

何文田官立中學
啟航 · 陸

Inspiration 6

2016 · 2017

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Words from the Editor

Mrs. Lai Chan Ching Yan Sammi

Life planning education has been receiving one of the most dazzling spotlights on the education stage these years for its prolonged influence in one's life. As the deputy careers mistress, it is my honour to have played a role in students' life-long journey. Teachers are encouraged to give students,



not just decision-making advice, but all sorts of relevant information so that they can make timely informed decision about their own pathways. After all, life planning education and careers guidance is not a mission to school; it is the vision of the society.

This publication, Inspiration 6, serves the above purposes well. It is a collection of work by students ranging from secondary one to secondary five. They wrote reflections after attending career-related activities and interviewed seniors who fed them with the recipe for success. The editorial board wishes both readers and writers a fruitful experience seeing our students bloom after joining the meaningful activities. That is exactly why we choose the blossoming Flamboyant outside the school as this issue's cover. We would also like to take this opportunity to send our greatest gratitude to the school which renders full support to our team's work throughout the year. Everyone, enjoy reading!

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Careers Expo (2015-2016)



4H Gary Lai

On the Careers Expo Day, I listened to two alumni sharing their working experience. One of the alumni works as an editor for a newspaper, while the other one is engaged in financial management. They told us some important information about their occupations, such as requirements of an editor or a broker, their monthly salaries and duties. After listening to their sharing, I know more about different occupations because we can find out which career we are interested in. Then, we can decide what kind of job we want to have in the future.

4H 莫卓霖

今天是一年一度的「職業博覽日」，校友和家長都來到學校介紹他們各自的職業，而我就參與了關於「財務管理」的分享。這一份工作與我之前想像的很不同，本以為這一份工作是一份只替人管理金錢的職業，經過校友的講解後，才知道「財務管理」除了關於金錢管理外，還關於投資、保險、金融等等。

其中保險從業員這份工作比較自由，最令我印象深刻。這份工作是要在特定時間內簽訂特定數量的保險合同，如果你能提早完成，其餘的日子就不用上班，但這份工作沒有底薪，是一份多勞多得的工作。我對這種自由的工作模式，甚感興趣，因為不用受到太多限制，可以自由自在做自己想做的事。經過這次的職業博覽日，我對「財務管理」增加了不少的認識。

4H 劉靖安

在參加「職業博覽日」以前，我從來沒有想過財務管理可以是一種職業，更沒有想過保險這個職業屬於財務管理的一類。與我們分享工作經驗的師兄從事保險業，由自己跟上司做事，到自己成功簽了一份保險合同，他都形容得繪影繪聲。他的分享讓我知道保險從業員是自僱人士，只要在有限時間內簽得一定數量的保險合同便可以。他的分享讓我了解更多有關財務管理的知識。



5H Chiu Yuk Wan Jasmine

‘Every life is a boat, the dream is the sailor.’ I learned this quote after the Careers Expo. Our future depends on what we make today. Our life should not be wasted. The vision of life is to achieve goals.

Mr. Patrick Lap, who is an IT Director, told us that our future is decided by hours we spend today. If you want to succeed in your career path, you need to put more effort than others. We often have to do more than the salaries we receive when we start our career life. He also highlighted the importance of efficient communication skills. He mentioned that the employers want to look for suitable candidates, rather than intelligent candidates.

5H Wong Wai Hung Alex

I believe that I will regret my laziness and fault if I do not strive for my dream. If I do not want to be a loser, I should put more effort on boosting my academic performance in order to enter the university. Also, the most significant element of fulfilling the ambitious dream is persistence. I will never give up and will persist in chasing my dream. I hope I can be a professional who contributes to the society when I grow up. At this moment, what I can do is to persist in working hard and striving for betterment.



5H Ngan Wai Tat Jason

‘Without enthusiasm, there is no way you can achieve your goal!’ These are the words I have kept in mind after the Careers Expo, and I am glad that I could have this precious chance to meet Mr. Shiu Kwok Hing, who is one of the alumni of our school. He is a barrister and now works in Australia for immigration lawsuits.

Mr. Shiu was a charming man and he went straight to the question after we formed a group. He asked us whether being a lawyer is our decision, or simply persuaded by parents. Then he told us an essential idea – enthusiasm is the key to success. Mr. Shiu shared his study experience, and how he prepared for the qualification tests of a lawyer. He admitted that the competition for the qualification was keen, as there were other high-flyers from other famous schools taking part in the test. ‘If you can keep your enthusiasm for being a lawyer, you will strive to work hard and eventually get a satisfying result.’ Mr. Shiu reminded us, ‘You do not need to be afraid of those elites; your result will show your dedication and hard work.’



5M Ng Ka Yin

Qually

The alumni talked about the happiness and difficulties of their jobs. As I remember, the policeman told us that many people always try to challenge the policemen nowadays. Thus, they need to keep calm when they are facing challenges. In addition, the ambulanceman said that he saw many casualties when he was working, even the dead people. In spite of the fact that he doesn't really like to face these people, it is one of his duties and he has to do this. Therefore, I think we need to respect all the ambulance-men because they save many people.

Actually, I want to be a policewoman when I grow up and it is my dream job. However, it is not easy for me to be a policewoman. First of all, my weight, height and physique must be up to the standard. Then, I need to have a good result in DSE. Apart from these, my communication skills must be good too because policewomen need to communicate with their partners. Even though being a policewoman is a challenging job, I still want to be a policewoman in the



5M So Yan Hin Curtis

The session which I attended was about the business sector. Both speakers have about 30-year working experience so they have loads of things to share with us. During the sharing, the first thing they mentioned was that in our age, the only thing we can do is to work hard. If we work hard, we will have chances in the future. If not, we will have very limited choices.

One of the speakers is a financial planner. The job duties are providing benefits and advice on financial management to clients. He taught us some skills of introducing the insurance to clients and shared with us some interesting experience. Despite the fact that business work isn't my dream job, I still enjoy the talk and I have learned a lot.

At the end of the talk, they told us that 'a lazy youth, a lousy age'. Therefore, we should work hard and make hay while the sun shines.



5T Yeung Ho Wang Bono

I attended the session of a Safety Officer and Correctional Officer. The characteristics of these jobs are not similar but the job entry requirements are the same. The speakers told us the proper attitude for both study and work. We should have a strong sense of responsibility. For example, a Safety Officer is in charge of life safety and providing a safe environment for people. Once they make mistakes, the safety of workers may be threatened. Therefore, being a safety officer cannot be skimpy and they should do their job well.

The speakers have taught me things that I cannot learn from books. I realize that our manner is important, as it helps us build up a good impression. It is the most significant factor towards success. I am truly grateful that the alumni have given a lesson to us. It helps us become more mature and creditable.



5T Fok Tsz Ying

I attended a the session held by a doctor. She has been a doctor for more than 10 years and she said it is grateful to be able to save lives. However, doctors may need to work around the clock, depending on the needs of their patients. Besides, doctors may need to travel to various locations, such as offices, hospitals and clinics, in order to provide patient care. Apart from prescribing treatments and medications, there are other duties such as organizing preventative medical programmes for individual patients.

After attending the Careers Expo, I believe being a doctor is not suitable for me since being a doctor is a tough job which requires people to work long hours. Additionally, excellent grades are needed to get into the best colleges and medical schools.



「拓展前路、放眼祖國」－ 生涯規劃暨航天科技北京考察團



活動詳情：

日期： 2016年4月28日至5月1日（4日3夜）

地點： 北京

活動目的： 獲教育局「高中生內地交流資助計劃」撥款資助，由本校親自籌辦之「拓展前路、放眼祖國」－生涯規劃暨航天科技北京考察團已於2016年5月1日完成，是次考察團之目的如下：

(1) 配合教育局有策略及系統地推行內地交流和學習活動，讓更多香港師生通過親身體驗，認識祖國的長遠發展，進一步瞭解國情。

(2) 通過交流學習之旅，拓展學生視野，為他們提供多元出路，讓他們能依其興趣、能力和性向做好選擇和準備。

參訪地點： 北京城市規劃館、大柵欄文化街、清華大學、王府井大街、北京大學、航空航天博物館、遊覽長城（八達嶺段）、天安門廣場、故宮、鳥巢、水立方、北京科技館、考察四合院、798藝術區、探訪北京居民並學習包餃子

負責老師： 李踐言、梁嘉敏、吳俊江

Reflection



I experienced a lot of interesting and meaningful activities in this trip. Although the tourist attractions were packed with people, I still enjoyed the exhibits and the introduction by the tour guides. The activity I like the most was visiting the home of the locals. We learned to make dumplings in their home. The experience is new to us and we shared a lot of stories with them. I hope to visit them if I go to Beijing again.

5H Pang Wing Yan Christina



The Beijing tour was really meaningful to me. Not only did I learn about the history and historical architectures of China, but also learned about how to take care of myself. Thanks to the advanced technology nowadays, I did not feel homesick at all and could enjoy my trip in Beijing. The most enjoyable activity in this tour was climbing the Great Wall and I enjoyed the view up there.

5H Wong Yan Tung Lilith

Overall, I learnt much about aerospace and I also realized that Chinese are good at inventing aeroplanes and other military gears. Also, I have reflected what I really want to study and I am genuinely inspired by the activities at Tsinghua University. It was a golden opportunity for me to have a chance to visit one of the best universities in China. I was really glad to talk with a Hong Kong student who studied there. I have known more about the study life in Beijing. I got a lot of inspiration to think about my future study plan from his sharing.

5H Chan Wing Yi



During the trip, I have learnt a lot. In this trip, I was the leader of the group. It has boosted my sense of responsibility of caring about my group members. It was a great experience for me. The most memorable spot was visiting Tsinghua University. During this activity, I have known more about the education system in Mainland China and the history of Tsinghua University. I think that the environment is great and hope that I can study in that university too!

4H Tuet Ho Ching Daphne



After this tour, I found that the history of Beijing was really profound. It was great that we could still see the old buildings like the Imperial Palace and the Great Wall. I have learnt that behind those buildings, there must be a lot of sweat and physical effort. Climbing the Great Wall was the most unforgettable activity because I have learned the idea that "height does not matter but your attitude and effort counts."

4H Chan Lai Wun



During the trip, I have learnt a lot. I have realized the importance of unity. We should always help our group members and give them support. Visiting Tsinghua University was my favorite activity in this trip. During the visit, I have learned about the characteristics of the education system in Mainland China. We have also learnt the culture and history of the university in the exhibition. Then, we walked around the university and enjoyed the beautiful views. I enjoyed this trip very much.

4H Ho Yin

What a wonderful trip! This trip was full of joyful memories. The most unforgettable experience was the visit to Tsinghua University. Teachers and students there shared their school lives, especially their life in dormitories. After the visit, I have known more about the study path in China. In addition, we visited Beijing Urban Planning Exhibition and I understood more about the history and development of Beijing. I was happy during the whole trip.

5H Yeung Wing Yan



這次北京之旅中，我曾到長城遊覽。令我印象深刻的不僅是它壯麗的景色及綿綿不絕的長城，而是一位體重超過二百公斤的華人正在挑戰長城。雖然他走每一步都很艱辛，但他並沒有放棄，一口氣成功的走過一個關口。這位華人的堅韌舉動及永不放棄的精神正是我們應該學習的。當面對各種學習上的困難，我們也不要放棄，繼續努力下去。

5H 鄧鎮偉



在這個考察團中，我們參觀了很多不同的地方及名勝古蹟，而令我印象最深刻的是參觀清華大學以及到當地居民家中學習包餃子和共享午餐。在清華大學的參觀過程中，我們了解到其悠久的歷史，也欣賞了漂亮的校園景觀。此外，清華大學就讀的香港學生介紹北京讀書的生活情況，令我大開眼界。跟當地居民學習包餃子和共享午餐時，我們亦了解到他們的生活模式，令我獲益良多。

5H 沈家瑜

在這次旅程中，我們有幸拜訪了清華大學，了解該校的歷史資料和收生準則。清華大學更安排了在學校就讀的香港學生與我們分享當地的校園生活和學習情況，令我們對清華大學有了更深的認識。在這4天3夜的旅程中，我們參觀了很多名勝古蹟，對我國的歷史文化有了更深入的認識。除此之外，我們亦拜訪了當地居民，品嚐了一頓豐盛而美味的午餐，他們的熱情招待給我們留下深刻的印象。

5H 李欣欣



「恒生 - 社聯青年職業探索計劃」

2015-2016



活動詳情：

負責老師： 黃振邦老師

負責組別： 生涯規劃及升學就業輔導組

學生： 4H 何嘉禧，李礪耀，沈澤麟
4S 朱泳芝，梁嫻倪

內容： 黃振邦老師帶領五位同學，參加於 2015-16 學年內的一連串不同的職業簡介會，工作坊及探訪後，於 6 月拍攝了一條關於設計與製作（舞台及媒體）工作的短片，本校更在比賽中勇奪冠軍。

(2016 年)

- 1 月 恒生 - 社聯青年職業探索計劃探訪活動 學生工作坊
- 2 月 恒生 - 社聯青年職業探索計劃探訪活動 老師工作坊
- 3 月 探訪活動（藍天製作室有限公司）
- 3 月 探訪活動（香港演藝學院）
- 6 月 小組報告比賽
- 7 月 三天工作實習（航拍）





今次參加了恒生-社聯青年職業探索計劃，令我獲益良多。這次活動我們有機會參觀航拍公司和香港演藝學院，了解到舞台行業工作。

這次的比賽令我明白到個人興趣對職業的選擇是十分重要的。眼見修讀演藝的同學即使有多辛苦，仍努力堅持下去，不眠不休地朝自己的夢想進發，每個人皆發出耀眼光芒。

除此之外，我還了解到修讀舞台製作的出路，同學畢業後可以在大型樂園負責表演項目、演唱會的燈光設計、電視台發展、甚至到澳門酒店負責大型表演設計等。總括而言，今次的比賽令我認識到不同的就業資訊並明白到堅毅不屈的重要性。

4H 李璦耀



透過今年一連串的活動，我比以前更了解與舞台相關的工種，例如：燈光設計師、服裝、音樂及繪景等，更明白到舞台上的工作環環緊扣，一個也不能缺少，攜手合作才能創造出一個出色的演出。

籌備過程中，我們有幸參觀香港演藝學院，更可以參觀佈景和道具工作室。這是一個非常難得的經驗，亦讓我好好反思自己未來的出路。這個活動鍛鍊了團體合作的技巧，亦擴闊了我的見識，令我獲益良多！

4S 梁嫻倪



以前的我認為舞台製作只是一份很簡單的工作，但這個比賽釐清了我對舞台製作的很多誤解，同時亦讓我明白到一個成功的舞台製作最重要的是一——合作。比賽過程中，我們曾到訪過香港演藝學院和藍天製作公司。印象較深的是參觀香港演藝學院，過程中看到不同工作崗位的人員在辛勞地練習、製作，例如道具組和服裝組，他們的一些作品確實讓我們嘆為觀止，背後所付出的製作時間也確實讓我佩服。我們每次觀賞表演時，只會留意演藝人員的表現，往往忽略了一眾後台人員。每當有表演時，他們便會不分晝夜地工作，為的是希望能夠製作出一場好的表演，讓觀眾欣賞。從這次比賽之中，透過舞台製作這個主題，讓我深深明白到一場表演之中，好的演員固然重要，但一眾在背後默默付出的後台人員也同樣重要，兩者需要互相合作，才能讓整個表演變得更精彩！

4H 何嘉禧

這次由恒生銀行舉辦的活動的確令我們獲益良多。我們這次決定以短片參賽，透過短片向觀眾介紹更多關於舞台設計的工作。從前我對舞台設計沒有什麼認識，甚至不知道什麼是舞台設計。但經過這次的比賽後，不但加深了我對舞台設計的認識，還讓我領悟到團隊合作的重要。短片設計、製片、剪片、對白設計、服裝等都需要大家努力配合才能成功拍攝短片。因此我十分感謝大會給予我們這個機會，讓年輕人有機會接觸更多不同方面的資訊，為將來鋪路。

4S 朱泳芝

透過這次的活動，我明白到後台對舞台表演的重要性，使我對後台工作加深了興趣和認識。後台工作人員的主要工作分別有監製、導演、舞台監督、執行舞台監督、助理舞台監督、後台監督等。舞台上變幻燈光、暗藏玄機的華麗服裝、美妙的音響設計及像真度極高的佈景道具，都是一眾後台工作人員精心設計。透過台前幕後工作人員的合作，才可以令演出成功。在拍攝比賽短片的過程中，我們不斷搜集資料、討論、編寫劇本、準備道具、綵排及拍攝。雖然付出時間了，卻十分高興，我們齊心投入，希望盡力做好這件事，不計較工作多少，那種團結精神是我的最大得着。

4H 沈澤麟



中三生涯規劃營

活動詳情：

日期：2015年12月21日至22日

地點：烏溪沙青年營

對象：中三全級學生

負責老師：林淑冰老師

內容：中三同學透過兩日一夜的生涯規劃營了解自己的性向，並為來年選科作周詳的考慮。
當日下午社工為同學籌備了自我認識工作坊；晚上則由校友及家長以小組形式，與同學分享選科及工作的經驗。規劃營完結前，社工帶領同學對是次活動作反思及總結。



我思我感

通過這次的生涯規劃營，我認識了自己，了解自己的性格，亦確立了自己心儀的科目，還增進了與同學的感情。

3T 林海莉

校友們對我們的勉勵令我充滿信心和力量。我決定了，要用心學習，向自己的目標進發。

3T 張子蕙

我聽了那麼多成功的例子，全部都離不開一個字：「勤」，所以我們不應該懶惰，努力讀書，好好裝備自己。

3H 袁干揚



人的一生都是在學習中度過，所以我們要在學習中不斷摸索，尋找技巧，以提升自己的知識，失敗了，不打緊，重要的是你在失敗中學到了什麼，吸取教訓，換取下次的成功。

3M 趙傲雪



不論是甚麼工作，讀甚麼學系，也可轉換其他工作，只要給予自己一個目標，完成了自己的目標後，自然會有更多的自信心去完成更多的事。

3M 何煜柵



有興趣的事自己才會用心一直努力下去，沒有興趣的事會感到非常沉悶。畢竟是自己一直要做的，興趣是很重要的。

3M 岑洙明



令我最深刻的環節是夜話。校友們也教導了我們要培養良好的管理和自制能力，也提醒我們要在這段日子打好基礎。最重要的是要努力堅持去達成目標，才可感受獲取成功的喜悅，才會有動力去挑戰每一個難關。

3S 林倩樂

我們把自己最殷切的目標寫在顏色紙上，再摺成紙飛機，讓它飛向未來的天際，意味着將來不論艱苦，這些目標大家都會一同實現。通過這個活動，不但令我認清了自己的目標，更加令我明白到夢想和目標是需要努力才能實現的，空想是白費光陰的。

3S 麥筠婷



中二級普通話職業探索比賽

紙媒背後的英雄—編輯

班別： 2T

組員： 黎栩彤， 李旻蔚， 廖欣臨， 王曉儒， 楊凱晴

編輯入職條件：
學歷：專上教育
語言：良好粵語、普通話及英語
語文：讀寫中文、英文良好；懂中文打字
工作經驗：有雜誌工作經驗者優先



簡介：一個媒體的成功，好的策劃是必不可少的，但很多人會忽略了這個負責策劃的工作者—編輯。編輯是一份艱苦的工作，要承受的壓力也非常大，但他們仍樂在其中，我們對這些默默付出的「英雄」十分欽佩。



在這次的專題研習中，我們深入瞭解了「編輯」這個職業，也明白了關於這個職業的苦與樂。畢竟編輯是負責策劃的工作，平常受到很大的壓力，但他們的專業素質讓書本、報章或雜誌等成功面世，這讓我們很欽佩。同時，我們也很感謝他們為我們編撰了這麼多的文章！

有意義的職業—社工

班別： 2T

組員：傅婉儀、李天成、莫凱琪、黃灝淇、黃馨樂



李天成

完成這次專題研習後，我學到了不少東西。我從前認為社工是一份微不足道的工作，但當我完成這份習作後，我改觀了。要成為一位專業社工，就需要付出許多耐性和愛心，為有需要的人服務。事前也需要許多準備，也要沉着應對突發情況。因為社工要應付不同性格類型的人，令這份看起來十分容易的工作變得很困難。此外，我更學會了分工合作和團隊精神的重要性，更學到怎樣與人相處。

黃灑淇、黃馨樂

這次的主題是介紹一份職業，我和組員決定以社工為主題。經過這一次的研習，我對社工這份職業增加了不少興趣，並讓我知道做社工需要具備的條件。一開始，我還以為社工是一份平平無奇的職業，後來我才發現做社工也可以這麼偉大，不但可以幫助有需要的人，而且幫助他們解決問題。在進行專題研習的過程中，我發現默契是很重要的，組員之間要互相幫助。我很高興可以和組員一起完成這次研習！



傅婉儀、莫凱琪

在這次專題研習報告中，我學到了很多在課本上學不到的知識，讓我更加了解社工這個職業。在開始的時候我認為社工是一份很輕鬆的工作，以為工作量並不多，還有他們的工資也十分高，但事實上是這樣嗎？當然不是。社工可以改變一個人的一生，每天面對不同的人，要細心聆聽他們的說話。同時，社工也要有一顆樂於助人和善良的心，這樣才能幫助更多的人。社工還要犧牲自己的私人時間，在星期六帶領一些活動等等。因此我認為社工是一份偉大的職業。

有趣的工作—動物訓練員

班別：2S

組員：陳嘉欣，鄺詠儀，蘇肖瑩，楊宇柔，游婉琳



陳嘉欣

我在家鄉養了一頭小狗，我十分喜愛牠。雖然我跟牠見面的時間不多，不能常常照顧牠，但是我和牠已建立了朋友的關係，明白到動物和人之間也可以有深厚的感情。我在做這份報告時，認識到更多有關動物訓練員的知識，當中包括他們的入職要求，讓我知道動物訓練員背後付出了那麼多辛苦的汗水，我非常佩服他們。

鄺詠儀

這次的專題報告令我知道原來其他組員都喜歡動物，她們都想做動物訓練員。於是，我們一起搜集資料，令我對這份工作了解更多。首先，我學到如何跟組員分工合作，知道合作的重要性。如果我們不合作，這份報告就不能順利完成。雖然在過程中，我們曾遇上一些困難，但是，我們沒有因此而放棄，努力去完成報告。

楊宇柔

在這次的專題研習中，我學會了很多東西，更加深了跟同學的友誼。這次專題研習的題目是「我們理想的職業」。由小到大，我都很喜歡動物，所以，在寫這個專題時，我第一時間就想到「動物訓練員」。「動物訓練員」的工作雖然非常繁重，但他們可以跟很多不同種類的動物一起相處、成長、了解及訓練牠們，令牠們做一些高難度的動作表演。我們可從中取得很大的成功感和滿足感。



蘇肖瑩

小時候的我沒有很清晰的人生目標，當時我只是想：我連做功課也覺得這麼困難，恐怕將來未必可以找到一份合適的工作了。但是，與組員做這份報告期間，我聽取和參考她們的意見，便開始對自己的工作目標有更清晰的方向，現在我知道自己的夢想。在準備匯報的過程中，我們會互相交流意見，把一些較不通順的句子改掉，使將來匯報的時候，可以表現得更好。這次專題研習令我學到很多知識，獲益良多。

游婉琳

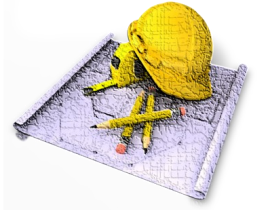
在這份報告中，雖然我是組長，但其他人比我更像領導者。在這份報告中我們互相學習，共同成長，令我獲益良多。我們曾為報告的題目、資料、問卷等事情而吵架，但也曾因為在討論時心有靈犀而雀躍，這些經歷讓我們的關係更進一步，有更多機會去了解對方。完成這份報告後，我學到結果並不重要，重要的是在過程中我學到了甚麼。

Interview with Alumni

The job of a Structural Engineer



Reporter: 2S Yeung Yu Yau Yannis
2S Yu Wan Lin Corinne
Advisor: Mrs. Lai Chan Ching Yan Sammi



Y&C: Yannis and Corinne MY Choi: Ms. Choi Ming Yan

Y&C: Good morning! Do you mind if we ask you some questions about your job?

MY Choi: Ok!

Y&C: We know that you are a structural engineer so why do you choose this job? I know that few girls will choose this job. Can you tell us why?

MY Choi: I think that being a structural engineer is a very interesting job. I like Economics and do not like jobs that are related to human body so I have chosen this one.

Y&C: What are your main duties?

MY Choi: There are many things to consider when constructing a building, such as different kinds of materials to be used, whether it is safe and beautiful, etc.

Y&C: Oh, I see. I think it is challenging.

MY Choi: That's true, especially when I first entered this industry. It is because I am a girl and the workers in the construction site will think that you would not have the ability to fulfill the job requirements. Since this job is physically demanding, the workers need to take care of the females. Therefore, they don't want girls to be their colleagues. That's why I need to do more exercise to make myself look stronger.

Y&C: Wow, it's interesting. What subjects do we need to take if we want to be a structural engineer? What subjects do we need to be good at?

MY Choi: If you want to be a structural engineer, you need to study Physics and Mathematics. These are the two subjects that you need to be good at.

Y&C: It is the end of the interview. Thank you!

MY Choi: You are welcome.



The job of a Chief Officer of HKCSD



Reporter: 2S Soong Wai Chi Vincci

2S Yu Wing Tung Bonita

Advisor: Mrs. Lai Chan Ching Yan Sammi

V&B: Vincci and Bonita

KT Leung: Mr. Leung Kam Tong

V&B: It is our honor to have invited Mr. Leung Kam Tong, our alumnus, to be our interviewee.

V&B: Good morning Mr. Leung.

KT Leung: Hello students.

V&B: Mr. Leung, I know you are the Chief Officer of the Hong Kong Correctional Services Department (HKCSD).

V&B: So, Mr. Leung, if you have to choose an adjective to describe your job, which adjective will you choose and why?

KT Leung: I would use the adjective 'intellectual'. It is common to have something unexpected burst out suddenly. While my job is to oversee the criminals, we have to be intellectual to solve these problems.

V&B: Oh! This is a challenging job, so why did you choose this career at the beginning?

KT Leung: At first, I wasn't working at the Hong Kong Correctional Services Department. I worked at an advertising company. But later, I found the job unstable, so I kept searching for another job. Lastly, I saw an advertisement about a recruitment of the Hong Kong Correctional Services Department, previous Prisons Department. The income of the Hong Kong Correctional Service Department was more stable than that of my old job. So, I finally gave it a try and chose this career. I have been staying in this career for 26 years!

V&B: Wow! Since you have been working in this job for such a long time, do you have any unforgettable work experiences to share with us?

KT Leung: I will divide my job into three parts. The first part was to manage the criminals. This was our main duty. We needed to know their background information and select a suitable way to manage them. The second one was to manage the Vietnam illegal immigrants/refugees. They used to enter Hong Kong illegally, so they would be caught by the Police. We managed them in various ways. The last part was the administrative work from the Headquarters, I was responsible for recruitments.

V&B: What personal qualities does your job require?

KT Leung: Firstly, you must have basic academic qualifications, such as having completed HKDSE. Secondly, you can't be afraid of facing different problems. Last but not least, you must be confident and have a good attitude. You also need to have some knowledge about laws.

V&B: Working in the Hong Kong Correctional Services Department is really hard. As you have graduated from HGSS for many years, do you have anything to remind the HGSS students?

KT Leung: As an old boy of HGSS, I hope you all can broaden your horizons to learn more knowledge, try to develop your self-learning ability, use a positive attitude to face your life and the changes of the society.

V&B: Thank you Mr. Leung, we have learnt a lot about your career today. Thank you for being interviewed.



Interviewing Parents



Reporter: 1S Lee Mei Ting Judy
Advisor: Ms. Leung Ka Man

My mother is a cook!

J: Judy M: Judy's mum

J: Mum, what is your occupation?

M: I am a cook.

J: What are your duties?

M: My duties are cooking yummy food for customers and give them a good impression on our restaurant.

J: How long do you work on your working days?

M: I have to work for about nine to ten hours on each working day and I work six days a week.

J: Oh, I see. How long have you been working in this discipline?

M: I have been a cook for eight years.

J: Do you like your job?

M: Of course. I like my job very much because after the customers eat my dishes, I can see their beautiful smiles. When I know they like the food, I will feel very proud of myself.

J: Could you share with me some of the difficulties that you have faced in your career?

M: The most difficult thing is to design new dishes because Hong Kong people have a high expectation on new dishes.

J: I see. If I want to join your field, what qualities should I have? Can you give me some advice?

M: Sure, I think you should not be afraid of finding out new things and you should try your best to take up challenges.



My elder cousin is a social worker!

Reporter: 1S Zhang Feng Xian Sally
Advisor: Ms. Leung Ka Man

S: Sally **V:** Sally's elder cousin (Vincent)



S: Vincent, I want to know more about your career. Can you tell me more about your job and your duties?

V: Sure. I am a social worker. My duties are taking care of the physically-retarded children and providing training to them.


S: How long do you have to work on working days? Are the working hours fixed or flexible? Do you have to take night shifts?

V: I have to work for eight hours on working days. My working hours are flexible and I have to take night shifts as well.

S: How long have you been working in this career?

V: I have been working in this career for two years.





S: Do you like your present career? Why?

V: Of course. I love my present career. Although the children in my school are disabled, they are lovely and I am so happy to know that they make progress after training sessions. I believe my job is meaningful.

S: Do you have any difficulties in your job?

V: Sometimes. The children in the special school could not understand what I was talking about. I sometimes find it difficult to communicate with them.

S: How do you solve the problem?

V: I will use different kinds of visual aids and make use of my body language to help them learn better.

S: If a teenager wants to join your career field, what qualities or characters does he/she need to possess?

V: The teenager needs to possess different personal characters like being devoted, caring and helpful. Also, he/she should learn various skills in helping people.

S: Thanks for your sharing.



My mother is a saleslady!

Reporter: 1S Kwok Sum Yu Cherry
Advisor: Ms. Leung Ka Man

C: Cherry **M:** Cherry's Mum



C: Mum, what is your job?

M: My job is a saleslady.

C: What are your duties?

M: My duties are introducing and selling watches to customers.


C: How long have you been in this job?

M: I have been a saleslady for ten years. It was my first job when I came to Hong Kong. This is my first and the only job.

C: Do you like your job?

M: Of course! I like my job very much because this job is full of challenges. Also, it allows me to know more about how to get along with others. When I have sold a watch, I will have a sense of satisfaction. It means I have successfully communicated with my customers.





C: Have you ever got any difficulties in your job?

M: Yes, I have. When I was new in this job, I found it hard to promote the watches. This was because I did not know well enough about the products and was new in the field. I did not have any sales experience before doing this job.

C: If a teenager wants to join your career field, what qualities should he/she have?

M: First, he/she needs to have good communication skills. Also, he/she has to be very polite and can provide good customer services. They need to be easy-going and considerate.

C: Thank you for being interviewed.

M: You are welcome.





活動詳情：

"WOW! I'm Ready" 由教育局主辦，其中英文縮略字 WOW 代表工作世界 (World of Work)，是一個提供學生「與工作有關的經驗」的計劃。WOW 內容由一班經驗豐富的商界人士（如跨國機構的人力資源顧問）設計及帶領，活動包括個案研究、角色扮演等，旨在讓學生提升個人認知，以確立更清晰明確的人生目標。參與學生在工作坊中了解到社交禮儀及不同行業對畢業生的要求，為他們日後進入工作世界作好準備。

活動日期及時間：

2016年3月12日及19日上午9時至下午5時30分

參與學生：

4H 黎振華 4H 李璦耀 4H 沈澤麟
4H 蕭燕樺 4H 李璦耀 4T 傅焯嵐





Inspirations from Movies & Books about Life Planning



Movie Sharing



Careers Mistress:
Ms. Leung Ka Man Carmen

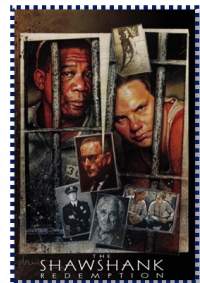
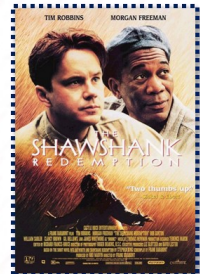
The Shawshank Redemption (1994)

Director:
Frank Darabon

Summary and comments:

The Shawshank Redemption is about a mis-convicted murderer Andy, who maintains his hope for freedom throughout the years against the institutional abuses in a prison. He is able to seek redemption for the prisoners and for himself because of his hope.

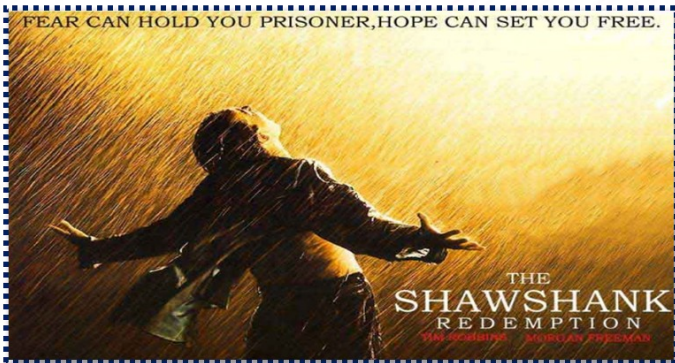
In the film, the prison, which is an institution, has abused the Christian language in order to control the prisoners. For instance, every prisoner is given a Bible to read and follow. Also, the words of God are found everywhere in the prison or from the mouth of Warden Norton to remind the prisoners how they should behave. Yet, control and hegemony is exactly against the wills of God.





In the film, religion is twisted and abused by the officers in the prison so as to control the prisoners' freedom. Besides, the concept of hope is presented through the belief and actions of the main character Andy. Against the institutional abuses, Andy maintains his hope for freedom.

Perhaps the message of the film can be summarized in one of Andy's utterances, "Fear can hold you as a prisoner. Yet, hope can set you free."





Book Sharing



One of the best books I've read in my life ...

Deputy Careers Mistress:
Mrs. Lai Chan Ching Yan Sammi

1. If Life is a Game, These are the Rules

Summary and reviews:

'You will be presented with lessons.'

'Lessons are repeated until learned.'

'What you make of your life is up to you.'

These are the most inspirational rules to me, out of the ten golden life principles summarized by Carter-Scott, an experienced motivational speaker from the Netherlands. We face difficulties and challenges every day, how can we cope with them tactfully and positively?

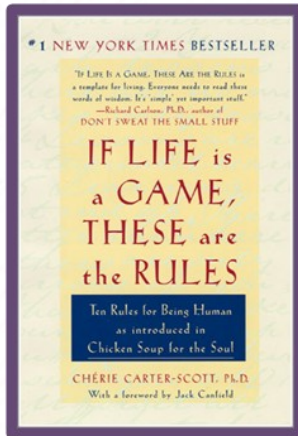
Author:
Cherie Carter-Scott





This book encourages us to treat the hurdles as lessons, experiences that teach us how to behave better in a similar situation in the future. We will become a more unblemished individual if and only if we can learn from our adversities and failure. Some people may wonder why they have more obstacles in life than others. The answer is simple, ‘lessons are repeated until learned.’ It is a true reflection of students’ lives, isn’t it?

The author has incorporated authentic and captivating life stories when illustrating the importance of the rules. ‘What you make of your life is up to you.’ Students, you should take your first step now, read the book and you will find it useful for your whole life.





Deputy Careers Mistress:
Ms. Ho Ka Yee

2. BE STUPID for Successful Living

閱讀分享：

你可想像到誰會在自己的新產品上造成不利因素，並將產品價格定得遠高於其他競爭商品？誰又會在自己創立的公司剛上軌道時，突然關閉全球其中二千多家分店？然而，這些看似非常愚蠢的想法成就了倫佐·羅素，令他成為了世界知名服裝公司的創始人及總裁。

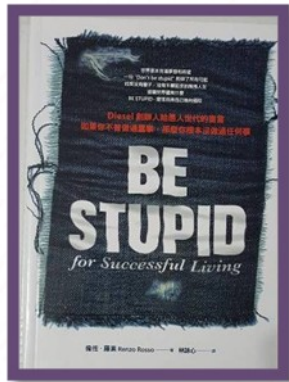
Author:

Renzo Rosso (倫佐·羅素)

譯者：林詠心

出版社：臉譜出版

出版年份：2013





這本書中，倫佐·羅素分享了十八個對他影響深遠的「愚蠢」的想法。然而，他所提倡的不是魯莽行事，他亦從沒僥倖之心。讀畢這本書，你會在那些「愚蠢」的想法中發現到作者所具備的遠見、堅定意志和抓緊機會發揮的能力。作者那些助他成功的個人特質不盡是與生俱來的：少年時他曾因自滿而疏於業務，差點就被辭退。

有時候，創新的意念在別人眼中可能是愚笨的決定，或者未必能夠在短期間得到支持；但如果我們能為自己訂立目標，對自己的追求鍥而不捨，我們就有成功的條件。當然，在擬定目標前，我們必須做好準備功夫，評估自己承受失敗的能力。即使結果未如理想，只要我們能夠從經驗中學習，其實那已是成功的第一步。希望同學可透過書中故事，為自己創造成功的條件。



Photo Gallery 2015-2016

The objectives of the Life Planning and Careers Guidance Team of our school is to strengthen the life planning education and careers guidance services for our students.

We aim at preparing students in making informed and responsible choices so that they would be able to make the best of the opportunities ahead.

Our team also aims at arousing teachers' awareness of their role as a "significant adult" to guide students in their quest for self-understanding.

Our team prepares teachers' readiness to support students in their potential-realization process based on that self-understanding.

The key events in 2015-16 are as follows:



*Visit to Civil Aviation Department {S4}
Sept 2015*



*Visit to Cathay Pacific Airlines {S4}
Sept 2015*



*Sharing Session by Alumni
Studying in Universities {S6}
Sept 2015*



*Inter-class Careers Presentation Competition {S2}
May 2016*



*Interviews with Alumni {S2}
June 2016*



*Alumni Mentorship Scheme (Second Cohort)-Opening Ceremony {S5-S6}
June 2016*



*Career Visit – Barista {S3}
June 2016*

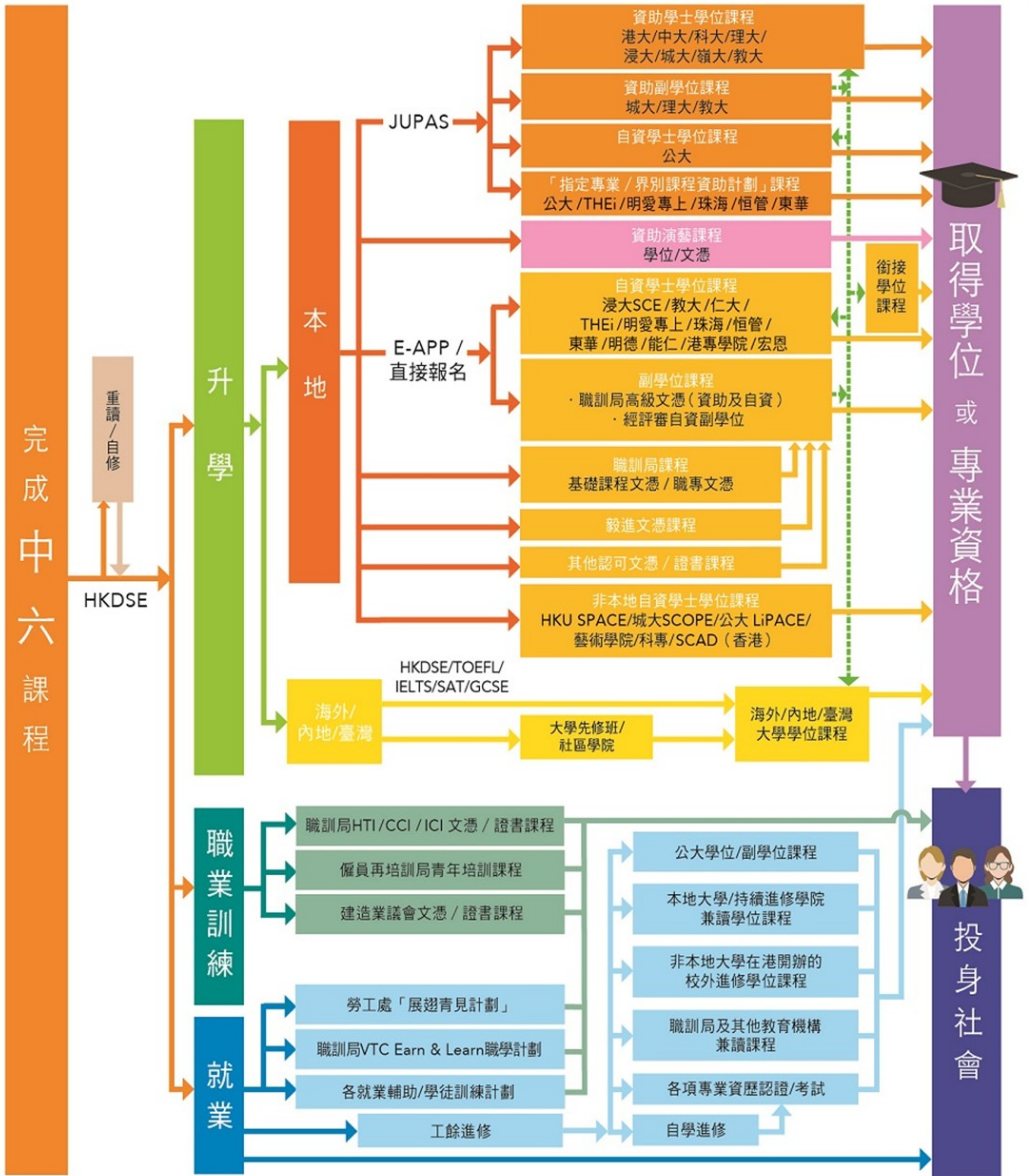


*Career Visit -Tourism and Hospitality {S5}
June 2016*



*Alumni Mentorship Scheme (Second Cohort) –
Workshop {S5-S6}
June 2016*

中六學生升學出路



註：-->為副學位銜接出路。

(2016年6月修訂)

資料來源: 學友社

劉天欣 攝於 2016年 夏



生涯規劃及升學就業輔導組