understanding about themselves and acquire skills In the Life Skills Programme, teenagers gain a deeper to deal with making key life decisions on personal relationships, careers, money management and more

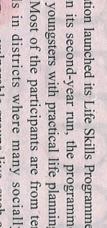
personality begins to take shape.
Friendships are built that could last a lifetime. We also have to choose the right stage in life. It is the time when our DOLESCENCE can be a rocky

and have difficulty making the from others, teens may feel lost Without guidance and support will change our lives frightening, to make choices that can be confusing, if not extremely stand at the crossroads of life. It path to take. college, and the appropriate career In adolescence, we forever.

That is why the Women's

equips youngsters with practical life planning skills. Most of the participants are from ten schools in districts where many socially Now on its second-year run, the programme Foundation launched its Life Skills Programme

responsibility. career planning and financial elements of life planning such as activities, it touches on the core Through various workshops and Shum Shui Po and Mongkok healthy well-being, relationships, vulnerable groups live, such as



Rita Ching, Associate Director of the Women's Foundation.

are closely related to each other. She raised Rita Ching, Associate Director of the Women's Foundation. She believes that these elements THERE are plenty of programmes on these life factors but few have tackled all of them, says compensated dating as an example:

do not enjoy good family relationships. They may have a difficult time maintaining friendships may turn to quick money (by compensated too. With such unhealthy relationships, they "Many teenagers who do compensated dating

> future. dating), hoping that material comforts could compensated dating as their job, and they have done little career or life planning. They do not give them confidence and glory. Now they take realise a wrong choice today could affect their

Such cases could be prevented if the young have positive and **righteous** values. And they are exactly what the programme aims to provide them with.

Get to k



Students having fun in role-play



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Women's Fou

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Workshops are led by experienced tutors.



two workshops focus on finance and family **budgeting**. For instance, how would you spend money if your first job earns you \$12,000 a month? If you were a parent, how would you plan the family mean they are difficult or boring to understand. The programme is packed with fun, interactive activities. Students take six workshops, own strengths and motivations to set and achieve their goals. The last breaking down stereotypes and building positive thinking. In the third and fourth workshops that follow, participants observe their budget? These are the sort of questions that teenagers discuss. each focusing on a different 'life aspect'. Courses typically start by THESE values and skills may seem abstract, but that does not

> international corporate office is like? This is just one of the places students will visit in the programme. activities including inspiring talks from experienced executives and leadership training. They have a golden opportunity to step into the world of grown-ups. Have your ever imagined what an Apart from workshops, students also enjoy extra-curricular

need to be prepared for job hunting in the future. to having mock interviews, youngsters are given everything they They also learn valuable lessons from representatives of headhunting firms. From writing an impressive curriculum vitae

Out of the comfort zon

finance firm has sponsored many life education programmes in other parts of the world, with the Life Skills Programme being the first of its kind in Hong Kong. Michael Fung, JP Morgan's THE programme receives support from many public organisations and large-scale companies. For example, staff from JP Morgan, the and real life among Hong Kong students Chairman and Managing Director, noticed a gap between education workshops as well as mentorship programmes. The international programme's lead sponsor and strategic partner, hold budgeting

answer is education and knowledge about the world outside their

comfort zone. For some students, this would be their schools and

When a student devotes himself only to studies and games, his

training in interpersonal skills. What are the most essential skills for Hong Kong teenagers to learn, then? In Fung's eyes,

be less comfortable when facing changes. from parents, and stay in a comfort zone, but in exchange they may be less comfortable when facing changes." make many choices", Fung explains. Children enjoy much love children. They plan everything for youngsters, so the kids need not "In Hong Kong, parents tend to be more protective over their

classrooms and encourages them to step up to reach their goals. "It prepares them for real-life situations," help, as it introduces students to This is where the Life Skills Programme could lp, as it introduces students to a world outside of

says. "If you miss English, you miss half of the opportunities," he

English. It is especially significant in international cities like Hong Kong, where many English speakers live.

the news every day. He also stresses the importance of good he says. Fung suggests teens get in touch with the world by reading focus becomes so narrow that he ends up detached from the world,

encourages youths to understand themselves and and you will not be far from success, he said. courage. Fear not to take risks and make mistakes. Most importantly, get out of the typical comfort zone be confident in making their own choices. Have When it comes to making life choices, Fung



Michael Fung, JP Morgan's Chairman stresses good English opens doors.

ecial feature next Thursday! ndard will be reporting on many of the appealing woking activities in the Life Skills Programme. Stay ow more

age at www.facebook.com/lifeskillsprogramme dationhk.org. You can also visit the programme's ndation, check out their website at www interested in knowing more about the



Students' folders have messages telling them to stay positive.



Participants from last year say they became more open-minded.

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