



Module 5: My Life Roles

Unit Introduction : To learn about the multiple life roles of individuals, to understand the lifestyles they pursue and enhance their satisfaction of life.

Learning Objectives :

- To understand the different life roles played by individuals;
- To identify the lifestyles that individuals aspire to live;
- To think about strategies to coordinate one's life roles.

Keywords : #Voices #LifeRoles

Learning Materials :

- PowerPoint Slides for Teaching
- Worksheet: Graph of My Life Roles
- Worksheet: My Life Planning Footprints ©"Imagining My Life 10 Years From Now"

Download Teaching Resources : <https://elesson.lifeplanning.edb.gov.hk/>



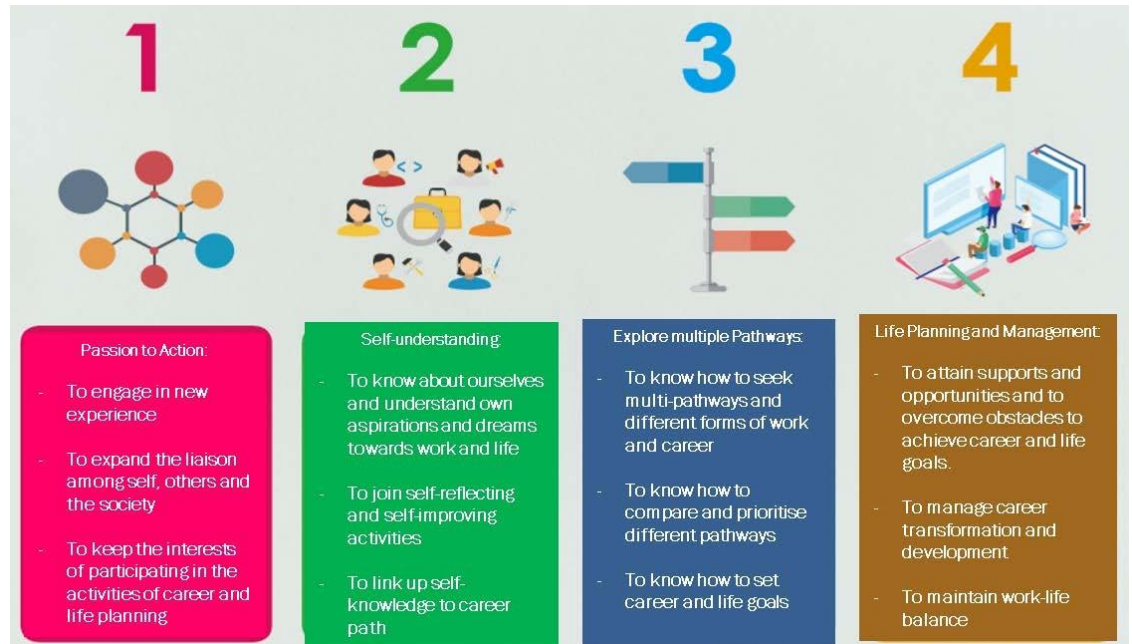
Teaching Activities and Flow

Review the first stage of learning (Modules 1 to 4)

Duration: 5 mins

PPT: P.2-3

- Before entering the second stage of learning, the instructor can review the four essential elements of career development with students:

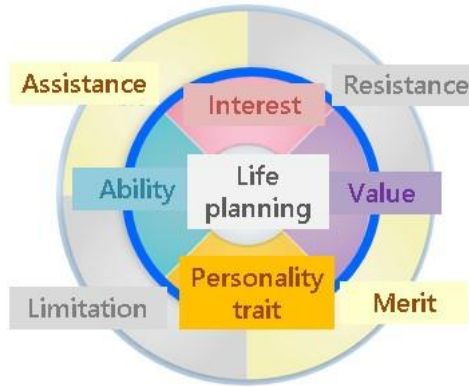


First Stage of Learning (Modules 1 to 4)

Second Stage of Learning (Modules 5 to 8)

Third Stage of Learning (Modules 9 to 12)

- Through the first stage of learning, let students know their own:
- **Interests:** Cultivate and understand personal interests so that we can find motivation and satisfaction in life.
 - **Values:** some beliefs and principles valued by individuals. Understand the values of work helps one to find the goals and directions in work.
 - **Abilities:** Establish transferrable skills to cope with different stages of life, such as further studies and employment, and adapt to the ever-changing world.
 - **Personality traits:** The behavioural orientation of an individual in different situations and environments, which can become an element of consideration for future studies and career development.



梁湘明 (2007) ; 洪鳳儀 (2000)

- In the second stage (Modules 5 to 8), we focus on assisting students in making good use of the resources of the external environment, understand the assistance and resistance, and explore and set initial career goals.

Share My Life Planning Footprints ④

Duration: 5 mins

PPT: P.4-5

Worksheet: My Life Planning Footprints④

- Introduce the flow of Module 5, and then ask students to share their "My Life Planning Footprints"④ for one minute in their groups. Other group members will respond to the students' sharing in half a minute.
 - One of the personality traits he/she is proud of;
 - A personality trait that brings negative impacts on life planning;
 - How does the above personality trait help/hinder his/her career development?



Activity 1: The Roles I Have Played

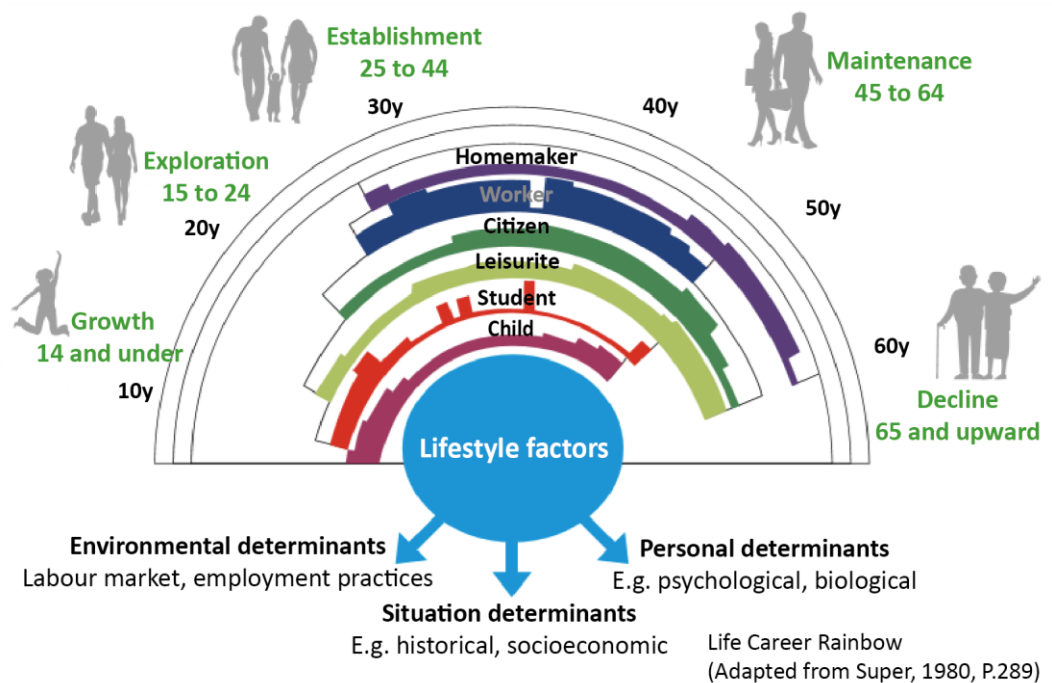
<p>Duration: 5 mins PPT: P.6-7</p>	<ul style="list-style-type: none">➤ The instructor shows P.7 of the PPT and asks:<ul style="list-style-type: none">○ What roles have you played since primary school (e.g. child, leisurite, student, citizen, etc.)?○ What are the corresponding tasks and responsibilities of these roles?(Reference answers: Children should have filial obligations to their parents; Leisurites should develop their interests and balance their physical and mental development; Students should study hard; Citizens should fulfil their social responsibilities, etc.)➤ The purpose of this activity is to arouse students' understanding of the concept of "life roles", which will be explained in detail in the next part.
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"Life Roles" and "Life Career Rainbow"

<p>Duration: 10 mins PPT: P.8-9</p>	<ul style="list-style-type: none">➤ The instructor uses P.8-9 of the PPT to explain what is meant by "life roles" and "life career rainbow":<ul style="list-style-type: none">○ Donald Super (1980), an American career development scholar, believed that throughout life, everyone always plays multiple life roles, which mainly include six primary roles: child, student, citizen, worker, leisurite and homemaker. (Later theories broadened the definition of homemaker to spouse and parent.)○ Super used a life career rainbow to summarise the five essential developmental stages of a person's life and the distribution of his/her life roles. Each stage has unique responsibilities and different development tasks; If one can adapt smoothly in the previous stage, it will help him/her perform better in the subsequent stage. The different colours in the rainbow are shown unevenly with different lengths, which represent the weight of different roles at that stage.
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- **Life role salience** and the proportion of involvement required are continually evolving due to personal and environmental determinants, creating a unique life planning portfolio, which also reflects personal values at the time.
- Life roles are generally active in four major life stages, including family, community, school and workplace.



- The instructor can refer to the following details about career development stages and life roles (Super, 1980):

Five stages of career development:

- **Growth (0-14 years old)**

A stage when one develops personal interests, abilities and self-concept, and gradually understands the world of work.

- **Exploration (15-24 years old)**

It is when one explores his/her life roles and the resources around and set his/her academic and career goals.



➤ **Establishment (25-44 years old)**

A stage when one works towards achieving his/her life goals, especially in career development, accumulates experience and develops abilities, and begins to play a more significant role as a family caretaker.

➤ **Maintenance (45-64 years old)**

A stage when one keeps the responsibilities of his/her roles and maintains established achievements.

➤ **Decline (65 years old and upward)**

It is when one's physical and mental functions gradually decline when he/she retires from active participation in his/her roles.

Six main life roles:

○ **Child**

It the role of being cared for by parents. One is raised and cared for by his/her parents during childhood, who will, in turn, take care of the parents when they become old.

○ **Student**

It is the role of learning and seeking knowledge. In a knowledge-based society, many people continue to enhance themselves, such that the role of students lengthens gradually, which may even become part of the lifelong role of some people.

○ **Leisurite**

It is a leisurely role of taking part in leisure activities. People usually have more balanced development during childhood and adolescence and spend more time as leisurites after retirement.

○ **Citizen**

It is a role to take social responsibility and care about community development.



	<ul style="list-style-type: none">○ Worker It is the role of completing tasks at work. It generally refers to paid work, which usually takes up a large part of one's life.○ Homemaker It is a caretaking and teaching role in the family. The definition of a homemaker usually broadens into the two roles of a spouse and a parent over time.
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Activity 2: Case Sharing ◇ Traditional Chinese Medicine Practitioner

<p>Duration: 10 mins PPT: P.10-12 Video: "Traditional Chinese Medicine Practitioner" Duration: 7 mins and 02 secs (The part of 5:39-7:02 can be played)</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"><p>https://youtu.be/--ZkAXmEBRQ</p></div>	<ul style="list-style-type: none">➤ The instructor asked the students: "What is the "Slash/", Slashie, Slash Generation?"<ul style="list-style-type: none">○ New York Times columnist Marci Alboher coined a new term "SLASH" in 2007. When these people introduce themselves to others, they use slash "/" to separate their different identities/occupations (Alboher, 2007).○ Nowadays, young people have multiple interests and talents. In the life role of a "worker", more and more people no longer only work in one job but have numerous occupations and identities at the same time, including paid or unpaid work. (Youth I.D.E.A.S., 2016).➤ The tutor plays a short video "Traditional Chinese Medicine Practitioner" and asks the students to think about the following questions:<ul style="list-style-type: none">○ How many "Slash" identities does the leading role in the video have at the same time? (Reference answer: Traditional Chinese Medicine ("TCM") practitioner/singer/emcee/narrator/Christian)○ What are the common goals he has amongst the different identities? (Reference answer: Promotion of TCM and positive messages)○ How do his different roles complement one another to let him achieve his personal goals? (Reference answer: He can go to the campus and sing as a singer while promoting TCM knowledge at the same time)
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- The instructor explains: "The multiple roles of the leading role are all centred on his values and life goals. Suppose you are interested in becoming a Slashie, you must understand the advantages and disadvantages of flexible employment and fully equip yourselves, especially with the ability to adapt to changes and self-management skills."

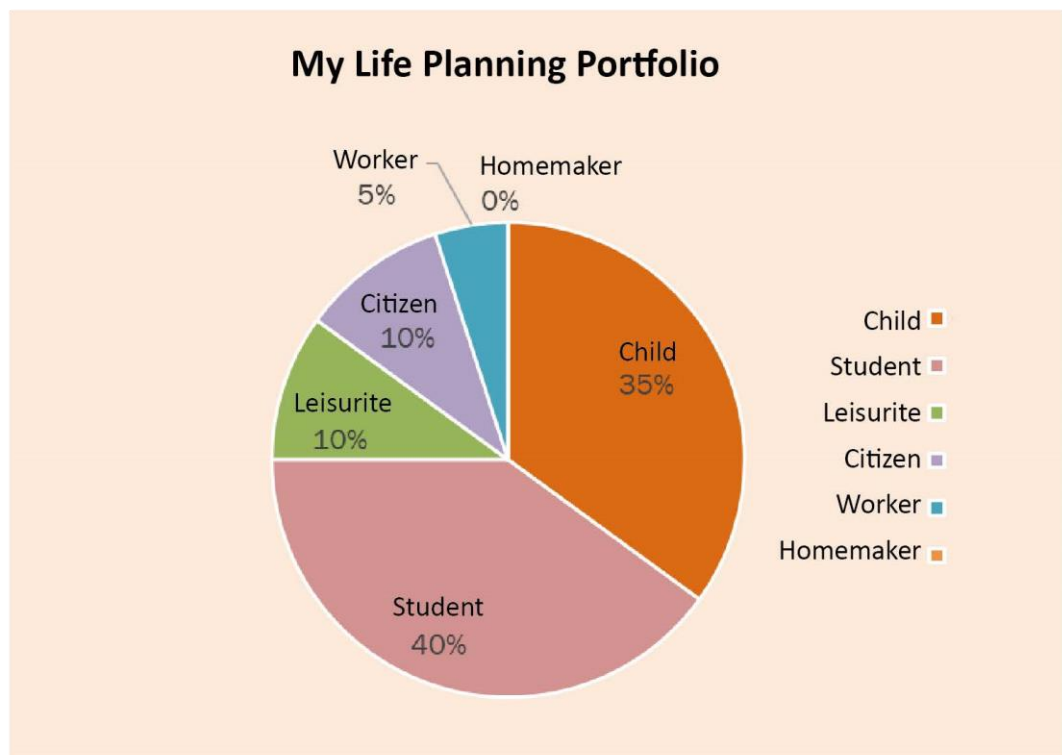
Activity 3: Graph of My Life Roles

Duration: 15 mins

PPT: P.13-16

Worksheet:
Graph of My Life
Roles

- The instructor shows the example on P.14 of the PPT and distributes the worksheet, then asks students to draw their current life planning portfolio according to the degree of involvement and answer the questions:





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- After completing the life planning portfolio, the instructor leads the following discussions:
 - What are the factors affecting your current distribution of life roles?
Personal factors: interests, values, abilities, personality traits?
Environmental factors: parents, teachers, social expectations, etc.?
 - Are you satisfied with your distribution of life roles? Is there anything that needs to be adjusted?
 - Have you ever encountered any conflict when playing different life roles at the same time? How did you respond at the time?
- The instructor can share his/her example so that the students can better grasp the content of the activity.
- The instructor summarises the class with P.16 of the PPT: "Our life consists of different developmental stages. The secondary school students at exploration stage (15 to 24 years old) should grasp the learning opportunities and resources around to set his/her preliminary academic and career plans and goals. To avoid the conflict of different life roles, we can review our personal values and the lifestyle we want. By prioritizing different life roles, we can demonstrate the meaning of life and enhance the satisfaction of life."



My Life Planning Footprints ⑤ "Imagining My Life 10 Years From Now"

Duration: 5 mins PPT: P.17 Worksheet: My Life Planning Footprints ⑤	<ul style="list-style-type: none">➤ Ask the students to complete My Life Planning Footprints ⑤ after class and share them in the next session:<ul style="list-style-type: none">○ List a life goal you want to achieve in ten years;○ To achieve this life goal, imagine what your graph of life roles will be like then? Draw the graph of life roles at that time.○ Interview an adult (e.g. senior student, teacher, parent) about his/her advice on coordinating life roles.
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Extended Activity ⑤ "Manage My Life Roles"

PPT: P.18 Tool: Log in to My Life Planning Portfolio	<ul style="list-style-type: none">➤ Ask the students to log in to My Life Planning Portfolio and use the "Calendar" and "Adventures - To-do List" to draw up the task schedule corresponding to their life roles and manage it properly.
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<https://portfolio.lifeplanning.edb.gov.hk/>



Reference

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Multimedia Resource Websites:

Module 5 teaching resources: <https://elesson.lifeplanning.edb.gov.hk/>

Case sharing Traditional Chinese Medicine Practitioner: <https://youtu.be/--ZkAXmEBRQ>

My Life Planning Portfolio: <https://portfolio.lifeplanning.edb.gov.hk/>