

We
"CARE"

HKUST provides a supportive environment for your son/daughter to be an independent and mature young adult through exercising his/her autonomy and being responsible for the decisions made. Part of being a parent of a university student involves letting go and trusting that you have cared him/her well, while also bracing for mistakes and standing by their side at low tide.

Wisdom

For Parents

家長錦囊



香港科技大學銳意為您的子女提供最好的學習環境及足夠的支持，讓他/她通過自主和負責任的決定，一步一步去學習成為一個獨立而成熟的成年人。作為大學生的家長，信任自己對子女已有足夠的教導和照顧，足以放手讓他/她自行作出適當的判斷，並容許他/她犯錯，在子女失意時作他/她的後盾，最為重要。

Entering into a university is a major milestone for students to sparkle off a new page of rewarding life. While we congratulate your family with such a good piece of news, both you and your son/daughter may have to face many changes and new experience during this transition. University life can be as colorful as one can imagine but at the same time be challenging to the personal growth of your son/daughter on study, interpersonal relationship, emotion, adjustment and coping, as well as self-care management.

"Tell me & I forget. Teach me & I may remember. Involve me & I learn."
--- Benjamin Franklin

「如果你僅告訴我，我會忘記。
如果你教我，我會記得。
而如果你讓我參與，我會學到。」
--- 班哲明·富蘭克林



<http://counsel.ust.hk>

**Counseling and Wellness Center
Student Affairs Office**

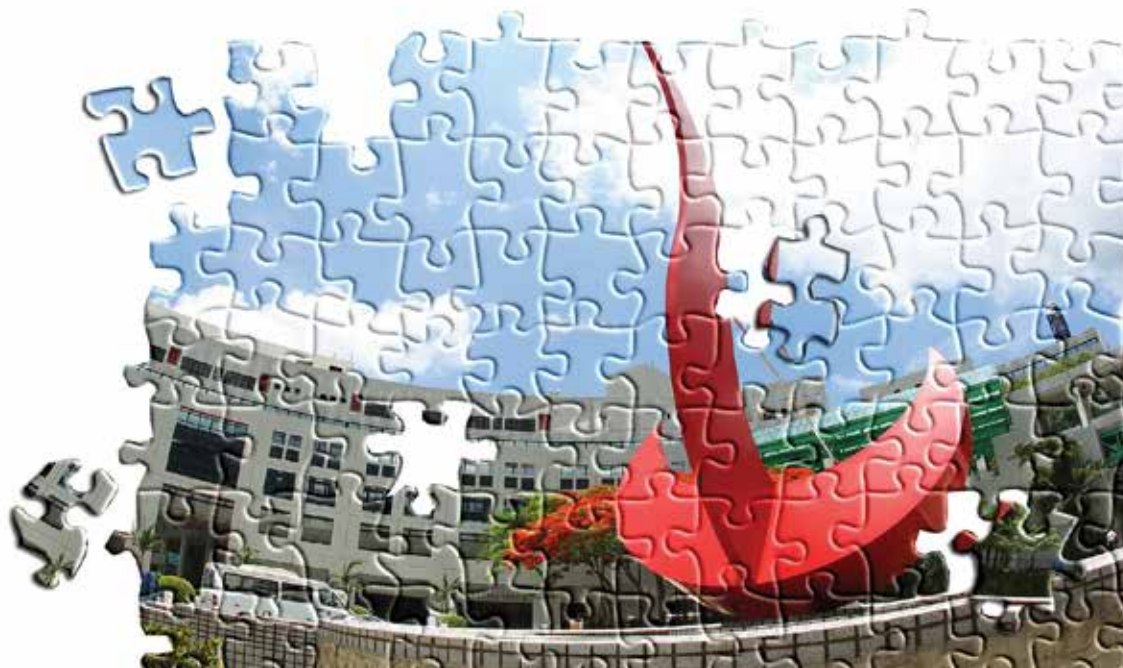
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子女考上大學，是人生的一個重要的里程碑。當我們為此感到欣喜的同時，您和您的子女或許正為當前的轉變和新經歷作出調適。大學生活既多姿多采，但亦為您子女的個人成長帶來學業、社交、情緒、適應及自我管理方面的各種挑戰。



香港科技大學 學生事務處 學生輔導中心
COUNSELING AND WELLNESS CENTER
STUDENT AFFAIRS OFFICE
THE HONG KONG UNIVERSITY OF SCIENCE AND TECHNOLOGY






HKUST Counseling




Taking this opportunity, we are pleased to share with you some wisdom on being a smart parent through CARE:


我們希望通過以下的 CARE，與您分享作為大學生家長的智慧：

ommunicate 溝通

-  Stay in touch with your son/daughter by effective means (e.g., Whatsapp, Facebook, email, phone call) and at frequency comfortable with him/her. 以子女認為合適而有效的途徑和適切的頻密程度跟他/她保持聯繫。
-  Patiently and actively listen to him/her and allow him/her to have their own way of decision-making and problem-solving. 細心耐性聆聽子女的想法及意見，並讓他/她以自己的方法作出決定和解決事情。
-  Share your opinion and advise him/her of the possible outcomes that their decision may bring. Mutual agreement can always help to pursue a win-win direction. 提供您的意見作他/她的參考，並分析以他/她心中所想的方法作決定可能帶來的一些結果。這樣的共識一般較容易達致雙贏。

-  Respect your son/daughter's privacy and boundary. Ask about his/her university attainment directly from him/her. University considers student's information and academic performance as confidential and would not be able to disclose that to third party without student's consent.

尊重子女的私隱和私人空間。若您關心子女在校內的情況，請直接向他/她了解。由於學生資料及成績均屬學生的私隱，在未經學生同意下，校方不便向第三者透露。



-  Accept your son/daughter on an equal footing with you. Try to stand in his/her shoes for understanding better when you want to explore his/her personal life. Act AFTER second thoughts. 嘗試以較平等的地位看待您的子女，以他/她的角度看事情，您會更容易明白他/她的感受。避免衝動行事。

espect 尊重

djust 適應

-  While your son/daughter may have much more engagement (e.g., study load, student societies, hall activities, social gatherings, part-time job, etc.), be prepared that he/she will spend less time with family and may not be as easily reachable as before. 在進入大學之後，您的子女會因各式各樣的因素（例如：學業、“上莊”、宿舍活動、社交聚會、兼職等）而減少與家人相聚的時間，請體諒他/她未必能如往常一樣容易與您聯繫得上。
-  Instead of giving instructions and making decisions for your son/daughter, try to give guidance and encourage them to take responsibilities of their own choices. 嘗試以引導和鼓勵的方式取代給予指示或直接幫助子女做決定，這樣可以有助培養他/她為自己的抉擇而負責。
-  Allow them to tackle challenges in life and seek advice from different resources available on and off campus. Let them explore for their own well-being instead of solving problems straightly for them. 讓他/她嘗試去面對生活中遇到的波折，並主動發掘校內/校外的可用資源，從而鍛煉他/她的獨立自理能力，而非一直依賴您去替他/她解決問題。
-  Be present as a safety support. If your son/daughter never used to keep regular contact with family, he/she may suddenly make “crisis call” in times of distress when the stress and worry are built up to an uncomfortable level. Encourage him/her to share personal feelings and thoughts, as well as listen in a non-judgmental manner. Motivate him/her to seek help from Student Counselors or other helping professionals voluntarily, especially when they are facing personal challenges, emotional and psychological problems. 作好做後盾的準備。若您的子女沒有定期與家中聯繫的習慣，他/她或許只會在遇到挫折、需要幫助和關懷時才向您發出“緊急來電”。多鼓勵他/她說出自己心中的感受和想法，並以非批判性的方法聆聽。尤其在不肯定自我價值或遇到情緒及心理困擾時，更應鼓勵他/她向學生輔導員或其他專業人士求助。

mpower 賦權

-  Help your son/daughter to develop good self-discipline and confidence by genuine encouragement and recognition on specific behaviors. 通過鼓勵和認同子女做得好的事情，協助他/她培養自律的習慣及建立自信。
-  Treat your son/daughter as an adult. Share with him/her the family circumstances and your concerns especially when such will affect him/her. Let them do what he/she is able to help. 視他/她為成年人，並與他/她分享家中的情況。告知子女您的擔憂以及事情對他/她的影響。信任他/她有能力和您一起面對問題。