

Career & Life Planning Committee

Annual Report (2020-21)

A. F.1 Self-exploration Workshops in Personal and Social Education (PSE) Lessons

Service Provider: Baptist Oi Kwan Social Service

Funding source: EDB & Home Affairs Bureau's Funding Scheme for Youth Life Planning Activities

- Three class-based one-hour workshops were arranged for all F.1 classes in October, in Feb and March respectively. Owing to the pandemic, some workshops were held online instead of face-to-face.

Workshop	Date	Theme	Students' Feedback
1	Oct 2020	What is a secondary school student? (甚麼是中學生?)	Around 40% (60 out of 153 respondents) stated that they had learnt more about secondary school life.
2	Feb 2021	Personal treasure – abilities and traits (個人寶藏 - 能力與特質)	Around two-thirds of the respondents (83 out of 128 respondents) reported that they had learnt to appreciate themselves and others.
3	Mar 2021	Making good use of our personal treasure (善用個人寶藏)	Around two-thirds of the respondents (65 out of 115 respondents) reported that they had learnt more about their own strengths and some respondents mentioned that they would be perseverant and would not give up in order to achieve their goals.

- In the surveys conducted by Baptist Oi Kwan Social Service, more than 90% of the students gave positive responses (‘喜歡’ or ‘十分喜歡’) towards the curriculum design and the activities carried out in all three workshops.
- In the post-test conducted after all three workshops, the results reflected that around 45% of respondents rated 8 or above to show their agreement (1 indicating ‘Not agree’ while 10 indicating ‘Strongly agree’) in the five statements which include ‘I have a clear direction in secondary school life,’ ‘I know my abilities very clearly,’ ‘I know my traits clearly,’ ‘I know my strengths’ and ‘I am confident in my future.’

B. F.2 Self-exploration Workshops in Personal and Social Education (PSE) Lessons

Service Provider: Baptist Oi Kwan Social Service

Funding source: EDB & Home Affairs Bureau's Funding Scheme for Youth Life Planning Activities

- Three class-based one-hour workshops organized by Baptist Oi Kwan Social Service were arranged for all F.2 classes from March to May, 2021. Owing to the pandemic, some workshops were held online instead of face-to-face.
- In the surveys conducted by Baptist Oi Kwan Social Service, more than 90% of the students gave positive responses (‘喜歡’ or ‘十分喜歡’) towards the curriculum design of all three workshops and around 90% of the respondents expressed positive views towards the activities in the workshops.

Workshop	Date	Theme	Students' Feedback
1	March – May 2021	Abilities and traits(能力與特質)	Students remarked that they had gained a better understanding of how others formed perceptions of them and learnt more about their own abilities and traits.
2		The world of work (行業大雜燴)	Students reported that they had learnt more about the world of work and what soft skills and hard skills would be required for different kinds of jobs.
3		Ideal jobs (理想職業)	Students expressed that they had gained an idea of what their ideal job would be.





C. F.3 Career & Life Planning Programmes- Choices of S4 Electives

- All workshops and programmes listed in the table below have been organized. CLP lesson (2) on Holland's Model card game was conducted online.

日期	活動 / 工作坊 / 事件
2020年10月21日	中三級生涯規劃工作坊 (第一節)
2021年1月26-2月5日	Probe Career Interest Test
2021年2月25日	中三級生涯規劃工作坊 (第二節)
2021年3月至6月	選科個人或小組輔導
2021年3月15日	中三級生涯規劃工作坊 (第三節)
2021年3月27日	中三級高中選修科目資訊日
2021年3月31日 23:59 前	中三級同學於網上遞交選科表格截止日期
2021年4月30日或以前	公布初選結果
2021年6月23日至27日 23:59 前	中三級同學於網上更改選科時段
2021年7月9日或以前	公布 2021-2022 年度中四選科結果、後補學位開始接受申請
2021年7月10日正午12:00 前	後補學位申請截止
2021年7月13日或以前	後補學位申請成功通知

- CLP teachers conducted individual/group career counselling according to students' needs. Those students who had been allocated electives choices of lower ranking were invited to attend individual career counselling sessions.

- F.3 students had positive feedback on the CLP programmes and CLP teachers' counselling sessions. 86% of them agreed that the sharing given by their CLP teachers had alerted them to important issues about making choices of electives. 78% of the students agreed that the HKDSE Electives Information Day held on 27 March had furnished them with information about the contents and assessment criteria of different electives. 90% of them reported that the booklet prepared by the CLP Committee had alerted them to issues they had to pay special attention to when making electives choices and 70% of them thought that the counselling sessions with the CLP teachers had enabled them to ponder their electives choices deeply.



HKDSE Electives Information Day

D. F.4 CLP Programmes

a) Programmes in Moral Education Lessons

- Three F.4 CLP lessons were conducted during the Moral Education lessons. On top of that, the Career Oscars Presentations by F.5 students were also done in the Moral Education lesson on 20 April. All lessons were successfully run.

Date	Theme
19 November 2020	Other Learning Experiences (OLE) & Student Learning Profile (SLP)
5 March 2021	Multi-pathways in post-secondary education
12 April 2021	Predictive Grades & JUPAS counselling
20 April 2021	F.5 Career Oscars presentations

- F.4 students had very positive feedback on the Career Oscar presentations given by F.5 students. 81% of them agreed that the Career Oscars had improved their understanding of the careers presented while 65% of them agreed that the presentations motivated them to find information about their personal favourite career.

b) Cross-curricular Project: F.4 Career-IA Video Mentorship

- In this cross-curricular project, F.4 students worked in groups to create videos on the theme “Admirable Creative Persons or Projects in the Industry”. Most groups performed well and demonstrated good interview skills in the videos.
- Prizes for three categories include
 - i) “Best 1-hour Interview” (3 winning groups)
 - ii) “Best 15-min Highlight” (4 winning groups) and
 - iii) “Best Short Film” (4 winning groups)

These winning groups were presented with \$50 or \$100 book coupons based on creativity showcased in their videos.

- 70% of the students agreed that the project had made them more aware of the importance of creativity and innovation in the workplace while 60% of them agreed that the project had increased their understanding of how to enhance their creativity and inspired them with ways to enhance their creativity for their future careers.

E. F.5 CLP Programmes

a) Programmes in Moral Education Lessons

- Two F.5 CLP lessons were conducted during the Moral Education lessons with the first one in September conducted online. Both lessons were successfully run.

Date	Theme
3 September 2020	From SLP to JUPAS
20 January 2021	JUPAS Institutes &

b) Cross-curricular Project -- English Career Oscars

- F.5 students gave face-to-face individual presentations about their chosen careers. They did Internet research about creativity and career success in respective workplaces. Not just were the presentations a practice for their English School-based Assessment (SBA), but the marks were also counted in the F.5 Oral term mark.

- On 20 April, 2021 five groups of students did their presentations in F.4 classes. The topics were as follows:

Class	Homeroom	CLP Teacher	Class & Chosen Career Field
4A	Rm 106	Chung K.F.	5A Design
4B	Rm 107	Kung H.C.	5B Product Design
4C	Rm 206	Wong W.S.	5C Hospitality (Hotel and Boarding)
4D	Rm 306	Lam K.S.	5D Medicine
4E	Rm 406	Wong K.W.	5E Aerospace Engineering



F.5 students doing their presentations in F.4 classes

- At the Day 4 Assembly on 11 May, 2021, one group did their presentation on creativity and career success for physicians, which was broadcast live to the whole school via Campus TV.



- After the oral presentations, students were asked to write an essay to reflect on their learning experiences in this project. There were six groups winning the Oral Presentation Prizes and 14 students winning the awards for Career Oscars Best Writers.
- 60% of the students agreed that their knowledge about the importance of creativity and innovation of some careers had improved while 55% of them agreed that the presentation had increased their understanding of how to enhance their creativity.

c) F.5 Briefing Session on Writing Self Account and Additional Information (13 July, 2021)

- F.5A, F.5C and F.5E attended the workshop conducted by Ms Wong W.S. in the Lecture Theatre while F.5B and F.5D attended the workshop conducted by Ms. Lam K.S. in Room 411. Handouts were prepared by the Committee to help students with their writing of these two tasks.

d) CUHK's Summer Clinical Attachment Programme (12 to 15 July 2021 (morning session only)

- This programme aimed to provide secondary school students with a multi-faceted exposure in medicine, and to have a better understanding of CUHK's Faculty of Medicine through interaction with the Faculty members, students and alumni in a wide array of experiential activities. Three students, namely 5C Chui Tsan Nok, 5D Chan Wai Sze and 5E Lai Ka Ming joined the programme.

e) HKUMed Broadening Programme 2021 (15th -17th July, 2021)

- This online programme featured a series of master classes, demonstrations and interactive workshops covering various key learning areas, including but not limited to anatomy, family medicine, medical ethics, ophthalmology, surgery, and wellness. Three students, namely 5C Cheung King Cheung, 5C Wong Tsun Kwong and 5C Wong Sui Yui were nominated to join the programme.

F. F.4 -F.5 Predictive Grades Counselling

- F.4 & F.5 CLP teachers counselled students who attained 19 or below in Best 5/ 4C +1X before the start of the summer holidays.
- To create a database for the JUPAS Counselling Forms, folders have been created in the public server for scanned JUPAS Counselling Forms (P:\Committee\Careers\Students' JUPAS Counselling Forms).

G. F.6 CLP Programmes

a) Programmes in Moral Education Lessons

Two talks focusing on JUPAS and one talk focusing on E-APP (Non-JUPAS programmes) were conducted for the F.6 students.

Date	Theme
22 September 2020	JUPAS Strategies & Data (Part I)
13 October 2020	JUPAS Strategies & Data (Part II)
8 December 2020	Non-JUPAS & E-App

b) Parents' Talk on Multiple Pathways (26 September, 2020)

- F.6 students together with around 110 parents attended the talk in their homerooms and the hall respectively.



- There were admission talks given to F.6 students by the following JUPAS institutes after the plenary session on multiple pathways. Parents had meetings with Form Teachers during that time slot.

UST 香港科技大學	Engineering 工程學
UST 香港科技大學	Business Administration 工商管理學
HKU 香港大學	Science 科學
HKU 香港大學	inter-disciplinary programs 跨學科課程
BUHK 香港浸會大學	Arts and Humanities 藝術及人文學科
CITYU 香港城市大學	Creative Media 創意媒體
CUHK 香港中文大學	Social Sciences 社會科學
CUHK 香港中文大學	Medicine 醫學



An admission talk was given by Professor Vincent Mok of the Faculty of Medicine, CUHK at Tsang Wing Hing Lecture Theatre.

c) School Principal's Nomination (SPN)

- Four F.6 students secured the JUPAS School Principal's Nomination (SPN) 2020-2021:

Class	Name
6C	FUNG Tsz Hin
6D	MAK Ho Ting
6D	CHAN Tsz Hei
6E	MAK Tin Ngo Oscar

- These 4 nominees were chosen out of 15 applicants and voted by 15 staff members including the principal. The results were tallied by the CLP Mistress, Miss Wong Wai Shan and verified by the principal, Mr. Wang.
- It was decided at the School Improvement Team (SIT) meeting on 16th June that students to be nominated under the SPN would be selected and voted by the SIT members from 2021-22 onwards.

d) Mock Interview Workshops conducted by the school's Speech Therapist

- Seven workshops focusing on different disciplines (e.g. Law, Education, BBA ,etc.) were conducted by the school's speech therapist, Ms Wendy Leung Wan Yee on 26 May, 2 June, 3 June and 4 June, 2021. The eleven F.6 students joining the workshops were given opportunities to acquire hands-on experiences and to brush up on their interview skills.
- Most students had positive comments about the workshop. Nearly 90% of the participants reported that they felt more confident in attending an interview after joining the workshop. Some of the responses included "The interview questions were diversified" , "Ms Leung gave us prompt suggestion and feedback on our performance after the mock interview." and "This workshop exactly demonstrated how an interview of the Faculty of Medicine was like" and "I learnt how to answer the interviewer's questions in a better and more proper way."



e) Alumni Online Interview Workshops held on 5 & 12 June, 2021

- A series of interview workshops and mentorship sessions jointly organised by the Alumni Association Ltd (AA) and the CLP Committee were conducted on two consecutive Saturdays (5 June and 12 June, 2021) for 14 F6 (2020-21) graduates.
- 14 alumni of different years and from different fields conducted at least 2-hour sessions in each. F.6 students could choose two disciplines they were interested in. There were individual interviews with self-introductions, group discussions of relevant topics or mentorship. Alumni mentors gave immediate feedback on varied concerns such as students' prepared resumes, grooming, online background settings and most of all, on their performance at the mock interviews. CLP teachers and AA advisors sat in the group to facilitate recording of all sessions for students to revisit.
- All sessions were very successful and some F6 students sought further mentorship by starting groups for more practice and networking.
- It is proposed that this workshop should be held again next year and be promoted to F.6 students before they leave school.



More details can be found on the Alumni Association Webpage:

<https://www.skhtst.edu.hk/alumni-association/2021/06/aa-clp-mock-interviews/>

f) Release of HKDSE results (21 July, 2021)

Release of HKDSE results (21 July, 2021)

- **venues for students & parents**
- Rm 101-105 were reserved for releasing of DSE result slips. Rm 401-405 were reserved for JUPAS counselling by CLP teachers. The hall was reserved as the waiting zone for parents. Rm 406 was also reserved for students to check the All-in-one Excel Admission Info as well as for second opinion consultation.

Room 406 duty arrangement:

21/7: 9:30a.m.- 12:00noon CLP teacher on duty: Ms Hung S.M.

22/7: 1:00p.m. - 4:00p.m. CLP teachers on duty: Ms Hung S.M. and Ms Lam K.S.

- **JUPAS Individual Counselling (21-22 July 2021)**
- The counselling schedule was based on students' 24-hour time slots for updating JUPAS choices. The counselling schedules were emailed to students beforehand. CLP teachers could decide on the mode of counselling, either face-to-face or online.
- The DSE results tables compiled by Mr. Wong K.W. were emailed to all teachers and the hard copies were only given to F.6 Form Teachers, CLP teachers and counselling teachers to facilitate their counselling.

- **All-in-one Excel Admission Info**

- The All-in-one Excel Admission Info compiled with admission equations was available for CLP teachers' use.

- **Others**

- PowerPoint with information about the Press Release of 2021 DSE results was sent out by Mr. Wong K.W. on the afternoon of 20 July, 2021.
- Information about the number of places available for F.6 repeaters in 2021-2022 was announced by Mr. Shek T.
- Counselling after rechecking and remarking of HKDSE Examination results was conducted by Ms Wong W.S. on 18 August.

H. Sharing Session by CU & HKU medical students with F.4- F.6 students (3 June 21)

- A total of twenty-three F.4-F.6 students attended the sharing session given by five alumni medical students (two studying in HKU and three in CUHK). The feedback from attendees was very positive. They remarked that the sharing enabled them to have a better understanding of the curriculums of the two medical schools.





I. Junior Achievement (J.A.) Hong Kong

- Eight F.4 and F.5 students formed a company called Newfus selling their self-designed Hong Kong-style amulets to our students and online at the annual trade fair. They used innovative ways to encourage fellow students to buy the company shares to get the capital to make their products and promote them to the whole school. Their creativity was further unleashed during the JA Hong Kong Youth Entrepreneur Virtual Trade Fair held on 13 (Saturday) and 21 March 2021 (Sunday). The company Newfus made great profits this year.
- Five F.4 -F.5 students joined the JA International Trade Challenge Workshop on 29 April, 2021 and two of them went on to join the JA International Trade Challenge Competition held on 29 June, 2021. Other JA activities students joined included JA Future Skills, JA X McKinsey Sharing Session and JA Career Dimensions.
- A new teacher teaching BAFS would help with the JA Company Programme next year.

J. CLP Talk for Parents: Nurturing Children's Soft Skills (10 April)

- 23 parents attended the workshop co-organised with the Parent-Teacher Association and the Career and Life Planning Committee. The workshop was run by Baptist Oi Kwan Social Service on 10 April.
- Participating parents had very positive responses towards the workshop. All of them remarked that the workshop let them better understand and acquire the skills to raise their children's soft skills like communication skills, emotional quotient and creativity. D



K. Star Groomers

a) Programmes held in 2020-21

- On 29 & 30 March 2021, the workshop “Empowering Creative Leaders” was successfully held by Empower Asia. A total of 25 F.4 to F.5 students took part in it. Below is a summary of the feedback from students:
 - 56% of the participants strongly agreed this workshop could empower creative leaders; at least 40% or more strongly agreed that they felt more confident in solving problems creatively; and over 60% strongly agreed that the workshop was useful to them.
 - What they liked about the workshop: Very informative, DiSC model, personalised assessment, etc.
 - Suggestions for improvement: The workshop can last longer and can be more interactive
- On 22 June, 2021 another workshop “Creative Communication for Star Students” was successfully held by the British Council. A total of 21 F.1 to F.2 students took part in it.

b) Database of star students

- The F.1 Talent Pool has been developed after receiving a total of 130 responses from the F.1 students in early September. The database has been sent to all teachers. ECA teachers and subject teachers could refer to it to know more about the F.1 students.
- Another Star Groomers Database listing all F.1 to F.6 students with potential has been updated and sent to all teachers.
- To facilitate administration, the database listing all the nominations for awards/ scholarships/ elite schemes could be shared with Mr. Li W.T.
- To make students all-rounders, they should be encouraged to do more voluntary services. This would also be mentioned to all staff as there can be voluntary work recruitment opportunities sent by NGOs to different committee heads.

c) Nominations

Total Nomination: 116 (Awards: 21, Scholarship: 8, Institution: 87)

Successful nomination: 62 (Results not released: 14)

Nominations submitted: (Total: 18)

- Grantham Scholars of the Year
- Harvard Book Prize
- HKUST Dual Program 2020
- Hok Yau Club Outstanding Student Leaders Award 2020-2021
- Hong Kong Academy for Gifted Education
- Hong Kong Outstanding Students Award
- SCMP Student of the Year - Linguist (English)
- SCMP Student of the Year - Performing Artist

- SCMP Student of the Year - Scientist and Mathematician
- SCMP Student of the Year - Sports person
- Sir Edward Youde Memorial Prizes for Secondary School Students
- Sir Edward Youde Memorial Scholarship
- The 33rd HKSAR Outstanding Students Selection (organized by Junior Chamber International Yuen Long and co-organized by HKSAR Outstanding Students' Union)
- The 8th 'Pursuing Excellence and Beyond' Outstanding Leaders Award 2021 (「卓越今天，成就將來」青少年領袖獎勵計劃)
- The HKU Academy of the Talented
- 沙田區傑出青年選舉
- 第七屆沙田區傑出學生運動員選舉
- 義連社沙田區傑出青年領袖獎

L. Survey on new S4 electives for F.2 students (24 June, 2021)

- To help collect students' views or preferences for the existing elective subject combination in the senior secondary curriculum, a survey on choices of electives for F.2 students were conducted on 24 June, 2021.

M. Other activities organised by external organisations

a) EDB's Business School Partnership / Internship Programs

- Students showed interest in 80-90% of the activities.
- The following students successfully enrolled in the BSPP activities during the Easter Holidays:

BSPP	Date	Participant	Students' Feedback
教育局商校合作計劃 大細路劇團	20 March - 21 March 2021	4A JIANG WEI YU 4B LIU CHING TUNG	Students had very positive feedback, saying that they had a better understanding of how the backstage crew worked during a drama performance. They had their communication skills enhanced, too.
教育局商校合作計劃 - 廣博中醫治療中心	29 March – 31 March, 2021	4D CHONG YIN KIU	The participant had very positive feedback, saying that she gained a better understanding of how a Chinese Medical Clinic operated and treated patients. She had her observation, communication and learning skills enhanced from the two-day job shadowing experience.

- The following students successfully enrolled in the BSPP activities during the summer holidays:

BSPP	Date	Participant
CLP Hong Kong Power Limited Orientation & Workshop	19/07/2021 (1 day) 09:00-18:30	5D Lai Lok Yin
康復服務工作體驗計劃 2021 (社會福利署屯門區)	July - Aug 2021	5E Chan Hiu Huen Phobe, 4C Lam Ying Wun 4D Tam Choi Yiu
沙田青年團服務團面試技巧工作坊暨實戰面試及實習體驗	July – Aug 2021	22 F.4- F.5 participants

- It was suggested that a database or an Excel file be developed to record the activities and information about the participants to ensure that students are given equal opportunities to take part in various programs or activities.

b) Coaching Job Interviewing Skills for Secondary School Students (Online Workshop)

- This online workshop was part of the Leadership Training Programme for Youngsters 2020-21 co-organised by the Hong Kong Women Professionals & Entrepreneurs Association (HKWPEA) and the Hong Kong Association of Careers Masters and Guidance Masters (HKACMGM). Four F.4- F.6 students attended the workshop on 24 March 2021. They learnt more about jobs offered in the banking industry and how to prepare for job interviews.

c) Smart Health Workshop and Prototype Design Competition

- Four F.4 students formed a team to participate in the “Smart Health Workshop and Prototype Design Competition” in the “Engineering Exploration Programme 2021 (青年工程師體驗計劃 2021)” held between 27 March and 22 May 2021. They designed a “Smart Chair (智慧護骨椅)” and won the championship among 15 participating teams.

d) savvy Planner Workshop (生涯則智策劃家工作坊)

- 19 CLP ambassadors joined the workshop on 28 May, 2021. Through playing a board game, students had their financial intelligence (FQ) and career planning awareness enhanced and got to know more about goal setting (life and finance), budgeting, risk management, saving and controlling expenses, etc.

e) Disney's Foundations for Career Success

- 24 CLP ambassadors joined the workshop on 25 June, 2021. They learnt the value of self-discipline and self-motivation through discovering elements that contribute to success as a Disney Cast Member. They travelled the path from school to work, exploring personal preparation for career interest, the unique Disney business culture, and the expansion of individual skill sets to create a variety of career opportunities.



f) Campus Visit to Department of Civil and Environmental Engineering of Poly U (30 June, 2021)

- A total of 17 F.4 to F.6 students signed up for the campus visit to Department of Civil and Environmental Engineering of Hong Kong Polytechnic University on 30 June, 2021. The visit included a hands-on workshop as well as laboratory visits.



END OF REPORT