



香港中文大學專業進修學院
School of Continuing and Professional Studies
The Chinese University of Hong Kong

職涯



職涯規劃師 伴你規劃人生

Career Development Facilitation Service Scheme



- 香港中文大學伍宜孫書院與專業進修學院合辦
Jointly organized by Wu Yee Sun College and School of Continuing and Professional Studies (CUSCS) of CUHK
- 職涯規劃師提供專業職涯諮詢
Provides professional career facilitation service by career development facilitators
- 透過面談及評估，幫助同學更深入了解自己，探索職業發展及作出生涯規劃
Guides students to enhance self-understanding for planning or embarking on their career development through one-to-one consultation and assessment
- 專業進修學院為同學及職涯規劃師組合配對，一起規劃人生
Matching of one student and one career development facilitator by CUSCS



關於職涯規劃師

About Certified Career Development Facilitators

香港中文大學專業進修學院 (CUSCS) 於2014年開辦「全球職涯發展師 (GCDF) 專業認證課程」，並於2019年舉辦「職涯發展及服務 (FCD) 課程」，至今已有超過1,200位學員修畢課程。學員來自有豐富工作經驗的人士，包括老師、行政及管理人員、人力資源及培訓顧問、社工及輔助工作專業人員等。

職涯規劃師專業資格分別為職涯服務規劃師 (CCSP) 及全球職涯發展師 (GCDF)。前者由美國職涯發展協會 (NCDA) 頒予，而後者則由美國諮詢師認證委員會 (National Board for Certified Counselors) 附屬的認證與教育中心 (Center for Credentialing and Education) 頒予。

The School of Continuing and Professional Studies of The Chinese University of Hong Kong (CUSCS) launched the Global Career Development Facilitator (GCDF) Programme in 2014 and the Facilitating Career Development (FCD) Programme in 2019. Among the more than 1,200 trainees who have completed the programmes are experienced professionals from various fields including education, administration and management, human resources and training, social work and helping professions.

There are 2 types of certified career development facilitators – Certified Career Services Provider (CCSP) and Global Career Development Facilitator (GCDF). The CCSP credential is certified by the National Career Development Association (NCDA), while the GCDF credential is certified by the Center for Credentialing and Education (CCE) of the National Board for Certified Counsellors (NBCC), USA.

課程內容

More about Career Development Education

www.cuscs.hk/careerdevelopment



生涯發展 是一個終身並持續的探索過程，橫跨不同人生歷程，包含職業、家庭及其他社會角色。生涯發展幫助服務對象在不同人生階段，了解自己的需要和潛能，探索職業或個人的發展方向。

Career development is a lifelong and ongoing process of discovery across all stages of life involving career, family and societal roles. Career development facilitation assists the client to better understand his/her own needs and potentials at different life stages so as to explore the path for career and personal development.

生涯規劃師怎樣幫助你？

What can a Career Development Facilitator assist you?

- 助你有系統地檢視自己的特質、興趣和價值觀、對人生的需求和夢想
Examination of characteristics, interests, core values, needs & dreams
- 與你探討不同工作的職能要求，並評估自己的能力
Knowledge of job prerequisites & ability assessment
- 客觀地與你一同探索和反思，助你為生涯發展作出合適的選擇
Self exploration & reflection to facilitate career choice
- 讓你加深對自己的了解，宏觀地在每個階段規劃人生
Self-understanding for holistic life planning
- 透過四次單獨面談與你尋找未來的發展方向
Path finding through 4 individual meetings

報名詳情 Application Details

日期：2021年3月至2021年6月 (面談日期及時間由同學與 CCSP / GCDF 自行商討)
面談節數：共 4 節 (每節約 1 小時)
地點：伍宜孫書院 或 ZOOM (視乎疫情)
開幕禮：2021年3月31日 (星期三) 晚上7時正 (必需出席)
參加資格：伍宜孫書院全日制本科同學
名額：10 - 12位
按金：港幣\$400 (出席開幕禮、4節面談及完成問卷調查後將獲全數發還)
報名辦法：https://cloud.itsc.cuhk.edu.hk/webform/edit_form.php?id=11590013&t=1608196086520 (截止日期：2021年2月16日)
查詢：Miss Rachel Poon (3943-3942 / rachelpoon@cuhk.edu.hk)

Period: Mar 2021 – Jun 2021 (Meeting date and time to be decided by students and CCSPs / GCDFs)
No. of Meeting: 4 times (one hour per meeting)
Venue: Wu Yee Sun College or Zoom Platform (subject to the development of COVID-19)
Kick-off ceremony: 31 Mar 2021 (Wednesday) at 7:00pm (Mandatory)
Eligibility: WYS Full-time Undergraduate Students
Quota: 10-12
Deposit: HK\$400 (refundable upon completion of kick-off ceremony, 4 meetings and an evaluation survey)
Application: https://cloud.itsc.cuhk.edu.hk/webform/edit_form.php?id=11590013&t=1608196086520 (Deadline: 16 Feb 2021)
Enquiries: Miss Rachel Poon (3943-3942 / rachelpoon@chk.edu.hk)