

# My E-Lesson – Course Introduction

My E-Lesson aims to help students explore and consolidate their career development direction progressively in senior secondary through a series of modules, so that they can master relevant knowledge, skills and concepts to make informed choices.

Based on the "Youth Development and Intervention Framework (YDIF)", the course starts with "inspiring participation", helps students gradually "understand themselves", "explore multiple pathways", and equips them with knowledge and skills for "life planning and management" while boosting teachers' confidence in conducting career guidance programmes in a systematic manner. The following are four important elements of Career Development:



GO!

1



#### Inspire Participation:

- Gain new experiences
- Expand personal connections with others and society
- Maintain interest in participating in career and life planning activities

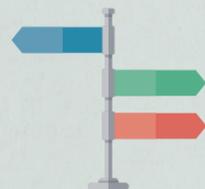
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#### Self-understanding:

- Understand yourself, your expectations and dreams for work and life
- Participate in self-reflection and self-improvement activities
- Link self-awareness with career path

3



#### Explore Multiple Pathways:

- Understand how to find multiple pathways and different forms of work and careers
- Understand how to compare and prioritize different pathways
- Understand how to set career and life goals

4



#### Life Planning and Management:

- Gain support and opportunities, overcome obstacles to achieve career and life goals
- Manage career transformation and development
- Set priorities for work and personal life

## Course Design and Structure

There are twelve modules in the whole course, which are divided into three stages. Each module includes introduction of the theme, group discussion, personal reflection and extended activities, etc., which enables students to acquire, master and apply career knowledge and skills in a progressive manner and foster motivation for personal career development.

### Stage 1: Secondary Four

- Module 1: Personal Interests Development
- Module 2: Exploring Personal Values
- Module 3: Personal Development
- Module 4: My Personality Traits

### Stage 2: Secondary Five

- Module 5: My Life Roles
- Module 6: Exploring Multiple Pathways
- Module 7: Assistance and Resistance of Support Network
- Module 8: Setting My Life Goal

### Stage 3: Secondary Six

- Module 9: Establishing My Adventures To-do List
- Module 10: Finding My Life Grit
- Module 11: My Shining Moment
- Module 12: Life Transition and Management

## Online learning platform and teaching resources

The course aligns with the one-stop career development and personal management online platform titled "My Life Planning Portfolio". It enables students to record what they have learned in the course, reinforce practice and application in life, and gradually develop their Career Adventure Reports. In addition, teachers can browse and download lesson plans and worksheets from the teaching resource sharing platform, on which teaching materials can be conveniently selected and edited.

My Life Planning Portfolio  
One-stop career development and personal management online platform

<https://portfolio.lifeplanning.edb.gov.hk/index.php?lang=english>



My E-Lesson  
Teaching resource sharing platform

<https://elesson.lifeplanning.edb.gov.hk/en/>



If you have any enquiries about My E-Lesson, please feel free to contact us.

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