



- 自我認識及發展
- 職業探索
- 生涯規劃與管理

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生涯發展的挑戰和機遇

自我認識及發展 與職業探索	機遇	挑戰
完美主義 (自我懷疑)	三思而後行	猶豫不決
好奇心/興趣多	通才	周身刀，無張利
尋找人生/ 工作意義	實踐夢想	迷失/過早看透
性別定型		限制發展



### 3. 支持策略

轉危為機

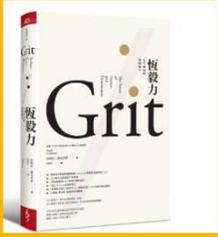
Marcia's  
identity  
status

		Commitment	
		High	Low
Exploration	High	定向型 identity achievement	未定型 identity moratorium
	Low	早閉型 identity foreclosure	迷失型 identity diffusion

「如果一個從來沒有真正認清自己是甚麼樣的人，  
那他就很難將自己的思維方式融入身份構建中。」  
《太聰明所以不幸福？》

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“Passion is developed more than it is discovered.”  
- Angela Dutchworth



The slide features a yellow background with decorative circles in red, teal, and pink. At the top center, there is a teal circle with white quotation marks and a white circle with a lightbulb icon. On the left side, there is a teal circle with a white thumbs-up icon. The book cover for 'Grit' by Angela Duckworth is shown on the left. The text is centered on the right side of the slide.

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謝謝！  
繼續「探索有效的支持策略」  
電郵：tingshingwing@gmail.com



The slide features a yellow background with decorative circles in red, teal, and pink. At the top left, there is a red circle with a white lightbulb icon. At the bottom right, there is a teal circle with a white thumbs-up icon. The text is centered on the left side of the slide.