St. Paul's Co-educational College 2014 – 2015 Report on Life Planning Education and Careers Guidance Service

Appendix – Life Planning Education and Careers Guidance Service Programme Overview

	F.1	F.2	F.3	F.4	F.5	F.6
Self-	Positive Education Curriculum to be delivered through Form Teacher Periods with stipulated themes for each level					
understanding and Development	 Positive communication Self-exploration Confidence building Positive relationships Cognitive behavioural therapy theory Social skills Coping skills 		 Self-understanding Building peer connections Motivational theory 	 Time management Stress management Academic honesty Social awareness 	 Passion discovering Meaning of life Goal theory 	■ Reflection
Exploration, Planning and Management	 School Transition and Attributes Development Residential Programme Adventure based learning programme 	Beijing Cultural Study Trip	 Briefing for students and parents on choice of curriculum/ subjects Academic counselling for prospective IB students Career mapping Nansha Study Trip Rites of Passage (four-week experiential learning in Australia) 	 Service learning programmes 	 Briefing for students and parents on HKDSE and university admission (local / overseas) Mentor Programme Business / University Attachment Programmes Self-Initiated Attachment Programmes 	 Sharing by graduates on university admission and interviews (local / overseas) Briefing on JUPAS and multiple pathways Interview workshop
			 Briefing for students and parents on overseas university education 			
	 Service learning programmes 			 Careers talks (local / overseas universities, alumni, professionals) Individual and personalized guidance on further study options Alumni Mentors College Fair (overseas) Careers visits University Taster programmes External career-related programmes / competitions (e.g. HKACMGM Summer Work Experience Scheme, Junior Achievement Company Programme) 		