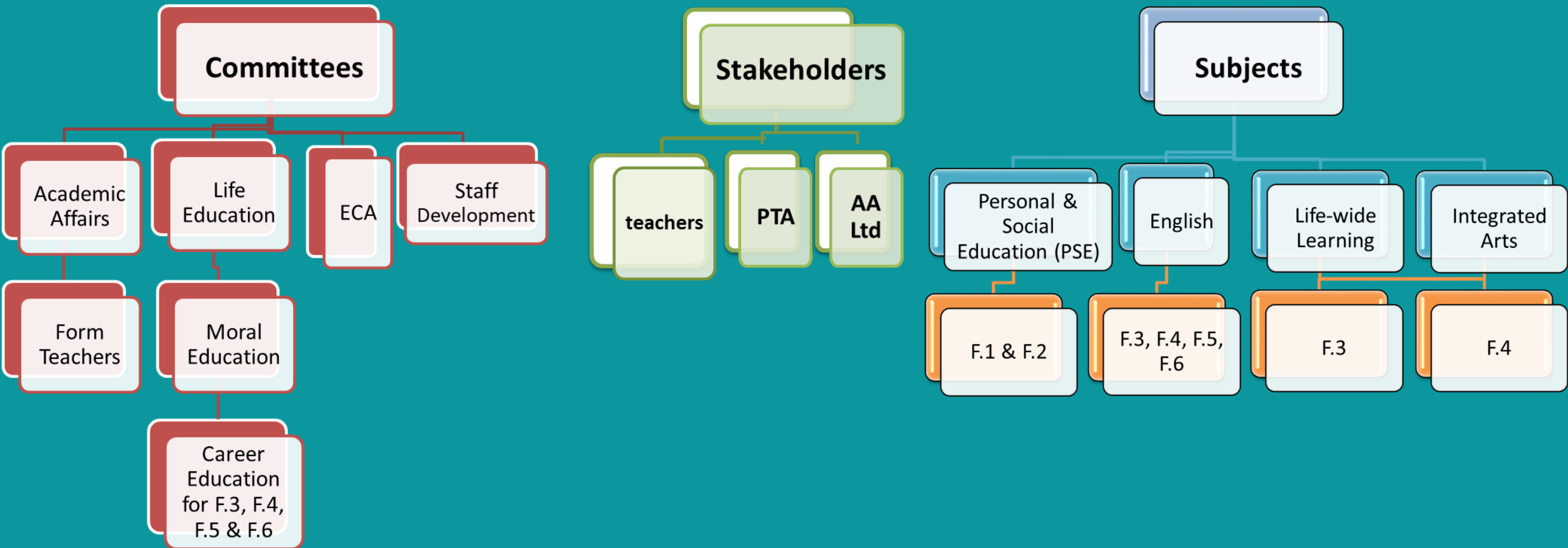
FORMAL CURRICULUM

PROMOTING LIFE PLANNING EDUCATION THROUGH
ADOPTING **A WHOLE-SCHOOL APPROACH**



**SKH TSANG SHIU TIM
SECONDARY SCHOOL**

Integration of Career Education into Key Learning Areas [Internal Partners]



CLP Programmes in F.1 - F.2 Personal & Social Education (PSE) lessons

**PSE
Teachers +
NGO +
CLP
teachers**

PSE X CLP
Match **PSE**
curriculum
with the
principles of
CLP
education

F.1 (Term 1)
**1 double lesson +
(Term 2)**
2 double lessons
**self-understanding
& development**

F.2 (Term 2)
3 double lessons
**self-understanding
& development
and
career exploration**

Future Plan
**Citizenship,
Economics and Society**



CLP PROGRAMMES
IN PSE LESSONS
IN F.1-F.2



CLP PROGRAMMES IN PSE LESSONS



中一級工作坊大綱 (2023-2024)

	主題	目的
第一節	甚麼是「中學生」？	<ul style="list-style-type: none">讓學生對中學生這個身份和中學生活有更多的了解協助學生探索在中學階段想達成的目標
第二節	個人寶藏 – 能力與特質	<ul style="list-style-type: none">認識自己的個人特質與能力學習欣賞每人的獨特性
第三節	善用個人寶藏	<ul style="list-style-type: none">令學生懂得運用自己的個人特質、能力達成目標

CLP PROGRAMMES IN PSE LESSONS

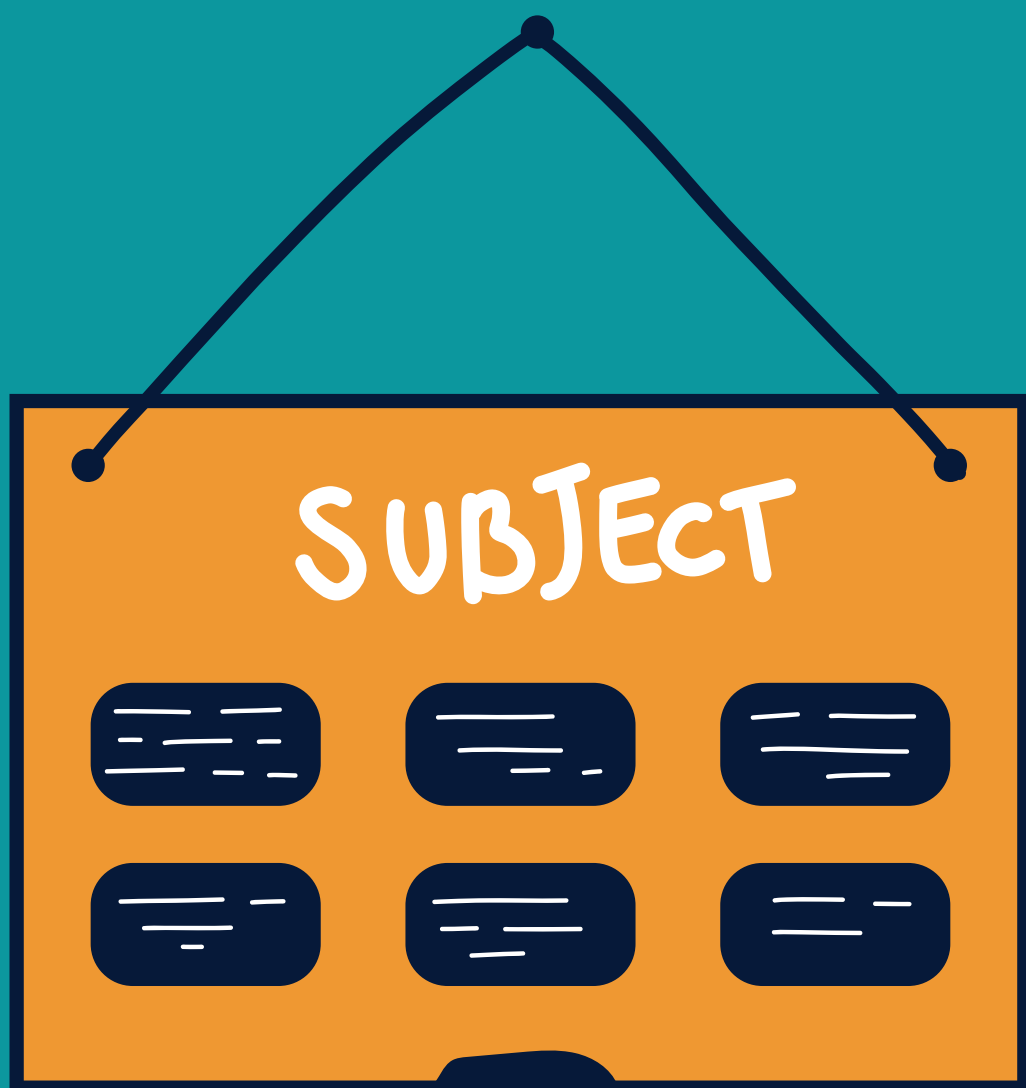
中二級工作坊大綱 (2023-2024)

	主題	目的
第一節	能力與特質	<ul style="list-style-type: none">• 提升自我認識• 發掘自己的個人特質與能力• 學習欣賞每人的獨特性
第二節	行業大雜燴	<ul style="list-style-type: none">• 認識身處環境的實況及趨勢• 提升學生對升學及就業資訊的認識
第三節	職業大亂鬥	<ul style="list-style-type: none">• 讓同學初步探索自己理想的職業條件• 讓同學嘗試構想將來的職業選擇

Roles of NGO
Design materials
Implement lessons



CLP PROGRAMMES IN F.3



二零二三至二零二四年度德育課程

中三

2023	13/9	性教育
3/10		(就業及生涯規劃組) 選科預備 (各班課室) (取消晨讀)
19/10		班級經營 (班會活動)
9/11		懂得欣賞人事物
27/11		責任心
2024	3/1	上學期檢討
23/1		健康身心靈
31/1		精神健康專題
20/2		得勝課程 - 網絡交友非思不可
11/3		(就業及生涯規劃組) 中四選科個案研究 (各班課室) (取消晨讀)
10/4		班級經營 - 清潔日
18/4		(伴 3.2) 理財必殺技
26/4		中期成績評議
7/5		頌親恩
28/5		訓導處問卷調查 (Li CW) / 生命教育

中四

2023	5/9	(生命教育組教材 4.1) - 班級經營活動 - 為高中學習作好準備
21/9		A leader is... (領袖初探)
11/10		性教育專題 (第一、二堂) (各班課室)
30/10		班級經營 (班會活動)
17/11		(就業及生涯規劃組) OLE & SLP (取消晨讀)
2024	3/1	上學期檢討
15/1		溝通很重要
23/1		戲劇談德育精
31/1		精神健康專題
1/3		(就業及生涯規劃組) 多出元路 各班課室 (取消晨讀)
19/3		(就業及生涯規劃組) Predictive Grades (取消晨讀)
10/4		班級經營 - 清潔日
18/4		齊來減壓
26/4		中期成績評議
17/5		(就業及生涯規劃組) Career Oscars (取消晨讀)
28/5		OLE 問卷調查 (Wong KW) / 訓導處問卷調查 (Li CW) / 生命教育

Integration of Career Education into Moral Education Lessons (internal partner)

中五

2023	5/9	(就業及生涯規劃組) HKDSE Talk SLP + JUPAS (各班課室) (取消晨讀)
21/9		(生命教育組教材) Be a leader - define reality 及可能性 (班級經營活動: 定立目標)
11/10		(生命教育組教材) Be a leader - Leadership style (領導風格)
30/10		班級經營 (班會活動)
17/11		公共理財
2024	3/1	上學期檢討
15/1		(生命教育組教材) Be a leader - 感恩
23/1		(就業及生涯規劃組) JUPAS + All-in-one Excel sheet (各班課室) (取消晨讀)
31/1		精神健康專題
1/3		性教育專題 (第一、二堂) (各班課室)
19/3		班際時事比賽
10/4		班級經營 - 清潔日
18/4		捨不得你長大 - 父母溝通
26/4		中期成績評議
17/5		(就業及生涯規劃組) Career Oscars (取消晨讀) (中四課室)
28/5		訓導處問卷調查 (Li CW) / 生命教育

中六

2023	5/9	生命教育電影欣賞
21/9		(就業及生涯規劃組) JUPAS (I) (各班課室) (取消晨讀)
11/10		(就業及生涯規劃組) JUPAS (II) + SLP (各班課室) (取消晨讀)
30/10		班級經營活動
17/11		(性教育) 第一至二堂 [避無可避] (各班課室)
6/12		(就業及生涯規劃組) NON-JUPAS + EAPP (各班課室) (取消晨讀)
15/12		班級經營活動 - 預備聖誕派對
2024	3/1	罕見的堅毅
15/1		校友會活動 (給四年後的我)

CLP Talks/Workshops in Moral Education Periods

F.3

3/10 Choices of S4 electives (Part 1)
11/3 Choices of S4 electives (Case Studies)

F.4

17/11 OLE & SLP
1/3 Multiple Pathways
19/3 Predictive Grades & JUPAS
Counselling Form
17/5 Career Oscars

F.5


5/9 HKDSE Talk: SLP + JUPAS
23/1 JUPAS & All-in-one Excel Sheet
17/5 Career Oscars

F.6


21/9 JUPAS Data & Strategies (Part I)
11/10 JUPAS Data & Strategies (Part II)
6/12 Non-JUPAS & EAPP

F.3 - F.6 CLP Programmes

FEATURES




One CLP teacher for each F.3 class



Same CLP teacher for each class from F.4 - F.6




Form teachers as close partners in CLP education



Individual/ Group counselling based on predictive grades



Alumni mentorship from F.4 - F.5



Integration of CLP education into curriculum

SEPT

F.3 CLP Programmes

Workshop: Choice of Electives in F4 (Part I) by **NGO** [1.5 hours]
[Theme: Self-understanding - values and criteria for making choices]
(Form Teacher Period on Orientation Day)

Workshop: Choice of Electives in F4 (Part II) by **NGO** [50 minutes]
[Theme: Self-understanding - values and criteria for making choices]
[LWL lesson]

OCT

Workshop by CLP teachers [50 minutes]
(Moral Education Lesson)

Informal sharing by F.6 students
[50 minutes] [LWL lesson]

Workshop: Choice of Electives in F.4 (Part III) by
NGO [50 minutes] [LWL lesson]

JAN

F.3 CLP Programmes

Parents' Talk by **CLP teachers** [30 mins.] [Parents' Day]

Informal sharing by **alumni**: features of different senior form electives
[110 minutes] [*Parents' Day*]

FEB

MyLifePlanning Portfolio Introduction by **CLP teachers** [50 minutes]
[**LWL lesson**]

MAR

Talk by **CLP teachers** [case studies] [50 minutes] [**Moral Education Period**]

JAN - MAY

Individual/ Group **counselling** on choices of F.4 electives by **CLP teachers**



**F.4 1A-CAREER
CROSS-CURRICULAR
PROJECT: 1A-VIDEO
MENTORSHIP**



F.4 IA-Career Cross-curricular Project

IA-Video Mentorship



Alumni mentorship integrated into F.4 Integrated Arts

Subject	Integrated Arts
Target Groups	F.4 students (mentees) Alumni (Mentors)
Grouping	4 - 5 F.4 students 1 - 2 Alumni from the same career field
Deliverables	<ul style="list-style-type: none">• a one-hour recorded video interview• 5-minute edited video clip• self-reflections from individual members
Follow-up	<ul style="list-style-type: none">• Best THREE videos to be broadcast to the whole school in the following school year

F.4 IA-Career Cross-curricular Project

IA-Video Mentorship

Themes covered (2018-2023)

The school's major concern (2018-2021):

Enhance students' employability through a whole-school approach in career and life planning education

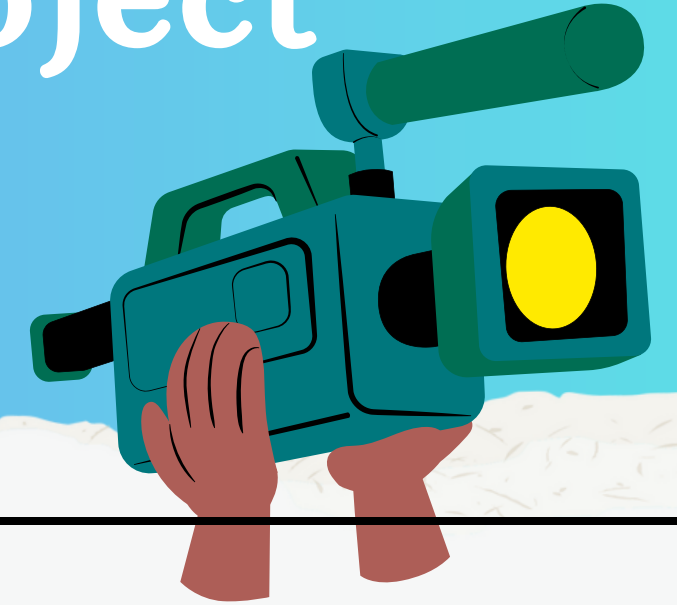
2018-2019	Topic A: Manners in the Workplace Topic B: Culture Differences in Manners
2019-2020	Networking Skills
2020-2021	Admirable Creative Persons/ Projects in the Industry (Creativity)
2021-2022	Three indispensable skills for _____ (e.g. nurses/ doctors/ engineers, social workers ,etc.) to cope with pandemic challenges
2022-2023	What is Success?
2023-2024	Threats and Opportunities Presented by AI

Aligning with the school's major concern 'STEM education'



F.4 IA-Career Cross-curricular Project

IA-Video Mentorship

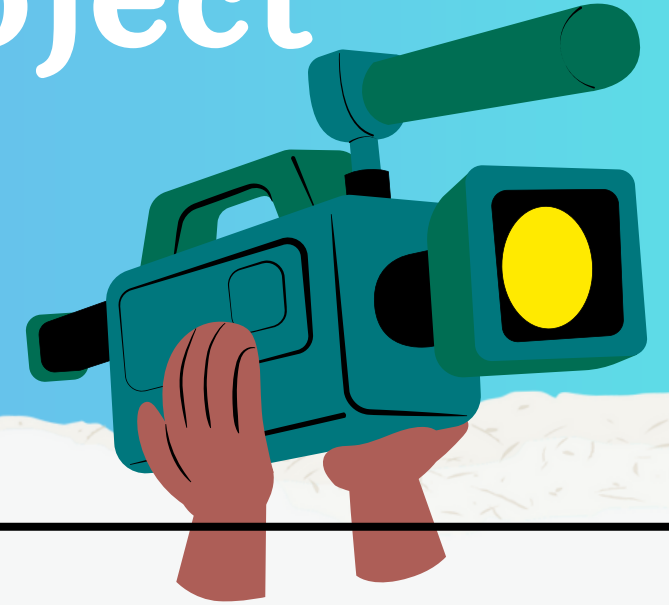


Theme	What is Success?
Aims	<ul style="list-style-type: none">to inspire students to search for the true meaning of success in different careers and help them build a flourishing life, which aligns with the school's major concern 2 "help students build a flourishing life"to form mentorship groups through conducting interviews with TST alumnito equip students with videotaping and editing skills and provide them with meaningful arts learning experiences, which aligns with the school's major concern 3.1 "to enhance students' physical and aesthetic development for more informed career and life planning"
Task	Working in groups of four/five, students identify the meaning of success and essential criteria to achieve success in a chosen career
Deliverables	5-min video clips of interviews with alumni working in different career fields
IA Teacher's Role	The IA teacher teaching the basics of videotaping and editing in IA lessons
CLP Teachers' Role	CLP teachers providing guidance regarding the content of the video and alumni contact



F.4 IA-Career Cross-curricular Project

IA-Video Mentorship



Theme	What is Success?
SLP Record	Counted as OLE (10 hours for Aesthetics-related OLE plus 20 hours of CLP-related OLE)
Awards	<ul style="list-style-type: none">• 3 better produced videos to be broadcast to the whole school via Campus TV in the second term of 2023-24 during the morning reading time• Awards to be given as follows:<ul style="list-style-type: none">◦ Best 1-hour interview◦ Best 15-min highlights◦ Best short film (Most Creative Video)• Winning teams have to submit a group written reflection to be uploaded onto the CLP Website

F.4 IA-Career Cross-curricular Project

IA-Video Mentorship

Alumni Support



**DOCUMENTARY
VIDEO-MAKING
WORKSHOP**
【輕「形」拍片工作坊】



F.4 IA-Career Cross-curricular Project

IA-Video Mentorship

Learning Objectives



Generic Skills



Communication
IT
Critical Thinking
Creativity
Problem-solving
Self-learning
Collaboration

F.4 IA-Career Cross-curricular Project

IA-Video Mentorship

Highlights



Students **take ownership of their career and life-planning education** through ...

- choosing a career field that they are interested in.
- contacting the alumni by themselves.
- taking the initiative to arrange meetings with the alumni.

Informal mentorship is forged during the interview

F.4 IA-Career Cross-curricular Project

IA-Video Mentorship



Highlights

Interviewed at
Prince of Wales
Hospital

Interviewed at
an animation
studio

Interviewed at
a kindergarten

F.4 IA-Career Cross-curricular Project

IA-Video Mentorship



Careers covered in 2022-2023 (Examples)

accountant

designer

banker

civil servant

dentist

engineer

doctor

clinical
psychologist

IT
practitioner

journalist

social
worker

pharmacist

movie
director

psychologist

nurse



F.5 CLP-ENGLISH CROSS-CURRICULAR PROJECT CAREER OSCARS



F.5 CLP-English Cross-curricular Project

Career Oscars

Career exploration integrated into the English curriculum

Subject	English Language
Target Group	F.5 students
Grouping	4 - 5 students per group
Deliverables	Phase I: Intra-class <ul style="list-style-type: none">• English oral presentations in their own class (15 minutes per group)• Practice for English SBA Individual Presentation (IP) -> Oral term marks• Opportunities for Peer Lesson Observation for teachers' professional development• Follow-up writing task related to English Paper II
	Phase II: Inter- form <ul style="list-style-type: none">• F.5 presentations in F.4 classes (Moral Education Lesson)
	Phase III: Intra-school <ul style="list-style-type: none">• 2 interesting presentations to the whole school at morning assembly



F.5 CLP-English Cross-curricular Project

Career Oscars

Career exploration integrated into the English curriculum

Align with the school's major concern -
STEM Education

Theme	STEM in different careers
Aim	To enhance students' knowledge about the use of STEM in different careers , raise their awareness of the importance of STEM competencies and develop their understanding of what will be expected of them in their future working life.
Task	To do self-directed learning about STEM in a chosen career field and give a 12-minute oral PowerPoint presentation* to their schoolmates (3 minutes per speaker). * a 15-minute presentation per group of 5 students
OLE Record	The project will be counted as 20 hours of OLE, which will be entered into students' SLP by the CLP Committee by the end of the school year.

F.5 CLP-English Cross-curricular Project

Career Oscars

**More than a
project...**

**Students can have
their self-directed
learning capabilities
nurtured**

5 Essential Learning Experiences





**Values Education
Intellectual Development
Aesthetic Development
Career-related Experiences**

Generic Skills

**Communication Skills
IT Skills
Critical Thinking Skills
Creativity
Problem-solving Skills
Self-learning Skills
Collaboration Skills**

F.5 CLP-English Cross-curricular Project Career Oscars

Themes covered (2018-2023)

Year	Themes
2018-2019	Potential Threats Different Career Fields Face in the Next 5 Years (Bronze Award from HKACMGM)
2019-2020	 Techniques for Effective Communication in the Workplace
2020-2021	 Creativity and Career Success
2021-2022	Work Ethics in Different Careers
2022-2023	 STEM in Different Careers
2023-2024	 Stress Management in the Workplace

Aligning with the school's
major concerns



F.6 CLP PROGRAMMES



F.6 CLP Programmes

Sept	<u>F.6 Parents' Talk</u> -JUPAS Application & Multiple Pathways (1.5 hour) -Admission talks by JUPAS institutes (1 hour)
Sept - Oct	Talk on F6 JUPAS Data & Strategies by Class CLP teachers (40 minutes X 2 sessions)
Nov	Individual JUPAS Counselling by Class CLP teachers
Dec	Interview Skills Workshops by alumni (Introductory workshop + Practice Workshops for different disciplines) Talk on E-APP application (40 minutes)
Feb	Individual Counselling on Predictive Grades before study leave
July	JUPAS Individual Counselling by Class CLP teachers [after release of DSE results]

INFORMAL CURRICULUM

PROMOTING LIFE PLANNING EDUCATION THROUGH
ADOPTING **A WHOLE-SCHOOL APPROACH**



**SKH TSANG SHIU TIM
SECONDARY SCHOOL**

INVOLVEMENT OF STAKEHOLDERS



Principal

Tea gatherings with F.6 students

Alumni

Dialogues with Accomplished Alumni

Career Day

Interview Workshops

Mentorship WhatsApp Groups

Sharing in School Assemblies

Sharing in CLP talks

Parents

Parents Talk

Parent-Teacher Association Newsletter

External Organizations

Shatin Anglican Church

Junior Achievement Hong Kong

Jennifer Yu Cheng Girls Impact Foundation

SIGNATURE PROGRAMS

Wednesday English Broadcasts

Toastmasters Youth Leadership Program

Star Groomers

PRINCIPAL'S SUPPORT

Tea gatherings with F.6 students



Dream
BIG



ALUMNI



DIALOGUES WITH ACCOMPLISHED ALUMNI

OBJECTIVES



- To celebrate the distinguished achievements of alumni and **forge stronger partnership with alumni**
- To **keep students abreast of the latest information on the world of work**, making them better prepared for transition and development of personal plans and career goals
- To align with the school's Major Concern 2.1.1: Students are given opportunities to have dialogues with accomplished alumni **to enhance their self-understanding and appreciation of positive traits in self and others**
- To align with the school's Major Concern 3.1: CLP Teachers organize or promote **physical and aesthetic activities** to equip students with the knowledge, skills and attitudes for more informed career and life planning

* DIALOGUES WITH ACCOMPLISHED ALUMNI *

OBJECTIVES

- To **increase students' self-efficacy** by providing them with opportunities to learn from the stories of successful people





*"Seeing people similar to oneself succeed by
sustained effort raises observers' beliefs that
they too possess the capabilities to master
comparable activities to succeed."
Bandura A.*

Reference: Bandura, A. (2009). Self-efficacy in
Changing Societies. Cambridge University Press.

DIALOGUES WITH ACCOMPLISHED ALUMNI



27 SEPTEMBER 2021

2:30p.m. - 4:30p.m.

MR CLIFF WONG
(黃贊)

Principal of
Hong Kong
Fencing School



Dialogues with Accomplished Alumni

Date: 17 June, 2022 (Fri.)

Time: 2:30 p.m. - 4:30 p.m.

Venue: SAC

Speaker: Daisy Chow
(Cosmetic Engineer, Startupper
& Founder of Formulas Beauty)



* DIALOGUES WITH ACCOMPLISHED ALUMNI *

Dialogues with Accomplished Alumni

organized by the Career and Life Planning Committee

"Whenever there are needy and poor in society,
we need to do something about that."

Dr. Chan's vision is to enhance the well-being of vulnerable groups including the homeless and low-income families. He worked as a social worker for 8 years and now teaches social work students at university.

WHEN?

21 NOV 2022 (MON)

3:45 PM - 5:45 PM

WHERE?

RM 611

REGISTRATION



DR. CHAN SIU MING

Assistant Professor,
Department of Social and
Behavioural Sciences
City University of Hong Kong

DIALOGUES WITH ACCOMPLISHED ALUMNI

Date: 29 June 2023 (Thursday)

Time: 1:30 p.m. - 5:30 p.m.

Venue: New Life Interactive Farm, Tuen Mun

A round-trip coach service included

Career Talk (Psychology and Social Work)

Tour around the farm and workshop

Relax away from
the hustle and
bustle of city life.

Learn about
training and employment
opportunities for people in
recovery of mental illness.



Co-organized by the Career & Life Planning Committee,
Community Youth Club and Gardening Club of SKHTSTSS

* **DIALOGUES WITH** **ACCOMPLISHED ALUMNI** *

Student MCs introducing the alumni speaker

Principal presenting souvenirs to alumni speakers

Alumni speaker sharing (including responding to students' questions raised beforehand)

Students asking questions and sharing their insights



* ALUMNI SHARING IN ASSEMBLIES *

- Newly graduated alumni
- Audience: F.5 students
- Theme: How they discovered their areas of interest and why they dared to apply for world-famous overseas universities



UNIVERSITY OF
CAMBRIDGE

Whole-school assembly

* ALUMNI SHARING IN ASSEMBLIES *

- Alumnus Dr. CHIANG Chi Leung (Clinical Assistant Professor, Department of Clinical Oncology, University of Hong Kong)
- Audience: All students
- Theme: Passion in the medical field and advice for teenagers facing Covid 19

* ALUMNI SHARING IN ASSEMBLIES *

With F.5 and F.6 students
aspiring to be medical personnel

- Alumnus Dr. CHIANG Chi Leung
- Alumni Seven F.6 graduates of 2020-2021 having entered the Medical Faculty
- Audience: F.5 and F.6 students aspiring to be medical personnel
- Theme: Studies in the Medical Faculty

ALUMNI SHARING IN ASSEMBLIES

With graduates

- *Alumnus Dr. CHIANG Chi Leung*
- *Audience: Seven F.6 graduates of 2020-2021 having entered the Medical Faculty*
- *Theme: Insights on how to equip well in the medical field*

ALUMNI SHARING IN ASSEMBLIES

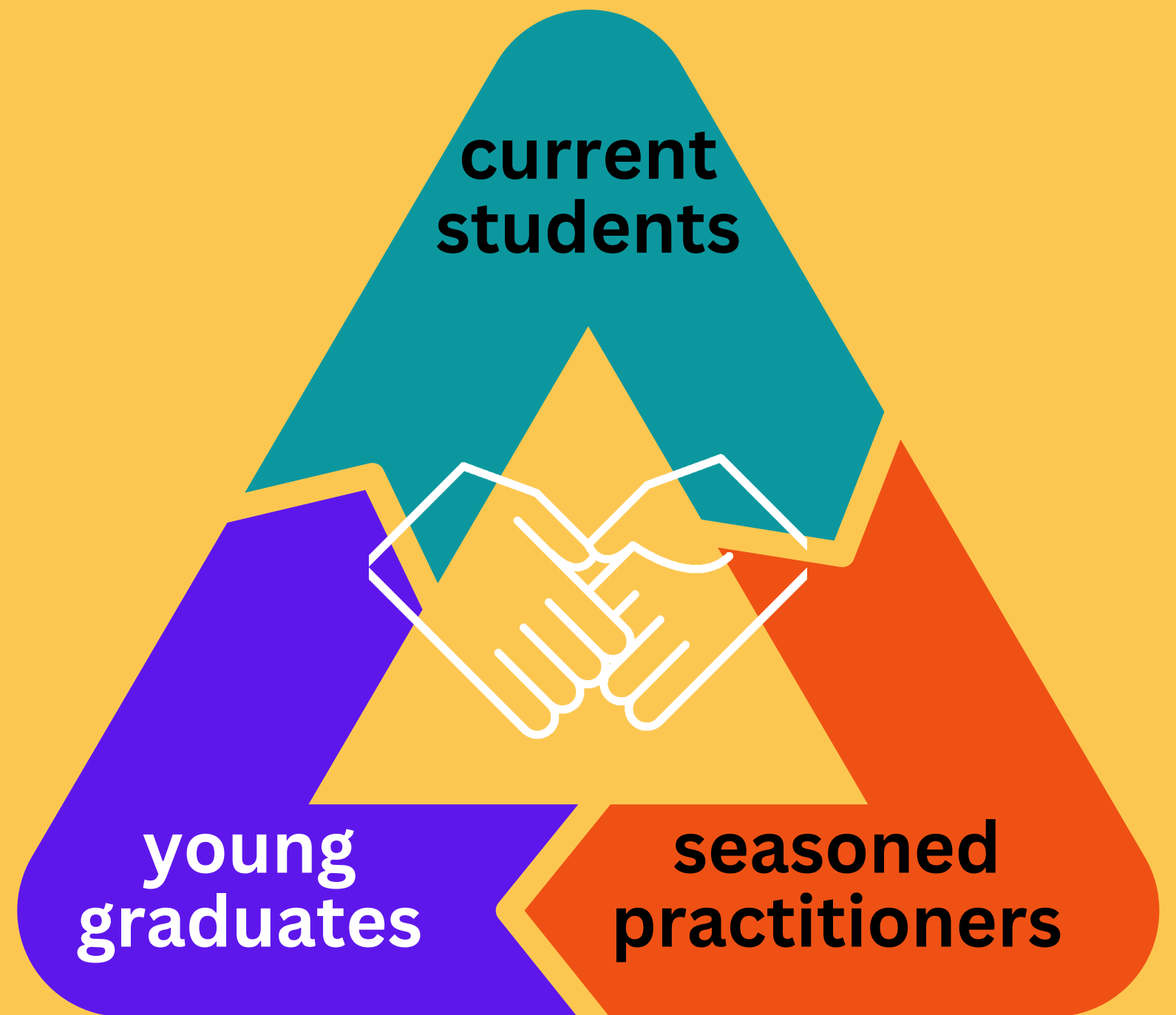
Whole-school assembly



**With F.5 and F.6 students
aspiring to be medical personnel**

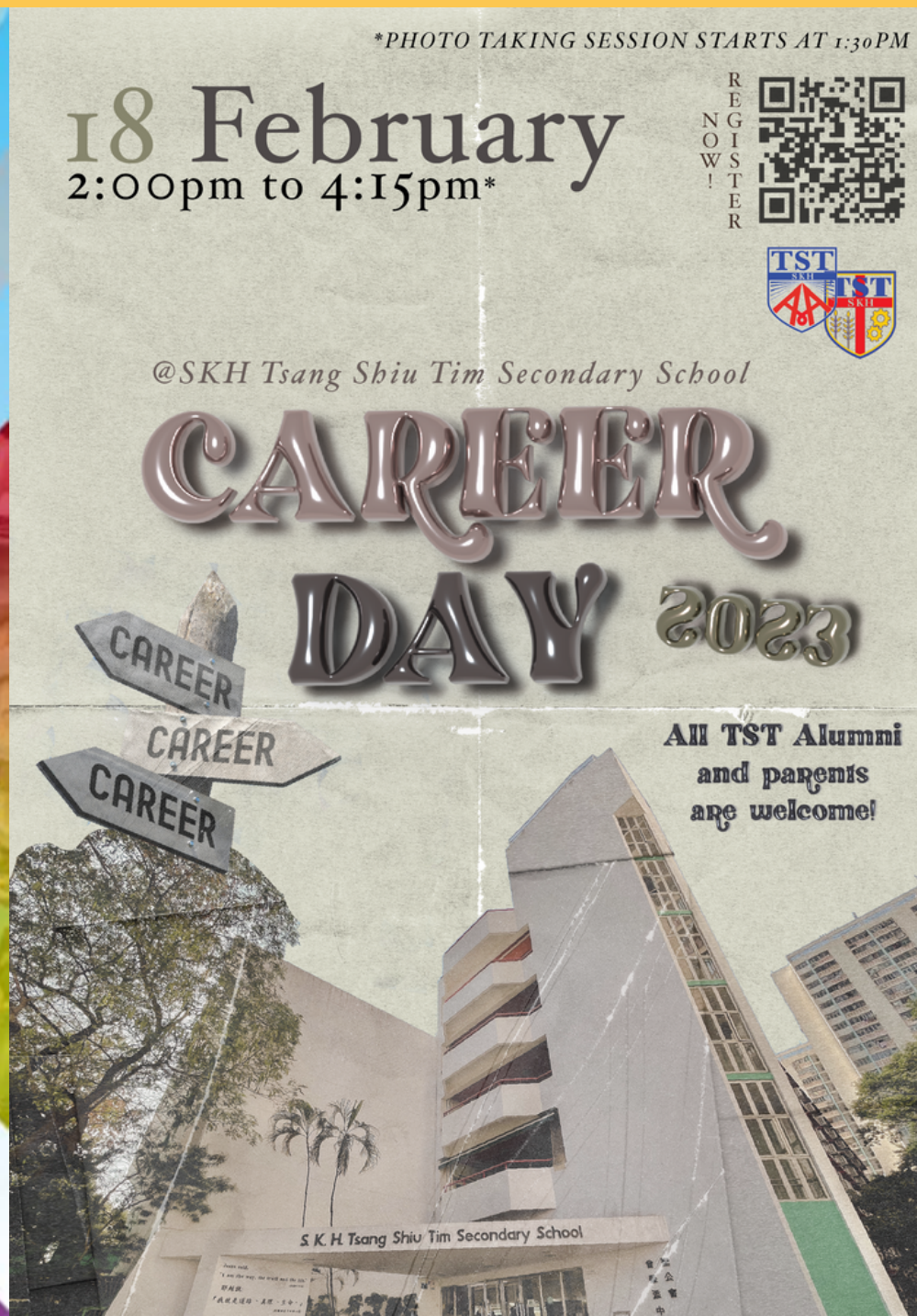


With graduates



CAREER DAY

- Compulsory attendance (F.4 - F.5 students)
- F.3 students are encouraged to attend the event
- In 2023: more than 80 alumni, 70 F.3 students and all F.4-F.5 students attended Career Day.



Themed talk

*“How to Equip Yourself with Soft Skills
for the Future Workplace”*



CAREER DAY



Group Sharing (Rooms)

- **Accounting, Finance and Business Management**
- **Information Technology and Data Science**
- **Education**
- **Art & Design**
- **Law**
- **Western Medicine**

Group Sharing (Hall)

Nursing		Engineering		Physiotherapy	
STAGE					
Architecture	Actuarial Science		Aviation	Chinese Medicine	
Dentistry	Humanities (e.g. Language, Translation, History)		Hotel and Tourism	Medical Laboratory Science	
Occupational Therapy	Optometry		Pharmacy	Psychology	
Quantitative Finance/ Risk Management	Science (Phy/Chem/ Bio)		Social Sciences/ Social Work	Journalism	
Speech & Hearing Science	Overseas Studies				
DOORS			DOORS		



CAREER DAY



High Table

- Staff Development Day Programmes
- Alumni High Tables
- Mixed grouping: students, teachers and alumni
- Keynote speeches in line with the school's major concerns
- Students trained on table manners and social manners

Dr. AU Kwong Lun (Dentistry)	Felix LO Tsz Him (Education)
Dr. CHAN Chung (Mechanical Engineering)	MA Cheuk Hin (Medicine)
Dr. CHAN Kai Yin (Chinese Medicine)	MA Ho Sum (Medicine)
CHAN Kin Ho (Medicine)	MAK Ho Ting (Medicine)
CHAU Hiu Yu (Medicine)	MAK Tin Ngo (Medicine)
Dr. Ivy CHENG (Medicine)	Anson MOK Tsun Yiu (Medicine)
Dr. Brian CHEUNG (Biomedical Engineering)	NG Chou Keen (Civil Engineering)
Eddy CHEUNG Yu Yeung (Physiotherapy)	Toby NG (Mathematics)
Frankie CHEUNG (Nursing)	Stirling POON (Computer Science)
Justina CHEUNG (Business and Finance)	Dr. Evelyn TAI Wing Yin (Biomedical Science)
CHEUNG Mei Mei (Education)	Arthur TANG (Chemistry)
Louis CHONG Ki Chak (Medical Laboratory Science)	TO Chin Wai (Physiotherapy)
Desmond HAU Kwok Po (Chemistry)	Dr. TONG Tik Sang (Speech Therapy)
Shiny HO Sing Yi (Business)	Kairos TSANG (Radiography)
Nancy JIANG Su (Medicine)	Dr. Sunny TSANG Shek Long (Medicine)
KWAN Kin (Electrical Engineering)	Abe TSOI (Occupational Therapy)
LAI Hoi Ching (Medicine)	Angel TSUI (Science)
Kate LAM Choi Ki (Humanities)	Ernest WAN (Social Work)
Chloe LAU Wing Tung (Surveying)	Herman WAN (Law)
LEE Siu Wah (Pharmacy)	WU Ka Yau (Psychology)
Michael LI Shing Yick (Aerospace Engineering)	Chris YEUNG (Quantitative Finance)
Dr. LING Tsz Yan (Chemical Engineering)	Winston YIN (Physics and Data Science)



ALUMNI MENTORSHIP

- 44 online mentorship groups started in 2021
- Alumni from different years and fields in different countries
- Students taking ownership of their career and life-planning education



ALUMNI MENTORSHIP



- *Alumni in the medical field*
- *Alumni in the legal field*
- *Regular meetings*



Part 1

* INTERVIEW AND CV WRITING WORKSHOPS *

- Alumnus Ms. Jasper WONG (Director, Investment Banking Chief of Staff Office at an investment bank)
- Audience: F.6 students
- Theme: Interview skills and CV writing

Part 2

- Alumni from different university programmes and career fields
- Mock Interviews



THEMED TALKS FOR PARENTS

- Collaboration with the Parent-Teacher Association
- Themes covered in recent years
 - “Building Up Children’s Strengths for the Future World of Work
 - “Nurturing Children’s Soft Skills”



CLP TALKS FOR PARENTS

- CLP Talk for F.3 Parents on “Choice of Electives in F.4”
- CLP Talk for F.6 Parents on ‘Multiple Pathways’

球場上的藍天 — 職業欖球運動員李念殷校友

4B 劉素欣 劉詠婷 陳錦盈 4D 趙樂婷



常在不同大型國際運動賽事中看到香港代表隊的身影，相信大家都感到與有榮焉。不知各位對職業運動員有何印象呢？他們平日會如何訓練？在香港當一個運動員又會遇到甚麼困難？我們有幸邀請到職業欖球運動員李念殷校友與我們分享她的經驗，讓同學、老師和家長可對職業運動員有更深入的了解。

欖球運動

李校友是香港體育學院衝撞式七人欖球隊的成員，也參加了雞糊欖球會。李校友說欖球分為衝撞式、非衝撞式兩種，比賽人數可為十五人或七人，她擔當前鋒位置。欖球的基礎訓練主要包括重量和速度，訓練以外，她們每天都會進行比賽練習，並會分析其他隊伍的比賽片段，以作參考、制定對策。

一試愛上

李校友說中學時已喜愛各種運動，田徑、長跑、籃球等均有涉獵。中三時，因一位師妹的推薦，初次接觸了欖球運動，結果「一試愛上」。她強調欖球運動的獨特之處是在欖球場上不同特長的人各司其職，互相配合的默契。李校友在大學時也繼續參加欖球隊，七人、十五人比賽均有參與。李校友本來希望成為教師，初打欖球只是為了興趣，後因參與該項目，適逢有機會加入球隊，從此便踏上職業運動員之路。

校友訪問

"Keep walking with curiosity, never stop running risk."

傳訊顧問公司 CEO 黃敏莉校友

3A 黃淨珊 葉靜嵐 劉世熙 3B 鄭瑋謙



我們這次訪問的黃敏莉 (Manlee Wong) 校友，相信大家對她的風采仍記憶猶新。還記得她早前在早會分享那一段段生動有趣的錄音嗎？她敢於創新，年紀輕輕便涉獵不同工作領域，令我們很想進一步了解她，了解她現在從事的行業。

創業之路

黃校友現時是一家傳訊顧問公司的老闆，她說自己的工作 is communications and productions (傳訊及製作)，即用不同方式和媒介提供資訊，例如文字、翻譯、相片、影片、聲音等等。主題則千變萬化，一切視乎合作公司的需求。

在開設顧問公司前，黃校友曾在 Now TV 擔任記者一職，之後因出國留學而在澳洲 TVB 當主持及編譯，回港後更曾在一間上市公司擔任持牌代表。她說在上市公司的工作雖然有可觀的收入和很多培訓機會，但敢於創新的她還是毅然離開這份收入穩定的工作，尋找一條屬於自己的新道路。黃校友說自己並非一個野心勃勃的人，她原本沒有創業計劃，只因在自己的工作範疇累積了一定經驗和作品，

受到認可，愈來愈多客人和機構找她合作。有見及此，她決定開一間公司，組織自己的團隊，希望透過她和團隊的經驗給予客戶高質素的傳訊服務。黃校友說記者的經驗令她現時工作更得心應手。

興趣與工作密不可分

黃校友說小時候並沒有為自己定下將來一定要走的路，不過她在「聲音」方面的興趣和天份似乎預示著她今日的

* PTA NEWSLETTER *

- Collaboration with the Parent-Teacher Association and Alumni Association
- Editorial Board & interviewers: parents & students
- Alumni sharing about their life experiences and career path

校友訪問

委身服侍 力行不輟

訪問香港宣明會公共教育經理周永基校友

5A 吳家欣 5A 黃天慧 5A 黃睿盈



「委身讓每個孩子活出豐盛生命；祈求使每顆心靈宏志得以達成。」這是世界宣明會的抱負與使命，實在饒有意義，

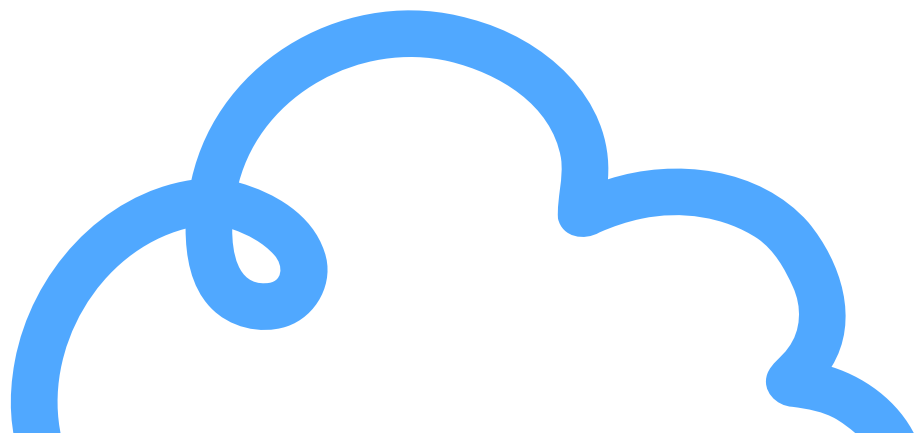
服侍

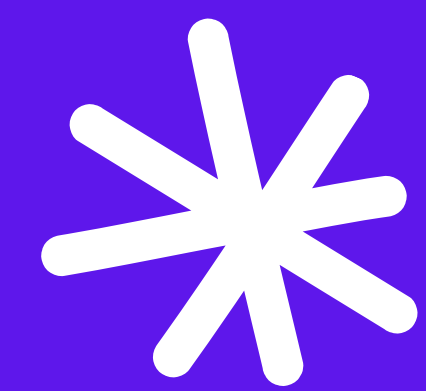
工餘時間，周校友主要會參與教會服侍。承接其公共教

EXTERNAL ORGANIZATIONS



- Arch Community Outreach
- Jennifer Yu Cheng Girls Impact Foundation
- Junior Achievement Hong Kong
- Amity Foundation Hong Kong
- Shatin Anglican Church
- Baptist Oi Kwan Social Service

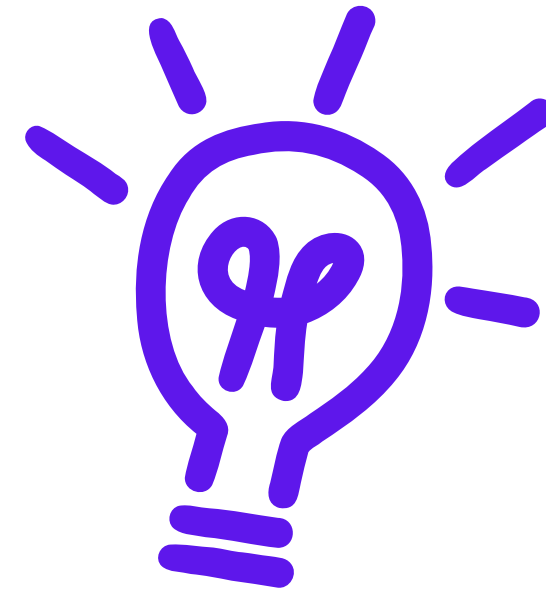




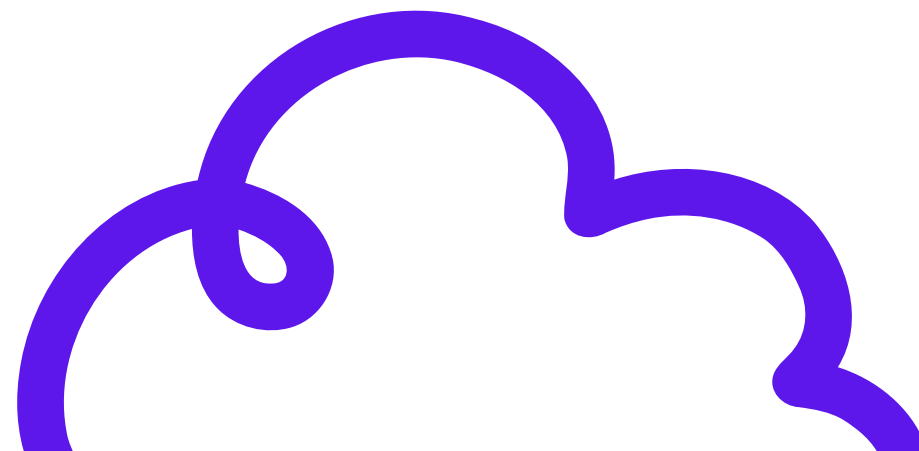
WEDNESDAY ENGLISH BROADCASTS



WEDNESDAY ENGLISH BROADCASTS



- Broadcast weekly via Campus TV
- Themes related to career education and school's major concerns



WEDNESDAY ENGLISH BROADCASTS

	Broadcast themes
F.3	Attitudes in the Workplace (2018-2019) My Dream Jobs (2019-2020)
F.4	Social Manners (2018-2019) Employable Skills and Career Success (2019-2020)
F.3 and F.4	Success Stories of Creative Celebrities (2022-2023) Careers in Sports, Music and Art Industry (2023-2024)
F.5	Social Etiquettes and Interpersonal Relationships (2018-2019) Employable Skills and Career Success (2019-2020) Work Hard and Smart (2022-2023) Leading a Flourishing Life (2023-2024)

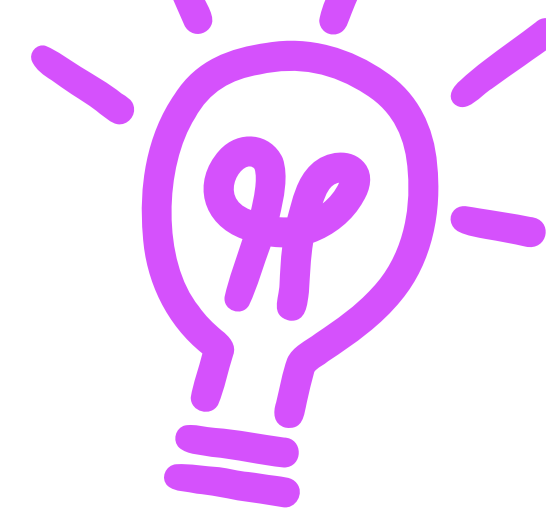




TOASTMASTERS YOUTH LEADERSHIP PROGRAM



TOASTMASTERS YOUTH LEADERSHIP PROGRAM

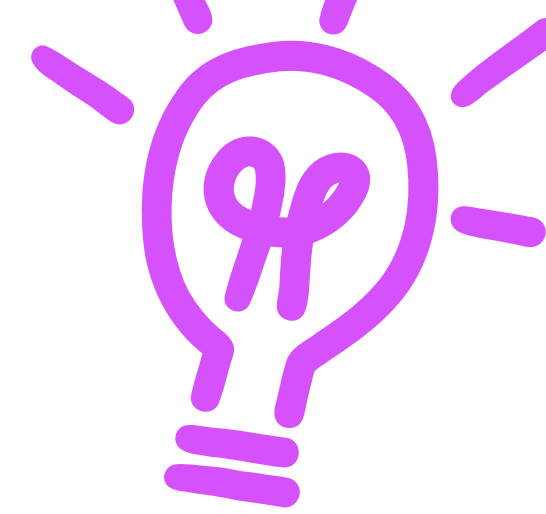


Objectives:

- To provide a supportive and positive learning experience and empower students to develop communication and leadership skills, as well as greater self-confidence and personal growth
- To boost students' confidence and skills in English public speaking



TOASTMASTERS YOUTH LEADERSHIP PROGRAM



Features

Student-led

Ambassadors - welcoming guests

Emcee - hosting the whole meeting

Public speakers - giving prepared/impromptu speeches

Timers - timing speeches

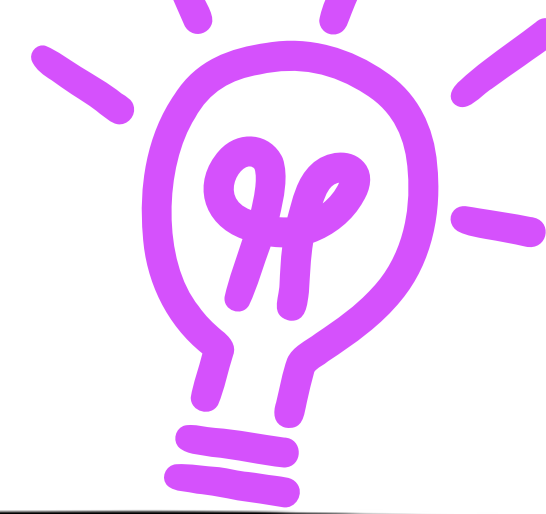
Ah-counters - counting gap fillers in speeches

Evaluators - evaluating speeches

Secretaries - writing reports

Preparing agendas, photo-taking, voting, etc.

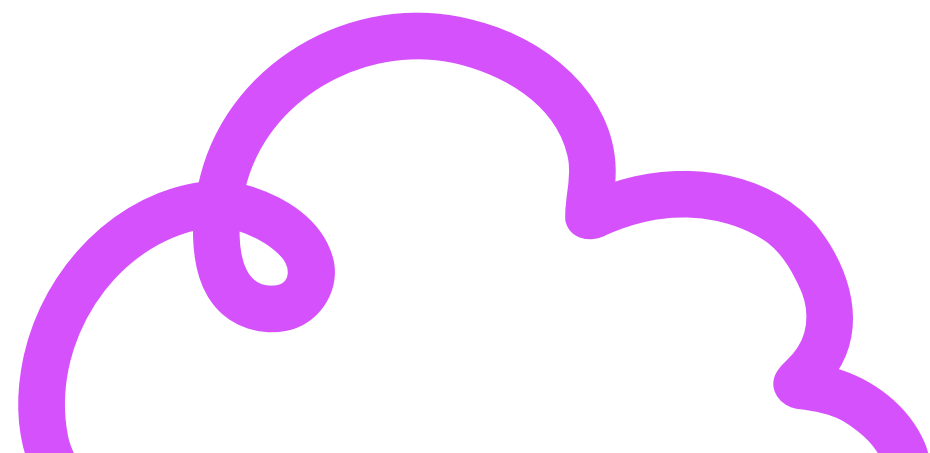
TOASTMASTERS YOUTH LEADERSHIP PROGRAM



Features

- ***Advice and Support from Toastmasters***
- ***Support from Alumni***
- ***Teachers as Facilitators***
- ***Participation of Students from Primary Schools in Shatin***
- ***Annual Inter-School Speech Contest***

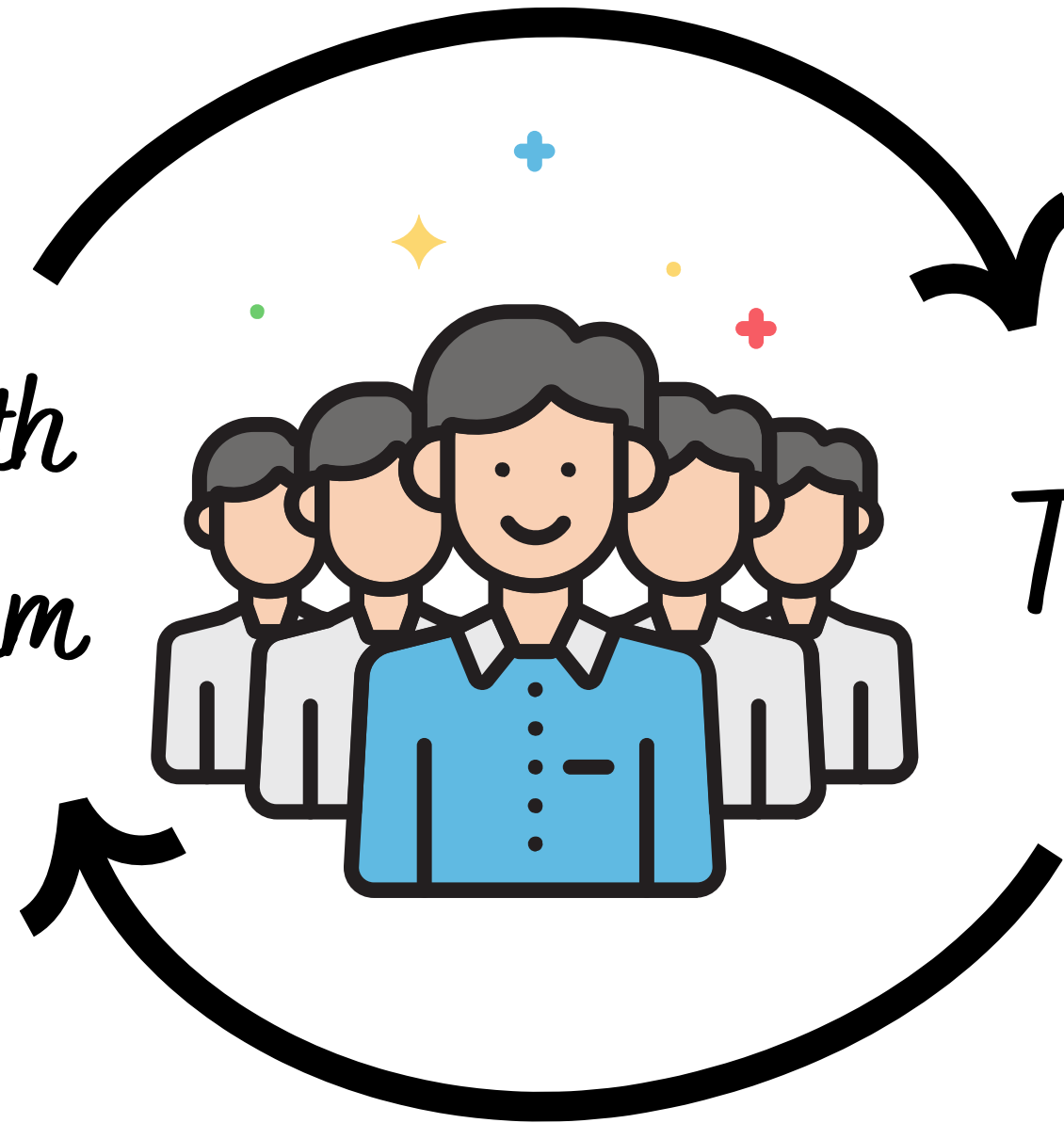
TOASTMASTERS YOUTH LEADERSHIP PROGRAM



TOASTMASTERS YOUTH LEADERSHIP PROGRAM



*Toastmasters Youth
Leadership Program*



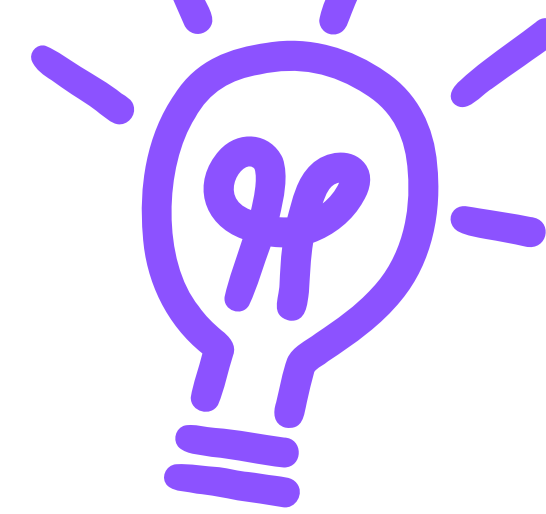
Talents



STAR GROOMERS



STAR GROOMERS



Objectives

1. To **identify elites of multi-intelligence and bridge them to various internal and external activities, competitions and programmes**
2. To instill a sense of pride and cultivate essential personal qualities for nurturing successful leaders
3. To provide support to the gifted and the academically vigorous via means of accelerated learning opportunities and guidance
4. To assist students' application for non-JUPAS scholarships and awards

STAR GROOMERS

- WHAT WE DO

**Nomination for gifted
programs and awards**

**Establishing and updating database
of students with potential**

Workshops

**Individual
counselling**

STAR GROOMERS

- STAR GROOMERS DATABASE

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S				
1									Category (Please tick the area(s) the student excels in in the past years.)														
2									Academic					Non-Academic									
3	2022-23													Aesthetics									
4	Class	No.	Year of Entry		ENNAME		CHNAME	SEX	Chinese Language	English Language	Mathematics	Science (Phy/Chem/Bio)	PSHE (e.g. Humanities)	STEM	Performing Arts	Visual Arts	Music	Sports	Community Service				
315	4D	9	21/22		Leung Chung Tin Timothy		梁頌天	M			1	1		1									
316	4D	9	22/23		Leung Chung Tin Timothy		梁頌天	M			1	1											
317	4D	9	22/23		Leung Chung Tin Timothy		梁頌天	M		1					1				1				
318																							

	CHNAME	SEX	Leadership	Communication Skills (presentable / eloquent)	Meta-cognitive Skills (e.g. Critical Thinking)	Others (e.g. hobbies)	Desirable Personal Traits	Remarks (Specific details if any, e.g. swimming/ clarinet/ Scrabble/ chess/ debating, etc.)	Nominated by (Staff no)
315	梁頌天	M			1			Stem projects	38
316	梁頌天	M	1	1	1		1		53
317	梁頌天	M	1	1			1	Very responsible, willing to help English broadcast director, backstage crew	66

STAR GROOMERS

- FI TALENT POOL



Nominations to be submitted by **F1 students**

中一人才庫表格 (2023-2024)

本表格旨在讓本校老師對中一新生過往的課外活動、曾參與的術、音樂、體藝等方面)、活動經歷(如司儀、主持、學校代表、解,以期通過本校各活動和精英比賽讓同學盡展潛能。

鼓勵同學與家長一起填寫本表格,以完善記錄。填寫語言中英

所填寫資料只供本校老師參考,包括班主任、學會老師、比賽

請注意,同學如有意參加本校的相關活動及比賽,仍須自行報放的活動資訊。

如有任何查詢,請聯絡鄭欣欣老師 (chengyany@skhtst.edu.hk)

lamks@skhtst.edu.hk [Switch accounts](#)

Not shared

Next

1	中文姓名	畢業小學	香港資優教育學苑成員	資優課程詳情	才能、活動及成就類別	參與時年級	活動、比賽及水平考試名	舉辦機構	成就、獎項、已考獲水平	你
2	黃曉晴	聖公會基理小學	否		運動	小六, 小五, 小四, 小三, 小	足球校隊	就讀小學	賽馬會U13五人足球八強	是
3	陳		否		領袖才能	小六	2022-2023年度全港佛教	佛聯會	冠軍	否
4	陳	小學	否		音樂	小四	ABRSM Piano Grade 6	ABRSM	Distinction	是
5	日	小學	否		數學	小六, 小五, 小四, 小三	華夏盃數學比賽		二等獎 (小三, 小四, 小	是
6	小	學校	否		英文語言才能	小六, 小五	校際音樂節Solo Verse Sp	Hong Kong Schools Mus	Merit(P.6) & Third Place(I	是
7	馬		否							
8	吳		是	天文學課程和地球科學課	領袖才能	小六	擔任領袖生正隊長	就讀小學		是
9	楊	中華宣	是	數學及喜歡的工作坊	STEM (科學 / 科技 / 工程	小五	編程python考級	國家工信部	Pythons四級, 六級, 現在	是
10	李		否		視覺藝術	小六	Draw my Watch錶面設計	GNET Group Limited	銀獎 (小六)	是
11	李		否							
12	林		否		中文語言才能, STEM (科	小六, 小五	第二十四屆常識百搭小學	就讀小學	普通話水平等級 A	否
13	李		否		英文語言才能	小六	學科成績	就讀小學	優異 (小六)	是
14	陳	明才小學	否	數學	音樂	小五	香港學界公開賽學界盃學	香港普通話專業協會	亞軍	是
15	陳		否		運動	小六	滙豐小學校際非撞式檳球	滙豐	冠軍	是
16	李	風小學	否		運動	小六, 小五, 小四	SportACT	康樂及文化事務署	金獎 (小六) 金獎 (小五	是
17	李		是	香港理工大學 數學資優課	英文語言才能	小六	TOEFL Junior Standard 1	TOEFL Junior Standard 1	銅獎 (小六)	是
18	陳	小學	否							
19	陳	小學	否	中文	視覺藝術	小六, 小五	視覺藝術科學術獎	就讀小學	冠軍 (小五) 視覺藝術科	是
20	陳		否		英文語言才能	小五	TOEFL JUNIOR STAND/	Smart Education Co.Ltd	SILVER AWARD	是
21	何		否							
22	吳		否		視覺藝術	小四	紫荊盃兩岸暨港澳青少年書畫大賽		西畫小學組入圍獎	是
23	印	風小學	否		英文語言才能	小六	TOEFL Junior Standard 1	ETS TOEFL Junior	Listening 300 / Language	是

STAR GROOMERS

-WORKSHOPS



Creative Communication (by British Council) 2020-2021

Grits and Goals (by Baptist Oi Kwan Social Service) 2021-2022

Adventure-ship (by Adventure-ship Youth Association) 2022-2023

For F.1 to F.2 students

Effective Communication Skills for Leaders (by Baptist Oi Kwan Social Service) 2019-2020, 2021-2023

For F.3 students

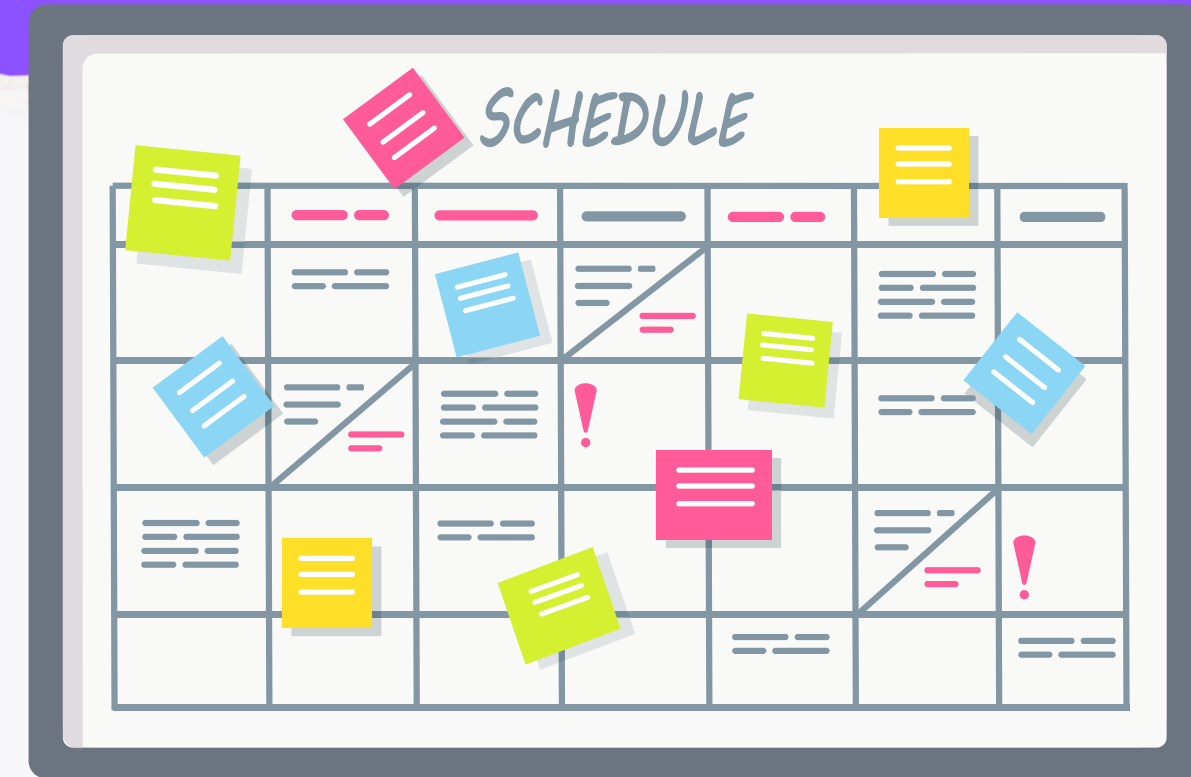
Empowering Creative Leaders (by Empower Asia)
2019-2020, 2021-2023

For F.4 to F.5 students

STAR GROOMERS

- INDIVIDUAL COUNSELLING

- 10 F.3 students were selected at the end of the academic year
- They would receive one-on-one counselling from the Star Groomers Teachers and attend workshops specially designed for them
- Objective: To facilitate the all-round development of high-achieving students during their senior secondary school years



STAR GROOMERS

- INDIVIDUAL COUNSELLING

A workshop from outstanding alumni on “Maximizing Your Senior Secondary School Experience: Tips for Success”

Interview workshops focusing on “Self-introduction” and “Group discussion strategies”

STAR GROOMERS

- NOMINATIONS FOR GIFTED PROGRAMS

- CUHK Program for the Gifted and Talented 2023
- EDB Off-school Advanced Learning Programmes for Gifted Students - Nurturing Future Leaders and Researchers in Economics and Finance
- HKU Academy for the Talented
- HKUST Dual Program
- The Hong Kong Academy for Gifted Education (HKAGE)



STAR GROOMERS

- NOMINATIONS FOR AWARDS



STAR GROOMERS

- NOMINATIONS FOR AWARDS





SUMMARY

Figure 1: School Personnel involved in Life Planning Education and Comprehensive Career Guidance Service

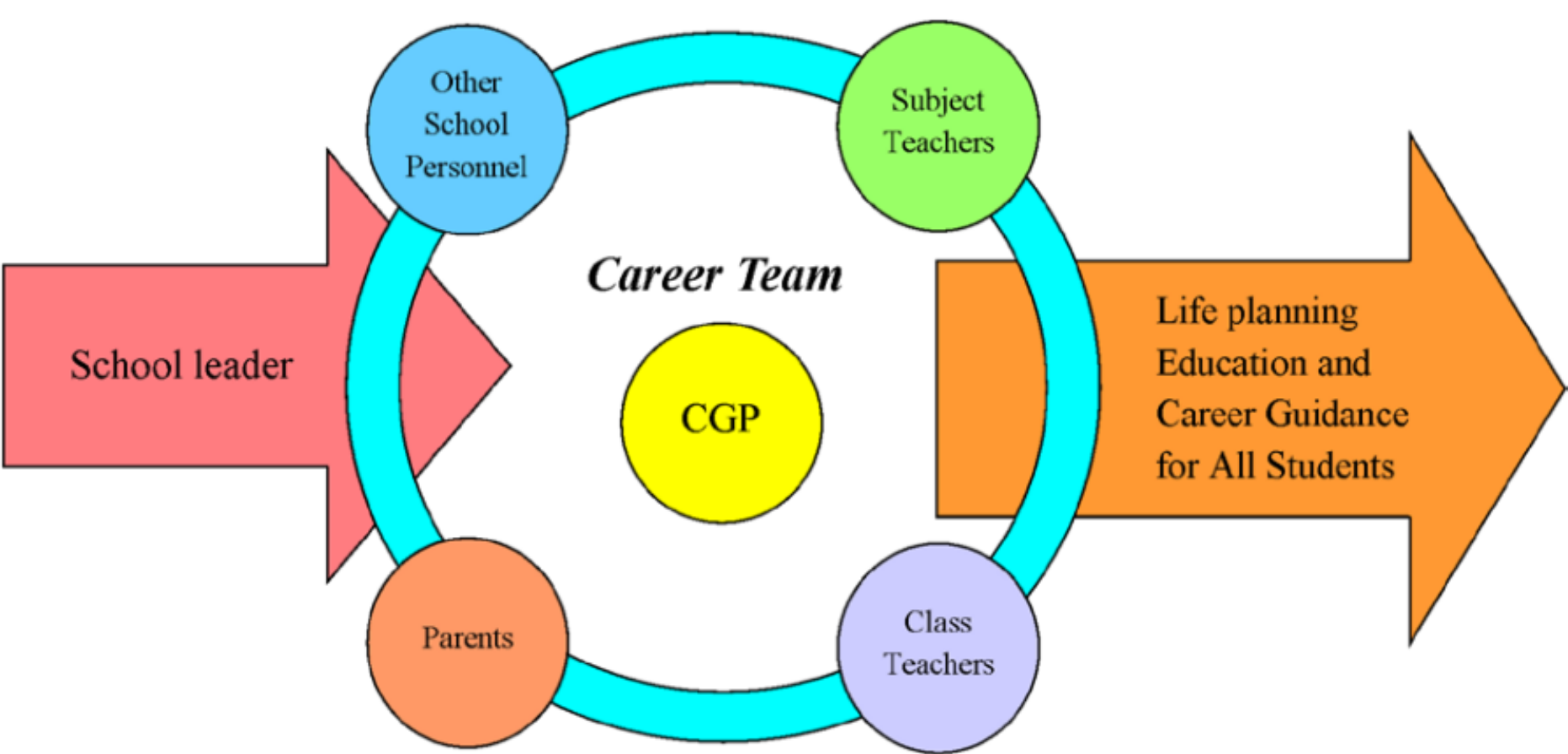
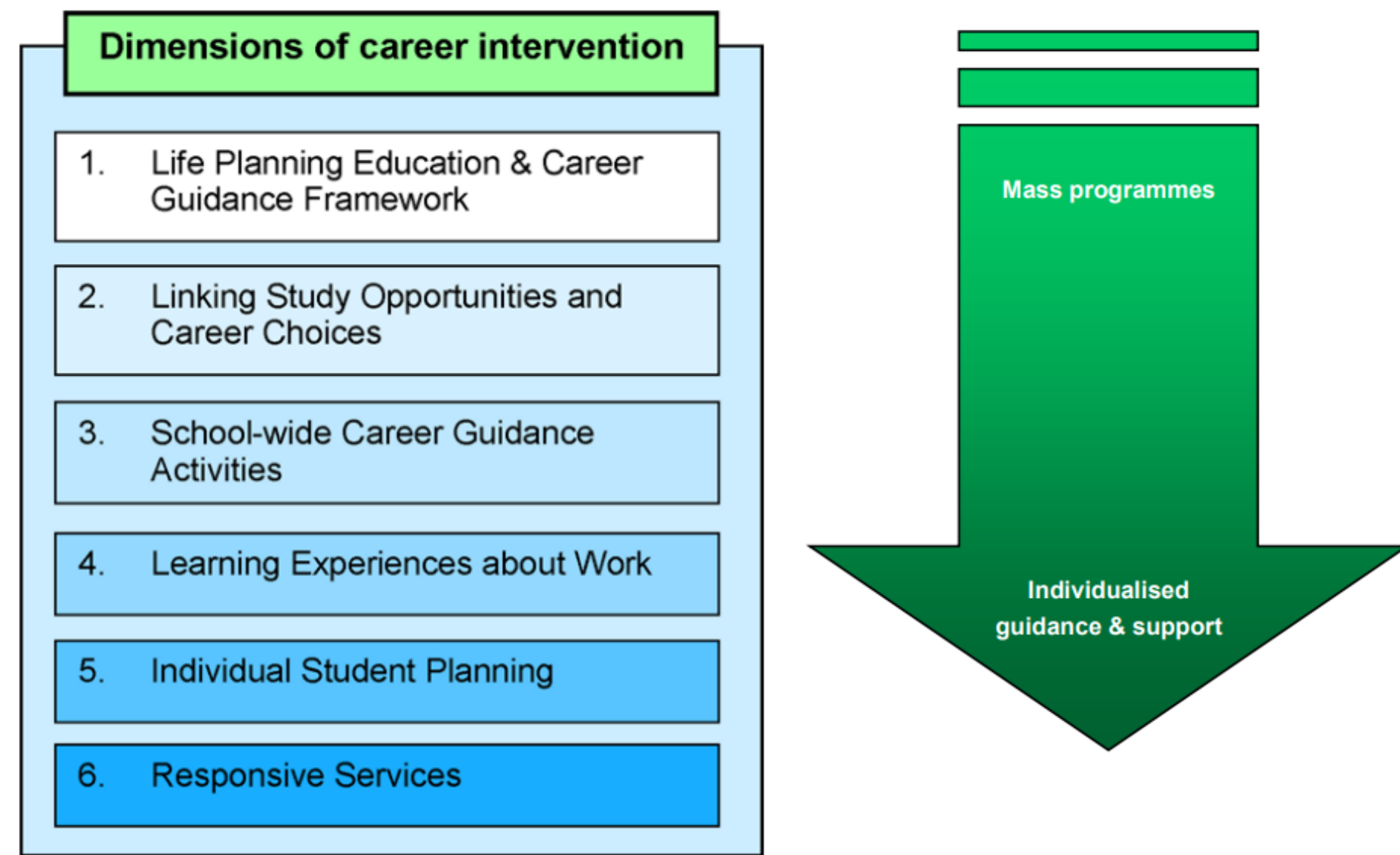


Figure 4: Six Dimensions of Career Intervention



Source: Guide on Life Planning Education and Career Guidance for Secondary Schools (2nd Edition) (2021) issued by EDB

**FOR FURTHER
THOUGHTS**



SKH TSANG SHIU TIM SECONDARY SCHOOL

聖公會曾肇添中學

Lifelong informal mentorship

Cross-curricular projects with 'friendship groups'

Minimal input, maximal impact

Adaptable framework tailored to align with emerging trends

Optimal utilization of external resources and support



**THANK YOU
VERY MUCH!**

