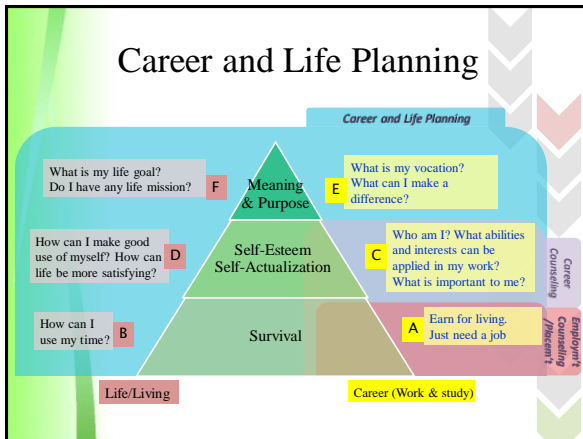
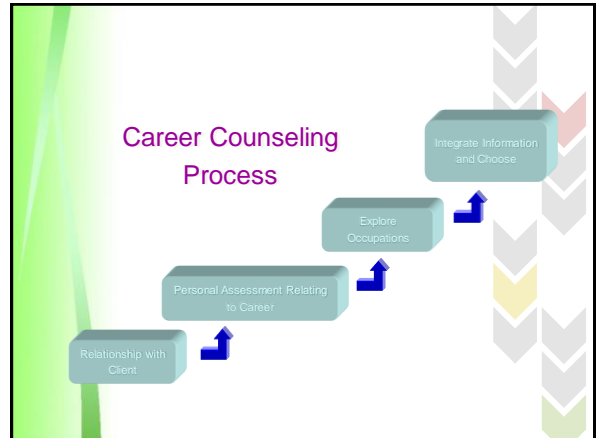


CONCEPTS OF CAREER AND LIFE PLANNING

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 Career Plan Association
www.careerplan.hk



Career and Life Planning - Basic Belief #1

Career and life planning starts with understanding self and developing identity

Identity

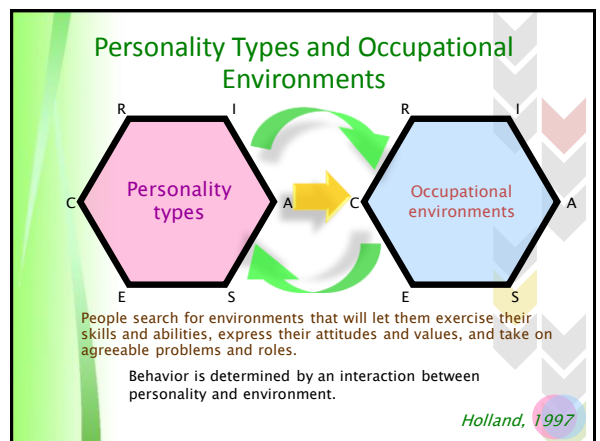
Self Understanding

"Career and life planning starts with understanding self and developing identity"

Making a wise choice of vocation (Frank Parsons, 1909)

Self-understanding: clear understanding of yourself aptitudes, abilities, interests, ambitions, resources, limitations, and knowledge of their cause

Understanding world of work: knowledge of the requirements, true reasoning on the relations of success, advantages and of these two groups of facts, ages, compensation, opportunities, and prospects in different lines of work



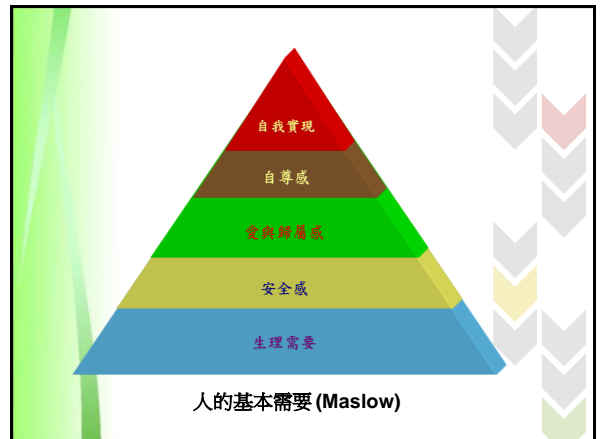
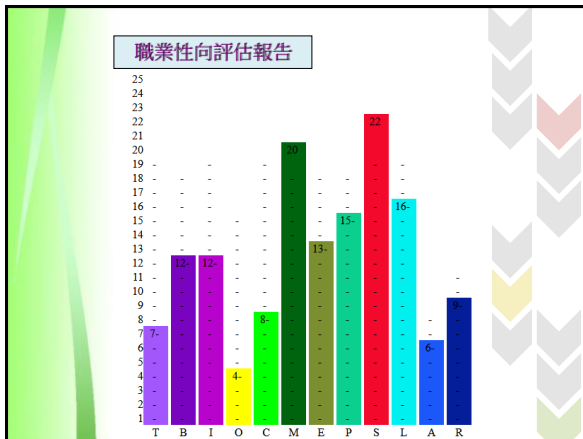
Identity

Clear	Diffuse
Stable	Unstable
Articulate career plans	Unable to state career plans
Contingency plans	No contingency plans
Knowledge of self	Little knowledge of self
Knowledge of work	Little knowledge of work
Job search strategies	Few job search strategies

Career and Life Planning - Basic Belief #2

• “The beginning point of a decision-making process is Exploration, not Decision.”

生涯規劃的起點是要探索 and 了解個人的特性，包括需要、興趣、價值觀和技能，以確定個人的事業/生涯方向和目標



Career and Life Planning - Basic Belief #3

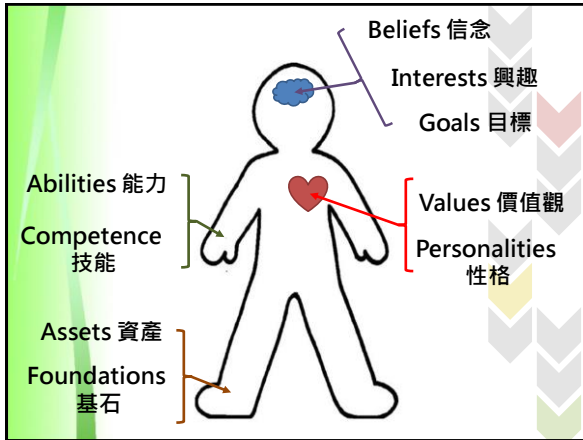
“If you are looking for clues about tomorrow, the signs are to be found in your past and present.”

生涯規劃不只是看明天，也要看昨天和今天
 要有勇氣面對昨天，超越成長障礙，並從以往不同的經驗中找尋“我是誰？”
 要積極地生活於今天，擴闊對自己的了解和視野。
 了解昨天和今天的我，我該如何小心走明天的路？

Developmental Tasks in Career Construction

(Super, 1990)

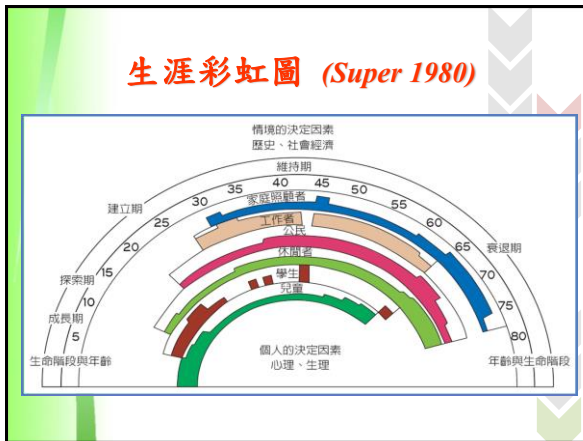
- Stage 1: Growth 成長期 (Age 4-13)
- Stage 2: Exploration 探索期 (Age 14-24)
- Stage 3: Establishment 建立期 (Age 25-44)
- Stage 4: Maintenance or Management 維持期 (Age 45-59)
- Stage 5: Disengagement 衰退期 (Age 60-)



Career and Life Planning - Basic Belief #4

“Structuring your different life roles is an important part of career and life planning”

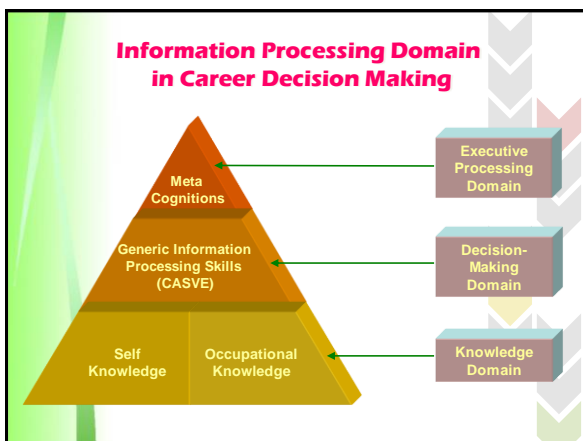
生涯規劃包括探討你的不同生命角色，這些角色之間的關係/相互動力，角色的重要性，和他們與你的生命意義與目的之相關。

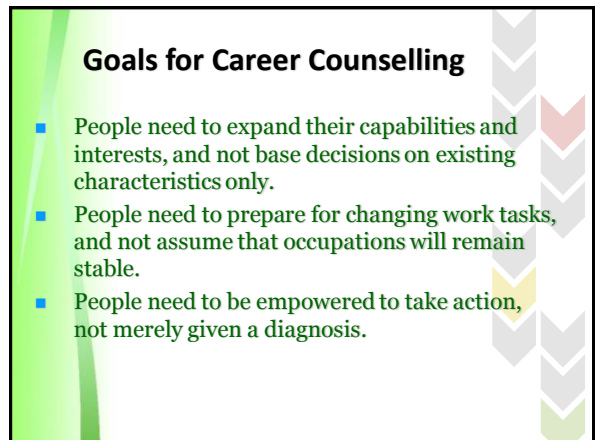
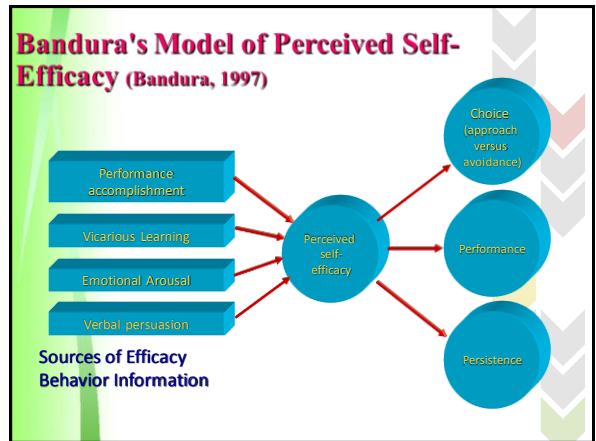
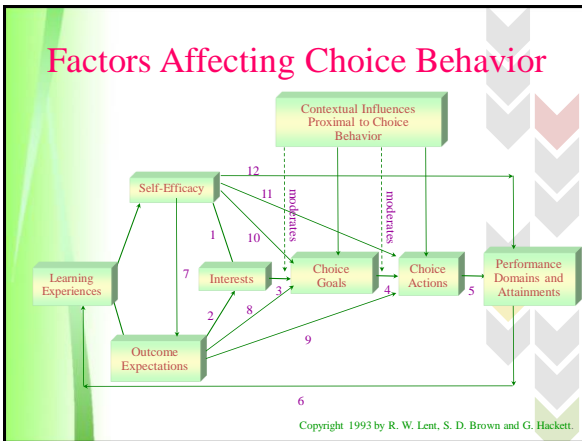
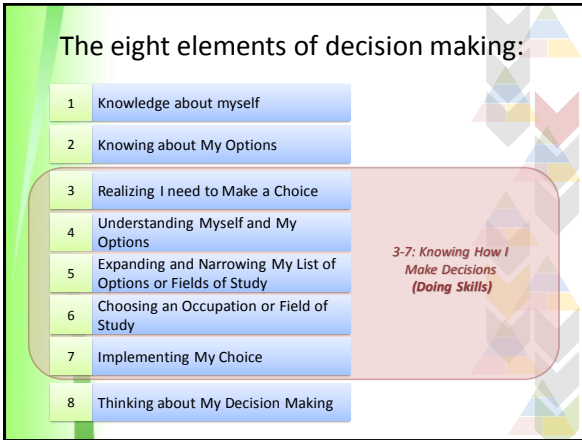


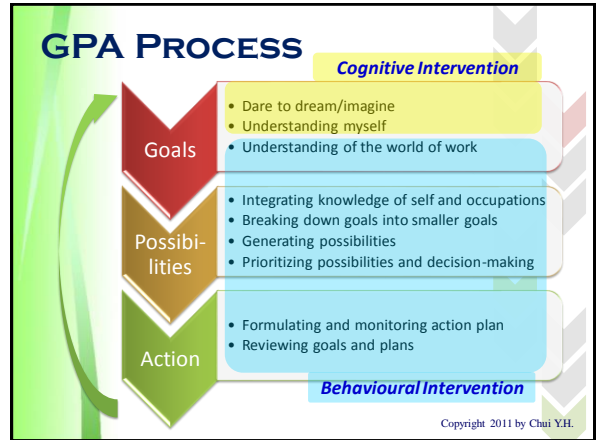
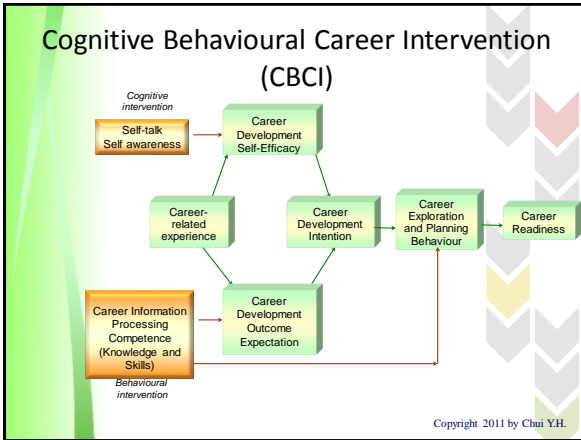
Career and Life Planning Basic Belief #5

Career and life planning is a continuous process of knowledge acquisition and decision making.

Career and life planning is a continuous process of knowledge acquisition and decision making.







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