



The Life Skills Development Project

Leaflet for Parent

Learning for life has been the major mission of education. Guidance programs have been moving from a focus on the remedial towards the developmental and the preventive. The traditional subject curriculum has not been preparing students well for the changing society. Senior secondary graduates are expected to master a set of generic transferable skills to enhance their functioning in various life roles such as parents, citizens, friends and learners. The new focus will equip students with self knowledge, computer literacy, language literacy, financial management, social and emotional skills, decision-making and problem-solving skills, educational and career planning skills so as to cope with the ever changing social context.

Learning life skills competencies helps students develop their potentials and strengths, explore personal values, and develop their own personality, in order to solve problems in daily life and human relations. Students will be able to understand themselves and others with proper attitudes.

Examples of Life Skills of Senior Secondary Students

Following are the examples of life skills competencies including Academic Development, Career Development, and Personal-Social Development which are expected to be mastered or should be enhanced by senior secondary students in Hong Kong.

Academic Development

<ul style="list-style-type: none"> ✍ Time Management <ul style="list-style-type: none"> ♦ Plan before I do something. ♦ Finish doing what I have to do within the specified time.
<ul style="list-style-type: none"> ✍ Study and Examination Skills <ul style="list-style-type: none"> ♦ Form good learning habits. ♦ Improve my techniques in writing, reading, listening, speaking and calculating.
<ul style="list-style-type: none"> ✍ Learning from Friends <ul style="list-style-type: none"> ♦ Ask my friends for ways to solve problems about choosing a tertiary institution. ♦ Seek information on universities or other tertiary institutions from my friends when I further my studies.
<ul style="list-style-type: none"> ✍ Educational Planning <ul style="list-style-type: none"> ♦ Look for information on and be well prepared for further studies. ♦ Collect each tertiary institution's information and the content of the courses they offer.
<ul style="list-style-type: none"> ✍ Being a Responsible Learner <ul style="list-style-type: none"> ♦ Exercise the rights and responsibilities of a student. ♦ Obey the regulations of school and classroom.

Career Development

<ul style="list-style-type: none"> ✍ Career Planning <ul style="list-style-type: none"> ♦ Understand my abilities so as to help myself choose a career. ♦ Choose tertiary courses wisely to prepare myself for my future career.
<ul style="list-style-type: none"> ✍ Gender Issues in Career <ul style="list-style-type: none"> ♦ Make use of the good points of being a male/female at work. ♦ Get along well with the opposite sex at work.
<ul style="list-style-type: none"> ✍ Vocational Training Selection <ul style="list-style-type: none"> ♦ Select and enroll in some suitable courses to prepare myself for different economic situations and labor demand. ♦ Understand a vocational training program before I enroll in it.
<ul style="list-style-type: none"> ✍ Job Hunt Preparation <ul style="list-style-type: none"> ♦ Produce a job application letter for myself. ♦ Produce a resume for myself.
<ul style="list-style-type: none"> ✍ Job Hunting <ul style="list-style-type: none"> ♦ Look for suitable jobs according to my interest and ability. ♦ Get help from some institutions and connections to help me find a job.
<ul style="list-style-type: none"> ✍ Career Goals Setting <ul style="list-style-type: none"> ♦ Master the strategy to achieve my career goals. ♦ Solve the problems I encounter in the process of achieving my career goals.

Personal-Social Development

<ul style="list-style-type: none"> ✍ Understanding Self <ul style="list-style-type: none"> ♦ Make use of my strengths and improve my weakness. ♦ Accept and like myself.
<ul style="list-style-type: none"> ✍ Understanding Others <ul style="list-style-type: none"> ♦ Form friendships with others. ♦ Stand in others' shoes and consider their feelings.
<ul style="list-style-type: none"> ✍ Avoiding Drugs, Drinking and Smoking <ul style="list-style-type: none"> ♦ Prevent myself from forming the habits of excessive drinking, smoking or drug abuse. ♦ Resist the temptation of smoking or excessive drinking.
<ul style="list-style-type: none"> ✍ Marriage and Family Responsibilities <ul style="list-style-type: none"> ♦ Think over the relations between children and marriage when I prepare myself to be a parent. ♦ Consider different factors that can affect marriage when I get married.
<ul style="list-style-type: none"> ✍ Handling Setbacks <ul style="list-style-type: none"> ♦ Master problem-solving skills in face of problems. ♦ Act according to circumstances in times of setbacks.
<ul style="list-style-type: none"> ✍ Health and Physical Training <ul style="list-style-type: none"> ♦ Master the ways to stay healthy. ♦ Develop a balanced eating habit.
<ul style="list-style-type: none"> ✍ Cooperation and Team Spirit <ul style="list-style-type: none"> ♦ Cooperate with others to reach the team's goal when participating in activities. ♦ Handle disputes in the process of cooperation when participating in activities.

☑	Leadership Skills <ul style="list-style-type: none"> ♦ Appropriately allocate the work to group members when leading an activity. ♦ Organize and plan activities.
☑	Management of Stress and Emotion <ul style="list-style-type: none"> ♦ Let my feelings out in correct and appropriate ways when facing pressure. ♦ Control my emotions.
☑	Self-Evaluation Skills <ul style="list-style-type: none"> ♦ Obtain learning opportunities in the process of self-evaluation. ♦ Have the courage and stamina to evaluate myself.
☑	Thinking and Expression Skills <ul style="list-style-type: none"> ♦ Reflect my opinion using different ways. ♦ Have multi-angled thinking and analytical ability.
☑	Sexual Knowledge and Relationship <ul style="list-style-type: none"> ♦ Develop normal friendship with the opposite sex. ♦ Maintain a romance relationship with the opposite sex.
☑	Leisure Time Management <ul style="list-style-type: none"> ♦ Develop some interests so that my leisure time will be richer and happier. ♦ Make good use of leisure time and take part in extra-curricular activities that I like.
☑	Financial Management <ul style="list-style-type: none"> ♦ Make a financial budget. ♦ Keep expenditure below income and won't be too wasteful.
☑	Personal Goals Setting <ul style="list-style-type: none"> ♦ Plan how to attain the different goals in life. ♦ Set up different goals of my life.

Ideas for Helping Your Children

Academic Development

- ☺ Academic results and open examination play crucial parts for the learning of senior secondary students. You could reinforce the study time schedule of your children at home.
- ☺ Help your children stay focus on the goal of completing their studies on time. Speak with school counselors and class teachers to find out your children's status and what options are available.

Career Development

- ☺ Senior secondary students face choices in education and career. Advise your children which choice will be more suitable for them. Encourage them to learn more varied skills, so as to prepare them well for a career in which they are interested.
- ☺ Ask your children to learn more about a certain career while at school and see school life as an opportunity to gain experiences which will be beneficial for their future career path.

- ☺ Help your children recognize the relationship between personal preferences in work/leisure activities and choosing their career. Do they prefer to work with others or alone, in a job with high personal recognition or in something with less recognition, but may be more satisfying? All these will help your children focus on their career.
- ☺ Help your children understand today's job market. Help them understand learning is an ongoing necessity for different jobs. Encourage your children to learn more specific skills for specific career, such as computer knowledge, typing and technical drawing. Provide information about where and how these skills and trainings can be obtained.

Personal-Social Development

- ☺ Provide guidelines on how to balance school activities and out-of-school activities. Discuss how to decide which activities to pursue.
- ☺ Help your children explore their personal strengths. Discuss with them how these strengths affect their ability to deal with difficult situations? Where are the resources in the community that can help in dealing with these difficulties?
- ☺ Understand the ways that your children deal with stressful situations. What techniques are helpful? What useful resources are available at school and in the community?
- ☺ Discuss your children's strengths and weaknesses that could be improved. What skills that they have will be beneficial for their future development? How can their talent, skills, and experiences be used in different aspects of work?
- ☺ Discuss with your children what will facilitate the transition to the next phase of their life: technical school, university, and work. What skills will be needed in this new phase?

Others

- ☺ Be a considerate parent, always pay attention to the development and changes of your children.
- ☺ Keep pace with the education system and the changing workplace in order to provide appropriate guidance to your children in planning career and educational path. Seek help from school teachers or community organizations if you lack experience in guiding your children.
- ☺ Keep contact with the school counselor to help understand the needs of your children and clarify any concerns you might have.

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