

高中綜合活動領域

雙語教學資源手冊

生涯規劃科 英語授課用語

A Reference Handbook for **Senior High School Bilingual Teachers** in the Domain of **Integrative Activities(Career Planning)**: Instructional Language in English





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第一章 職涯起點：助你翱翔的全攻略

Career Launch: The Ultimate Guide to Help You Soar

高師大英語系 唐煒勛、高師大英語系 方琬琳

■ 學習目標 Learning Focuses

學習表現	涯 1b-V-1 覺察個人生涯規劃的重要性，主動建構個人生涯意義。 涯 1c-V-1 分析與統整個人特質、價值觀、生涯態度及信念。
學習內容	涯 Ab-V-2 建構個人生涯規劃的意義與內涵。 涯 Ac-V-2 個人生涯態度和信念。

■ 詞彙 Vocabulary

單字	中文	單字	中文
career	生涯	retire	退休
interest	興趣	diversity	多元化
value system	價值觀	department	科系
positivity	積極性	interdisciplinary	跨領域的
sense of achievement	成就感	personality	人格特質

regret	遺憾/後悔	belief	信念
self-identity	自我認同	skill	技能
dream	夢想	resilience	韌性

■ 教學句型與實用句子 Sentence Frames and Useful Sentences

Self-assessment 生涯自我檢核

① I have achieved my goal because _____.

例句：I have achieved my goal because I am in charge of the Graduate Student Association.
我實現了我的目標，因為我負責掌管系學會。

② I have not achieved my goal, and I should improve _____.

例句：I have not achieved my goal, and I should improve my attitude towards everything.
我還沒達成我的目標，我需要改善我對於每件事的態度。

Asking question 問問題

③ How would you _____?

例句：How would you describe yourself?
你會如何形容你自己呢？

④ What is your _____?

例句：What is your personality?
你的人格特質是什麼？

■ 問題講解與對話 Question and Answer/Dialogues

對話一 Dialogue 1

Teacher: Class, please turn to page 8, and you need to fill out the three different kinds of life tasks on this page.

Student: Could you provide us with some directions about how to fill out the information?

Teacher: The first task is to write down your interpersonal relationships, such as activities and relationships with teachers and classmates.

Student: Got it. You mean the sense of belongingness?

Teacher: That's right. The second task is your career plan. For this part you can write about things that you have done. The last task is to introduce yourself and talk about your value system.

Student: The three tasks are closely linked with one another, so our value systems affect every aspect of our lives.

Teacher: Absolutely! Therefore, it is very important to be aware of your own belief system.

Student: Is this about what is referred to as: "Choice is more important than effort, while belief is more important than choice"?

Teacher: Yes. You are really good at learning by analogy.

老師：同學們，請翻到課本第八頁，你們需要在此頁填寫三種不同的人生任務。

學生：老師，您可以給我們一些指示要怎麼寫嗎？

老師：第一個任務是寫出你自己的人際定位，例如參加的活動，及與師長和同學的關係。

學生：瞭解。像是自己的歸屬感嗎？

老師：沒錯。第二個任務是寫出你的生涯規劃，你可以寫你已經做完的事情。
第三個任務是介紹你自己，及談談你的價值觀。

學生：這三個任務是息息相關的。我們的價值觀會影響我們人生的每個面向！

老師：沒錯！所以，知道自己的信念，是非常重要的。

學生：這是所謂的「選擇比努力重要，而信念又比選擇重要」嗎？

老師：是的。看來你們很會舉一反三。

對話二 Dialogue 2

Teacher: After knowing about the life stories of the two slashies, does anyone want to share your opinions, or find out something they have in common?

Student: I find out both of them persistently pursue new knowledge.

Teacher: Great, that's right. One is never too old to learn.

Student: But we need to put in a lot of effort. My family once told me that times have changed, so it is impossible to do only one job for the whole life.

Teacher: Yes. That's how things are now. But at the same time this gives us a good chance to think about what you really want to do in your life.

Student: Crisis is often the turning point for the better.

Teacher: Yes. Every coin has two sides.

Student: Therefore, we should study more conscientiously and seize every chance to explore new things.

老師：看完了兩位協槓青年的人生故事，有沒有人想要分享自己的意見，或找出一些共同點呢？

學生：我發現他們兩位都一直持續的學習新知。

老師：很棒，沒錯。活到老學到老。

學生：但是我們要很努力。家人告訴我時代已經變了，很難一輩子只能做一份工作。

老師：現代趨勢的確是如此，但同時，這也是讓我們去思考自己真正要做什麼的好機會。

學生：危機就是轉機。

老師：沒錯。每件事都有一體的兩面。

學生：那麼，我們更該認真學習，把握每個探索新事物的機會。

第二章 探索職涯色彩：發現你的核心優勢

Find Your Own Color in the Career Spectrum: Discover Your Core Strengths

高師大英語系 唐煒勛、高師大英語系 方琬琳

■ 學習目標 Learning Focuses

學習表現	<p>涯 1b-V-1 覺察個人生涯規劃的重要性，主動建構個人生涯意義。</p> <p>涯 1c-V-1 分析與統整個人特質、價值觀、生涯態度及信念。</p> <p>涯 2a-V-1 具備運用資訊分析個人特質與生涯進路的能力。</p>
學習內容	<p>涯 Ab-V-2 建構個人生涯規劃的意義與內涵。</p> <p>涯 Ac-V-2 個人生涯態度和信念。</p>

■ 詞彙 Vocabulary

單字	中文	單字	中文
explore	探索	family of origin	原生家庭
interpersonal relationship	人際關係	stereotype	刻板印象
extrovert	外向者	introvert	內向者
altruism	利他主義	egotism	利己主義
diversity	多樣性	personality	人格
critical thinking	批判性思考	self-fulfilling prophecy	自我應驗
positive	積極的	negative	消極的

■ 教學句型與實用句子 Sentence Frames and Useful Sentences

☞ 性格探索 ☞

① I find myself to be a/an _____ person because I _____.

例句(1) : **I find myself to be an introverted person because I** love being alone and enjoy my own free time.

我發現我是一個內向的人，因為我喜歡獨處，並享受自己的閒暇時間。

例句(2) : **I find myself to be a conscientious person because I** love to set life goals and do my best to achieve them.

我發現我是個認真的人，因為我喜歡設立我的人生目標並努力達成。

☐ 生活任務角色 ☞

② I am a/an _____ and a/an _____ at the same time.

例句 : **I am a daughter and I am an elder sister** at the same time; I like to chat with my mom and play with my younger brother at home.

我同時是個女兒也是個姐姐，我在家喜歡跟媽媽聊天還有跟弟弟玩。

■ 問題講解與對話 Question and Answer/Dialogues

對話一 Dialogue 1

Teacher: After reading the life stories of Ah-han and Yi-fen Xie, does anyone want to share his/her own thoughts?

Student: I find out that life is ever-changing.

Teacher: That's right. Take Ah-han's life story for example, in different age periods and living environments our own thoughts are going to change.

Student: Will we change according to time?

Teacher: Yes. As time goes by, our life roles will also be different.

Student: Could you give us a few examples?

Teacher: Take me as an example. I am both my parents' child and my child's parent.
Also, I am your teacher.

Student: It's not easy to play so many roles in our lives.

Teacher: Yes. That's the reason why life is so enriching and interesting.

老師：同學們，讀完阿翰及謝怡芬的人生故事，有人想分享自己的想法嗎？

學生：老師，我發現人生是時刻在變的。

老師：沒錯。以阿翰的人生故事為例，在不同的年齡及生活環境下，我們自己的想法都會改變。

學生：我們會隨著時間改變嗎？

老師：是的。隨著時間變化，我們每個人的人生角色也會有所不同。

學生：老師，您可以舉幾個例子嗎？

老師：以我自己為例，我同時是我父母的小孩，也是我小孩的家長，更甚的是，我是你們的老師。

學生：在我們一生中，要扮演那麼多角色，好不容易。

老師：沒錯。那就是人生豐富且有趣的原因。

對話二 Dialogue 2

Teacher: After learning the five major factors of personality, OCEAN, does anyone want to share his/her own personality traits?

Student: Yes, I do.

Teacher: Good. Please also provide some examples to demonstrate your personality.

Student: I am a person whose emotions are very stable because I'm pretty good at letting go of stress.

Teacher: This is an important trait. Everyone might face some challenges at different stages, but knowing how to maintain mental balance is definitely an important skill.

Student: I hope I will overcome all the difficulties I need to face in the future.

Teacher: You definitely will.

老師：學完人格五大因素 OCEAN 後，有任何人想要分享自己的人格特質嗎？

學生：是的，我要。

老師：好的。請同時舉例說明你的人格特質。

學生：我是個情緒穩定的人，因為我很能排除壓力。

老師：這是一個很重要的特質。每個人在不同階段，都會遇到挑戰。如何保持身心平衡，絕對是個重要的技能。

學生：我希望我能克服未來的一切困難。

老師：你一定可以的！

第三章 壓力釋放術：精準學習的黃金法則

Say Goodbye to Stress: The Golden Rules of Precision Learning

高師大英語系 唐煒勛、高師大英語系 方琬琳

■ 學習目標 Learning Focuses

學習表現	<p>涯 1a-V-1 連結人生各階段的發展任務，具備生涯轉折與調適的能力。</p> <p>涯 1c-V-1 分析與統整個人特質、價值觀、生涯態度及信念。</p> <p>涯 3b-V-1 善用學習方法與策略，進行有效學習，養成終身學習的習慣。</p>
學習內容	<p>涯 Aa-V-1 人生各階段的發展任務。</p> <p>涯 Aa-V-3 生涯轉折與應變能力。</p> <p>涯 Ac-V-1 個人能力和興趣。</p> <p>涯 Cb-V-1 自主學習的方法與策略。</p> <p>涯 Cb-V-2 時間管理與壓力調適等。</p>

■ 詞彙 Vocabulary

單字	中文	單字	中文
learning style	學習風格	visual	圖像式學習
kinesthetic	動態式學習	auditory	聽覺學習
reading and writing	讀寫學習	Feynman technique	費曼學習法
time management	時間管理	procrastinate	拖延

perfectionism	完美主義	Pomodoro Technique	番茄工作學習法
stress	壓力	Relieve	抒解
cope with	處理	diaphragmatic breathing	腹式呼吸

■ 教學句型與實用句子 Sentence Frames and Useful Sentences

☞ 學習風格 ☜

① My learning style is _____ because I like to learn things by/through _____.

例句(1) : **My learning style is kinesthetic because I like to learn things** through hands-on operation.

我的學習風格是動態式學習，因為我喜歡藉由實際操作來學習事物。

例句(2) : **My learning style is auditory because I like to learn things by** listening.

我的學習風格是聽覺學習，因為我喜歡透過聽他人講述來學習事物。

☞ 壓力調適 ☜

② When I feel stressed, I usually_____.

例句(1) : **When I feel stressed, I usually** share my feelings with friends.

當我感到有壓力時，我常常跟朋友訴說心中感受。

例句(2) : **When I feel stressed, I usually** curb myself to stop thinking about the problem.

當我感到有壓力時，我常常拒絕思考任何與問題相關的事。

■ 問題講解與對話 Question and Answer/Dialogues

對話一 Dialogue 1

Teacher: Students, do you understand the importance of the phrase “it’s never too late to learn”?

Student: Yes. For example, even though my grandfather is already 80 years old, he still goes to the community center often and learns new skills.

Teacher: That’s great. More importantly though, the first crucial point for young people like you is exploring your own learning styles.

Student: Why is that? Can you explain more please?

Teacher: Because when you understand clearly about your own learning styles, in the near future you will find suitable learning patterns. This helps you not to feel so stressed.

Student: No wonder, this may be why I usually try hard but I can’t achieve any outcomes. Because there are so many kinds of learning styles.

Teacher: You have to try hard as much as you can to acquire more new knowledge. When you broaden your views, you will understand yourself more easily.

Student: Got it.

老師：同學們，你們知道「活到老學到老」的重要性嗎？

學生：是的，我知道。例如，即使我爺爺已經 80 歲了，他仍常常去社區中心學習新的才藝。

老師：很棒。再者，對很年輕的你們來說，很重要的一點是，先探索你們自己的學習風格。

學生：為什麼呢？老師，您可以多解釋一些嗎？

老師：因為當你清楚地了解自己的學習方法時，在不久的將來，你能很快的找到自己適合的學習模式，你的挫折感不會那麼重。

學生：難怪我常常覺得自己很努力了，卻還是沒有好的成效。原來學習方式有很多種。

老師：你要盡可能地努力，多學習新知。當你看得夠多，也更容易了解自我。

學生：了解。

對話二 Dialogue 2

Teacher: Students, you all look so tired. Is it because of final-term exams?

Student: Yes. Every day I am not able to complete tasks.

Teacher: You should manage your time.

Student: How should I manage time? Can you provide us with some methods?

Teacher: There are so many kinds of methods. The most famous one in recent years would be the Pomodoro Technique.

Student: I heard about it, but I never tried it.

Teacher: Since you have problems with time management, just give it a try.

Student: Alright.

老師：同學們，最近你們看起來很累，是因為期末考要到了嗎？

學生：是的，我是。我每天事情都做不完。

老師：你應該管理一下你的時間。

學生：我要怎樣管理時間呢？您可以提供任何方法給我們嗎？

老師：方法有很多，這幾年最知名的就是番茄鐘時間管理法。

學生：我有聽過，但我從來沒試過。

老師：既然你有時間管控不佳的問題，你就試試看。

學生：好的。

第四章 無限職涯：打破邊界的全球視野

The Path of Life, a World with Infinite Possibilities

高師大英語系 唐煒勛、高師大英語系 方琬琳

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學習內容	涯 Ac-V-1 個人能力和興趣。 涯 Ba-V-2 特質與生涯進路。 涯 Ba-V-3 特質與大學學群。 涯 Ba-V-5 大學生涯與職業選擇。

■ 詞彙 Vocabulary

單字	中文	單字	中文
major	主修	minor	輔系
Business Administration	財經	Management	管理
Law & Politics	法政	Recreation & Sport	遊憩運動
Computer Science	資訊	Engineering	工程
Mass Communication	大眾傳播	Education	教育
Foreign Language	外語	Arts	藝術

Medical Health	醫藥衛生	Global Environment	地球環境
Life Sciences	生命科學	Building Design	建築設計

■ 教學句型與實用句子 Sentence Frames and Useful Sentences

Self-introduction 自我介紹

① I am a/an _____ person.

例句：I am a very ambitious person.

我是個很有抱負的人。

② My most valuable strengths are _____.

例句：My most valuable strengths are determination and resilience.

我最大的長處是果斷和恢復力強。

③ My weaknesses are _____.

例句：My weaknesses are perfectionism and procrastination.

我的弱項是完美主義和拖延。

Goals in the future 未來憧憬

④ I want to claim _____ as my major in college.

例句：I want to claim foreign languages as my major in college.

我大學想讀外語。

5 I want to _____ after graduating from high school.

例句：I want to get a job after graduating from high school.

高中畢業後我想找份工作。

■ 問題講解與對話 Question and Answer/Dialogues

對話一 Dialogue 1

Teacher: Are there any questions now that you have finished the department-exploration activities?

Student: In order to select the most suitable departments, how can I get to know my own strengths?

Teacher: You can begin from your personality traits and then review outstanding performance within and without school.

Student: Thank you, teacher.

Teacher: In addition to the departments we introduced today, what is your impression about the college life?

Student: In college students get to learn things freely.

Teacher: That's right. In addition to required and elective courses, you can also attend courses you are interested in from other departments.

Student: Apart from concentrating on studies, college students can also go to work and earn money to gain work experience.

Teacher: That's right. But, you need to manage your time well to balance your activities.

Student: Is it worthwhile going to graduate school immediately after finishing college?

Teacher: You can choose to enroll in graduate school or firstly work in your desired fields.

Student: Where can we find related information?

Teacher: You can browse the IOH website to look at references from others.

老師：當你們完成對科系探索的活動後，有沒有甚麼問題呢？

學生：我想要選擇最適合自己的科系，但我如何知道自己的優勢呢？

老師：你可以從自己的個性和校內、外優異表現著手。

學生：謝謝老師。

老師：除了今天介紹的科系外，你們對大學生活有什麼想法呢？

學生：大學是可以自由學習的地方。

老師：沒錯。除了系上的必修與選修課外，你也可以到外系旁聽你有興趣的課程。

學生：大學生除了專注課業外，也可以開始工作賺錢或吸收經驗。

老師：沒錯。你們需要好好地管理時間，才能在活動中取得平衡。

學生：老師，我們大學畢業後，要馬上讀研究所嗎？

老師：你們可以選擇讀研究所，或者先進入職場，在自己喜歡的領域內工作。

學生：我們哪裡可以找到相關資訊呢？

老師：你們可以瀏覽 IOH 網站，去看別人的參考資料。

對話二 Dialogue 2

Teacher: Now, let's do an activity!

Student: Which activity is it?

Teacher: Find a partner and practice mock college-admission interviews with each other.

Student: How should we prepare for a mock college-admission interview?

Teacher: We will divide students into pairs. Within each group, one person plays the role of an interviewer, the other is interviewee.

Teacher: After ten minutes, we will swap roles.

Student: What if I am the interviewee but I am not familiar with the department?

Teacher: You can search for information online.

Student: Should we take notes?

Teacher: Yes. Everyone needs to get a worksheet. Firstly, write down your names and seat numbers. Then, during the interview you should record questions and answers. Finally, you both give each other scores and suggestions.

Student: OK!

老師：現在，我們來做一個活動！

學生：是甚麼活動？

老師：你們試著找你們的夥伴，互相練習模擬大學入學面試。

學生：我們要如何準備模擬大學入學面試呢？

老師：我們可以把學生分兩人為一組，每組內，一個是面試官，一個是面試者。

老師：練習十分鐘後，你們可以角色互換。

學生：如果我是面試者，但對系所不熟悉怎麼辦？

老師：你可以上網搜尋資料。

學生：我們需要做紀錄嗎？

老師：是的，你們需要。

你們每個人將會拿到一張學習單，首先，在上面寫下你們的姓名和座號，面試時，你們要紀錄問題和答案。最後，你們雙方要給評分和建議。

學生：好的！

第五章 掌控未來：決勝於關鍵時刻的策略思維

The Key Moments of My Future

高師大英語系 唐煒勛、高師大英語系 方琬琳

■ 學習目標 Learning Focuses

學習表現	<p>涯 2b-V-1 具備職業道德與工作倫理，以適應未來職涯生活。</p> <p>涯 3a-V-1 能使用生涯評估與抉擇的方法，規劃未來。</p>
學習內容	<p>涯 Bb-V-1 職業生活與工作倫理。</p> <p>涯 Bb-V-2 市場變動與未來發展。</p> <p>涯 Ca-V-2 生涯反思與變化因應。</p>

■ 詞彙 Vocabulary

單字	中文	單字	中文
artificial intelligence	人工智慧	Internet celebrity	網紅
robot	機器人	hard skills	硬實力
e-commerce	電商	soft skills	軟實力
live streaming	直播	search skills	搜索力
cloud computing	雲端運算	social skills	社交力
social media	社群媒體	perseverance	恆毅力

self-driving	無人駕駛	resilience	逆抗力
e-sports	電競	altruism	利他力

■ 教學句型與實用句子 Sentence Frames and Useful Sentences

☞ In the workplace 職場環境 ☜

① To learn how to _____ is important.

例句：To learn how to collaborate with others is important.

學習如何與人合作是重要的。

② When working in the workplace, you need to _____.

例句：When working in the workplace, you need to be careful of your actions.

在職場工作，你需要謹慎做事。

③ You should not _____.

例句：You should not speak in a negative way to your colleagues.

你不該對你的同事講負面的話。

☞ Future market 未來市場 ☜

④ _____ will become popular in the future.

例句：Cybersecurity will become popular in the future.

網路安全在將來會變得熱門。

⑤ You can cultivate _____ to increase your competitiveness.

例句：You can cultivate teamwork skills to increase your competitiveness.

你可以培養團隊合作能力強化自己的競爭力。

■ 問題講解與對話 Question and Answer/Dialogues

對話一 Dialogue 1

Teacher: Let's talk about skills needed to enter the workplace. Does anyone want to share?

Student: It's necessary to have some basic knowledge and skills related to the target job.

For example, as a software engineer, you would need to know how to write code.

As an architect, you need to understand aesthetics and design.

Teacher: What you mentioned are the 'hard' skills in the workplace which can be learned through textbooks or training. What else is there?

Student: We need to know how to manage time and do our own work well within a team.

Also, we should not speak badly of others.

Teacher: Very good. What you mentioned are 'soft' skills within the workplace. These may not be as obvious, but they are an indication of our values in the workplace.

Student: Teacher, why are soft skills so important?

Teacher: Soft skills are mostly related to personalities, such as teamwork or time management. In the workplace everyone has similar hard skills, but, if your boss wants to decide who gets a promotion or salary increase they look for those who can handle problems better than others or those who can arrange plans more efficiently. These types of person will have more opportunities.

Student: How can we cultivate our soft skills?

Teacher: You can start by practicing in school. For example, participating in club activities to learn how to cooperate with others. Or, you can aim to submit every assignment on time to practice time management.

老師：讓我們來談談進入職場所需要的能力。有沒有人願意分享呢？

學生：要有一些工作相關的基本知識和技能是必須的。例如，當軟體工程師，他要會寫程式，當建築師，他需要懂得美學和設計。

老師：你提到的是工作的硬實力，它可以透過教科書或參加培訓來習得。還有其他的嗎？

學生：我們要懂得時間的管理，在團隊裡，做好自己的工作，不說人壞話。

老師：很好。你提到的是工作的軟實力。它沒那麼明，卻可呈現我們在職場工作的價值觀。

學生：老師，為什麼軟實力那麼重要呢？

老師：軟實力大多和人格特質有關，像是團隊合作能力或時間管理。在職場上，大家的硬實力都相似，如果上司要決定讓誰升遷加薪，就得看誰更能處理問題，或安排工作計畫。

學生：我們該如何培養自己的軟實力呢？

老師：你可以平常在學校練習，像是多參加社團活動，來學習與人合作，或規定自己每份作業都按時繳交，來學習時間管理。

對話二 Dialogue 2

Teacher: Can you imagine your future?

Student: The application of the internet and big data will become more widespread in the future, but many jobs will be replaced by robots - such as translators or construction workers.

Teacher: That's right. Technological progress makes life more convenient. But many jobs will disappear.

Student: How can we avoid being replaced by artificial intelligence?

Teacher: Good question. Let's turn to page 98 of the textbook. Can anyone summarize these skills in a few sentences for us?

Teacher: We should enhance our self-worth, know our future direction and actively help others.

Student: Very good. You can practice questions on these pages to check whether you are now able to achieve these abilities or not.

老師：你們能想像未來的生活嗎？

學生：網路和大數據的應用將更普及，但是，很多工作將會被機器人取代，像是翻譯或建築工人。

老師：沒錯。科技的進步讓生活較方便。但是，許多工作也會跟著消失。

學生：我們要如何避免不被人工智慧所取代呢？

老師：這個問題問得很好。讓我們翻到課本第九十八頁。有沒有人可以幫我們用幾句話總結這些能力呢？

老師：我們要提升自我價值，知道自己未來的方向，並且主動幫助他人。

學生：非常好。你們可以練習這些頁數的問題，檢測是否能達成這些能力。

第六章 自我掌舵：成為人生航程的智慧領航員

Steering My Own Ship: Becoming the Wise Navigator of Life's Journey

高師大英語系 唐煒勛、高師大英語系 方琬琳

■ 學習目標 Learning Focuses

學習表現	涯 3a-V-1 能使用生涯評估與抉擇的方法，規劃未來。 涯 3c-V-1 能運用生涯檔案認識自己並自我推銷。
學習內容	涯 Ca-V-2 生涯反思與變化因應。 涯 Cc-V-1 生涯願景與行動方案。

■ 詞彙 Vocabulary

單字	中文	單字	中文
thinking	理性	decision	決策
intuition	直覺	belief	價值觀
adventure	冒險	hobby	興趣
conservatism	保守	skill	能力
procrastination	拖延	duty	責任
judgment	決斷	layoff	裁員

impulsiveness	衝動	entrepreneur	創業者
rationality	理智	adaptability	調適力

■ 教學句型與實用句子 Sentence Frames and Useful Sentences

✂ Making the decision 做出決策 ✂

① _____ have an influence on my goal.

例句：My parents' expectations **have an influence on my goals**.

父母的期待會影響我對的未來目標。

② You should take _____ into consideration.

例句：You should take your personal situations **into consideration**.

你應該把個人狀況納入考量。

✂ Adaptability 適應力 ✂

③ I am willing to _____.

例句：I **am willing to** accept others' suggestions and make changes to adjust my attitude.

我願意接受他人的建議改變態度。

④ When ___, I won't ___.

例句：When things don't go well, I **won't** feel angry or discouraged.

當事情不如意時，我不會感到憤怒或沮喪。

■ 問題講解與對話 Question and Answer/Dialogues

對話一 Dialogue 1

Student: Teacher, I'm confused about which university to study at in the future.

Teacher: That's a good question. Let's discuss it together by reading the textbook. Firstly, what do we need to consider?

Student: We should understand our own personality.

Teacher: Exactly. We need to know ourselves first to avoid being influenced by our usual thinking habits. For example, if you're a perfectionist, I'd suggest that you focus on taking hold of good opportunities rather than insisting on the *best* choice.

Student: How do I make a decision?

Teacher: You can refer to page 108 of the textbook. It outlines seven steps for making career decisions. Which step do you not understand?

Student: Step Five can be a bit complex. I'm not sure how to evaluate potential outcomes and trade-offs.

Teacher: This is something we can approach from three angles. Firstly, we need to consider personal factors. For example, do your skills align with the requirements of your desired future university departments? Do you want to study in other cities? Next, we need to consider environmental factors. Do your parents have any expectations? Will your desired future university departments offer good jobs after graduation? Finally, we need to collect information and narrow down the departments that meet our criteria.

Student: It sounds like a lot of information to handle. I found it's challenging to think about it.

Teacher: You can create a decision balance sheet. You can fill in the desired departments and weight scores according to the factors you are concerned about. The departments with the highest scores will be your preferred choice.

Student: I'll give it a try. Thank you.

學生：老師，我對未來要讀哪間大學感到迷茫。

老師：這是個好問題。讓我們一起閱讀課本，討論一下。首先，我們要考量的是什麼呢？

學生：我們應該了解我們自己的性格特點。

老師：沒錯。我們首先應該認識自己，才能避免被固有的思考習慣影響。例如，如果你是完美主義者，我建議你專注好的機會，而不是最好的選擇。

學生：我該如何做決定呢？

老師：你可以參考課本第 108 頁。它有寫出生涯決定的七個步驟。你對哪一個步驟不了解呢？

學生：第五步驟有點複雜，我不曉得如何評估可能的結果和得失。

老師：我們可以從三個方面來看。首先，我們考量個人的因素，你的專長和你想要讀的系所一致嗎？你想不想去外縣市讀書呢？再來，我們考慮環境的因素，你的父母有沒有什麼期待？你想要讀的系所，畢業後好找工作嗎？最後，依照我們蒐集的資訊，篩選出符合你的條件的系所。

學生：聽起來有好多資訊要處理，想到就覺得很難。

老師：你可以做一份決策平衡單，在表格內填入想要的科系後，在依照考慮的因素加權給分，得分最高的就是你要的結果。

學生：我會試試看，謝謝老師。

對話二 Dialogue 2

Teacher: What do you think about Guan-hong Xie's story?

Student: Many people would give up on themselves after being laid off from work, but he used his abilities to overcome challenges. Further, he took on a lot of responsibilities and built a successful business. I believe his passion and fearlessness are key points worth learning from.

Teacher: Guan-hong Xie turned a crisis into an opportunity, identified market needs and most importantly responded to external changes by adjusting his behavior.

These factors allowed him to establish his own business successfully.

Student: I also want to improve my adaptability. How can I do it?

Teacher: You can start by identifying your daily habits then trying to change them.

You have to be brave and break rules to deal with unexpected situations. Finally, you need to cultivate observation and reflection skills to help you respond to the external changes.

老師：看完謝冠宏的故事，你們有什麼想法嗎？

學生：很多人被裁員後就放棄自己，但他憑藉自己的能力，克服困難，承擔眾多責任，而且成功建立事業。我相信他的熱誠及無畏，是值得學習的。

老師：謝冠宏化危機為轉機，認同市場需求，最重要的是，他能因應外在的變化，調整自己的行為。這些因素讓他成功建立自己的企業。

學生：我也想提升調適力，該怎麼做呢？

老師：你可以先察覺你的日常生活習慣，試著改變它們。你要勇敢的打破常規，處理各種意外情況。最後，你需要培養觀察力及反思的能力，以因應外界的變化。

第七章 專屬旅程：踏上你的終身職涯成長之路

Personalized Journey: Embark on Your Path to Lifelong Career Growth

高師大英語系 唐煒勛、高師大英語系 方琬琳

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■ 詞彙 Vocabulary

單字	中文	單字	中文
Learning Portfolio	學習歷程檔案	learning ability	學習能力
civil policy	公民政策	interest code	興趣代碼
diversity	多元化	curriculum vitae	履歷
Ministry of Education	教育部	university	大學
certificate	證照	motivation	動機
issue	議題	expert	專家
perseverance	毅力	creativity	創造力

■ 教學句型與實用句子 Sentence Frames and Useful Sentences

☞ 學習歷程 ☞

① My favorite subject is _____, and I _____.

例句(1) : **My favorite subject is music, and I** joined the popular music club at school.

我最喜歡的科目是音樂，而且我有參加學校的熱音社。

例句(2) : **My favorite subject is PE, and I** play basketball every weekend with my friends.

我最喜歡的科目是體育，而且我每個周末都和我的同學打球。

☞ 生涯行動 ☞

② I know what my interest code is, and/but I think I can _____.

例句(1) : **I know what my interest code is, and I think I can** major in English in the future.

I would like to know more about how to analyze a text.

我知道我的興趣代碼是什麼，而且我認為之後可以去讀英語系。我很想知道如何對文本作分析。

例句(2) : **I know what my interest code is, but I think I can** also discuss it with my teachers more. I want to clearly know more about myself.

我知道我的興趣代碼是什麼，但我認為也可以跟我的老師多討論。我想更清楚地了解我自己

■ 問題講解與對話 Question and Answer/Dialogues

對話一 Dialogue 1

Teacher: Do you know what the learning portfolio of the 108 Curriculum is?

Student: We know about it because many teachers have mentioned it.

Teacher: So, do you know what the importance of it is?

Student: I do, but at the same time I find it quite troublesome and annoying.

Teacher: It is not easy to record the learning process, but it also helps us to understand ourselves better.

Student: It is true to say that self-discovery is not easy.

Teacher: You can also observe your own changes in different stages according to your records.

Student: Okay.

老師：你們知道 108 課綱中的學習歷程檔案是什麼嗎？

學生：我們已經知道了，因為很多老師跟我們討論過。

老師：那麼，你們知道它的重要性嗎？

學生：是的，我知道，但同時，我覺得它麻煩且惱人。

老師：記錄學習歷程是不容易的，但同時，它也幫助我們更了解自己。

學生：的確，自我探索是不容易的。

老師：你們也可以依照自己的紀錄，觀察在不同階段自己的改變。

學生：好的。

對話二 Dialogue 2

Teacher: Do you know what needs to be included in the learning portfolio of the 108 Curriculum?

Student: I am not sure. Can you tell us more?

Teacher: No problem.

Student: It suddenly occurred to me and I want to ask, except for basic information does it also include our course learning outcomes and multi-learning performance?

Teacher: That's right. This is closely related to your future.

Student: Although this process is annoying, it allows me to keep a good record of what I did in senior high school.

Teacher: It's helpful for you to explore yourself as well.

Student: That's right. I need to plan carefully for every stage of my life.

老師：你們知道 108 課綱中的學習歷程檔案需要包含哪些東西嗎？

學生：我不確定。您可以再跟我們多說一點嗎？

老師：沒問題。

學生：我突然想到，除了基本資料之外，它是否還包含我們的課程學習成果跟多元學習表現呢？

老師：沒錯。這跟你們的未來息息相關。

學生：雖然這個歷程很麻煩，但它讓我好好記錄自己在高中時期所做的事。

老師：它對探索自己，也是有幫助的。

學生：沒錯。我需要仔細地去規畫自己人生的每個階段。

國內外參考資源 More to Explore

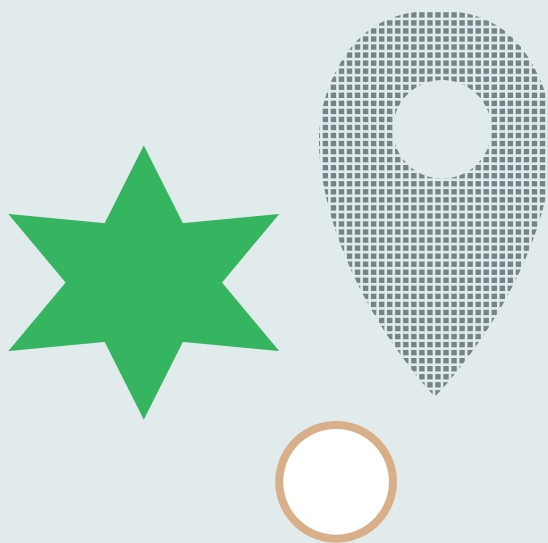
<p>高雄市教育局國民教育輔導團-高雄國民教育各學科領域專頁</p> <p>匯集高雄國民教育各學科領域的專頁資訊，提供多元學科資源及社群連結，方便教師和學習者快速找到相關支持與交流平台。</p> <p>https://reurl.cc/M6yNan</p>	
<p>新北市英語教學資源中心</p> <p>提供多樣化的英語教學資源與示範課程，包含整合性活動影片與課程設計，幫助教師及學生提升英語學習成效。</p> <p>https://reurl.cc/XERpW7</p>	
<p>CIRN 領域教學研究中心</p> <p>中小學學科之雙語教材資源及教案分享</p> <p>https://cirn.moe.edu.tw/Module/index.aspx?sid=1219</p>	



高中綜合活動領域雙語教學資源手冊：生涯規劃科 英語教學用語

A Reference Handbook for Senior High School Bilingual Teachers in the Domain of Integrative Activities (Career Planning): Instructional Language in English

- 研編單位：國立高雄師範大學全英語與雙語教學推動中心
- 指導單位：教育部師資培育及藝術教育司
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