Presence
Possibilities

Expanding your potential, Enriching your life

Newsletter | Fall 2015

Generational Perspectives on Education, Work & Family

How Your Values Shape Your Life Decisions

BY JOANNA WU

Julia is in the midst of brainstorming what she could write about in her college application when her Mom stumbles into her room.

"You're applying to Berkeley, right? I really hope Berkeley accepts you."

Rolling her eyes, Julia responds, "I'll apply to Berkeley, but I'm hoping for UCLA because I want to study English and film."

"You can't earn a living with film! Your Dad and I will have to support you forever. "

"That's all you and Dad care about–how much money I can make. I can support myself."

"That is not all we care about. If you can't make any money, then you won't be able to buy a house or feed yourself. You can't even cook for yourself."

Sometimes conversations about college, future careers, life decisions, and even one's ability to fend for oneself ends up looking like this: messy, offensive, disrespectful, misunderstood. Conversations like this aren't unusual, especially in Asian households, as parents and children express their aspirations and values in ways that prioritize their own values and perspectives. These heated conversations can often lead to relational breakdowns and sometimes rifts between the older and younger generation.

The challenge is in how each generation communicates their difference in values. First, how aware are we of our values, and how strongly do we hold on to them? Three areas that are highly important to Asian households – education, work, and family – can become issues of great contest between the older and younger generation. Perhaps clarifying these generational perspectives will help us understand how to better communicate our personal desires and show greater respect for the other person and his or her values.

Differing Views on the Value of Education & Work

Members of the younger generation today are often referred to as "millennials." This complex group describes those born in the 1980s and 1990s, now making up today's youngest sector of employees. Some have praised this generation's political engagement, technological savvy, and entrepreneurship, but others have criticized it for being narcissistic, broke, and, entitled.

"Boomers," members of the Baby Boomer Generation, are born between 1946 and 1964. Because they grew up with the Cold War and the after-effects of WWII, this generation is often described as individualistic, free-spirited, and concerned for social causes; however, others have become cynics of the government and of those in power.

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These characteristics may resonate with some American-born Asian parents, but perhaps less so with immigrant Asian parents. Instead, immigrants may place greater value on the need to be highly educated, an industrious worker, or to earn money and save it. Some of these differences in values are seen in how Asian Americans, including immigrants, value marriage, parenthood, hard work, and success more than the general public, according to the Pew Research Center.[1] Stats reveal that 39 percent of Asian adults say Asian American parents put too much pressure on their children to do well in school, compared to 9 percent for American parents.[2]

In the opening example, Julia reacts angrily to her Mom because she thinks her Mom only cares about achieving success by being financially secure. Julia values work not by her salary but by the meaning behind the work, the ability to "thrive" in her area of expertise. Her Mom, instead, expresses her "survivor" mentality, or her belief about work as a means to attain stability in life.

Both generations offer insight on the value of education and work; one may seek a practical, traditional education, whereas another may value a well-rounded education geared more toward a plethora of experiences. Being aware of these differences sheds light on differing approaches to education and work. Millennials appreciate it when older people offer space to freely explore. Parents will appreciate it when their children consider wisdom they have to offer about navigating potential career paths.

Differing Views on the Value of Family

Sometimes conflicts between parent and child stem from differing views on how to relate to one another. In Asian households, which tend to be more hierarchical, respect for elders is highly valued. Because "filial piety," or showing respect for one's father, elders, and ancestors, is so important, it affects everything from daily interactions to major life decisions. A child demonstrates respect for a parent by obeying whatever his parents say. In other words, the child must follow the life plan determined by the parent, from high school activities to college major, career, and don't forget future spouse. Asian children are aware that following their parents' expectations is expected.

Conversely, millennials seek mutual respect, which must be earned, and not assumed because of age or status. These differing expectations often result in either or both parties feeling disrespected, unheard, or misunderstood.

In the opening, Julia feels disrespected when her Mom questions the legitimacy and adequacy of her ambitions; her Mom feels disrespected when her daughter rolls her eyes and assumes she cares only for money.

Scripture gives clear instructions on how children are to honor their parents (Exod 20:12; Prov 17:6; Matt 15:4-6; Eph 6:2-4), though this is sometimes distorted by Asian culture when parents, accustomed to giving commands, fail to treat their children as emerging adults. One way for parents to show their care and concern is to ask questions instead of always giving commands and advice, and to offer a listening ear.

In View of God's Calling

Our cultural upbringing hugely impacts our views on education, work and family. But as we consider our identity as Christ-followers, what cultural values should we keep, and how should this impact how we view these important areas of our lives?

Our identity as believers should be visible to the world, especially in the things we care about most. When the world looks at Christians, are financial security, reputation, and status of utmost importance, or is Someone far greater than all these things? Parents have a large impact on their children's values and ambitions, and, consequently, the opportunity to pass on a faith that keeps God's desires always in view.

Kaye V. Cooke, professor of psychology at Gordon College, found that parents are pivotal in the transition to adulthood. She found that many emerging adults who are sincerely seeking God have an aching desire for their parents to listen to and accept them.[3] Relationships between the older and younger generation can change dramatically by taking the simple step of listening.

Ways to Start a Healthy Dialogue Between Generations

Imagine if Julia and her Mom attempted to follow up on their conversation by being more mindful about the other's values and without making assumptions.

"Can you tell me more about what you'll study as a film student?" her Mom asks as Julia tapped away on her laptop.

"It's amazing, Mom. I'll get to learn the history of film, how to edit and use the latest technology. I'll get to combine my love for writing with my interest in film."

"That does sound amazing. You've always been a great storyteller. What kind of job opportunities are out there for film majors?"

Julia looks up, smiling. She never thought her Mom would support her ambition to make movies.

Our conversations with one another won't always be perfect, and that's because we're imperfect people who fail to listen well much of the time. But our conversations can change when we take the position of a learner, of one who wants to know more about what the other person thinks and values.

Here are some questions to consider asking to begin a conversation about someone's gifts or passion areas:

1. What do you enjoy doing? What do you *not* enjoy doing?
2. What are some of your strengths or weaknesses?
3. What do you value about work?
4. How do we know what God is calling us to do or be?

These questions, intended for both the parent and emerging adult, can also be applied to high school students as they explore educational options for post-high school education. Presence Possibilities' mission is to provide services for both students and parents who desire guidance in figuring out career paths. These conversations are sometimes difficult to have at home because of generational and cultural differences, as well as differences in values, but we believe it begins with a willingness to listen.

References:

1. Pew Research Center, "The Rise of Asian Americans," http://www.pewsocialtrends.org/asianamericans-graphics/ (accessed August 13, 2015).

2. Ibid.

3. Kaye V. Cook, "Growing Up Now: A Brief Guide for Emerging Adults and Their Parents," Biola University's Center for Christian Thought, http://cct.biola.edu/blog/2014/jul/14/growing-brief-guide-emerging-adults-and-their-parents/ (accessed September 14, 2015).

Three Tips to Help Your Child Learn

BY CHRISTINE SHEN

How smart is my child?

Albert Einstein, one of the greatest minds in science, once said, "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

If we applied Einstein's statement and measured William Shakespeare by his ability to do quadratic equations, Beethoven by his ability to debate theories, or Michelangelo by his ability to sing, each of these individuals might appear "below average." However, in their respective areas of expertise, they have left grand legacies in writing, music, and art, respectively.

A gifted writer may not make the best surgeon, whereas a professional athlete's knowledge of law may be limited. Similarly, just because a child isn't gifted in math or science or is unable to obtain a high score on standardized tests doesn't mean that that child has low intelligence. It simply means he might be gifted in other areas. When placed in the proper context, though, he or she will begin to shine.

Psychologist Howard Gardner, founding father of the multiple intelligences theory, said, "It's not how smart you are that matters; what really counts is how you are smart." Therefore, instead of asking, "How smart is my child?", as parents we should begin to ask, "How is my child smart?"

Tip #1: Recognize that your child is unique

As humans, we have a natural tendency to measure success by setting certain standards and making comparisons. Similarly, as parents, we tend to measure our children's intelligence by their academic ability. We wonder if our child is not as smart if he scores lower on tests than his classmates. However, although high test scores indicate intelligence, not all intelligence is measurable by test scores.

According to Gardner, there are eight types of intelligences. Because most children have a combination, and every child is unique, intelligence cannot be standardized. After all, how can we compare apples to oranges, or starfruits to jujubes?

When we focus on our children's individual giftings, we encourage them to succeed according to their own unique strengths.

Tip #2: Understand your child's learning preferences

Dr. Agnes Ip, a licensed marriage and family therapist, said, "Children learn most effectively when able to engage with their own learning styles. Parents can help their children by creating a study-conducive environment."

For example, some children learn best with music playing in the background. If you find music distracting, you may think it distracts your child as well. As a responsible parent desiring to help your child focus, you might turn off any distracting sounds and, unknowingly, keep your child from learning in his or her optimal environment.

When parents try helping their child study, conflicts over study habits often arise, frustrating parents and hurting parent-child relationships. To assist their child best, parents must strive to understand and accommodate their child's unique learning style.

Tip #3: Build your child's self-esteem

More important than providing the best education for our children is helping them develop a positive self-image and confidence in their abilities. How we encourage our children to study hugely impacts their self-esteem. If we communicate, "You're not good enough unless you always get an A+," anything less than perfect becomes a failure. If we communicate, "You are smart," they will believe it. Having confidence and a positive self-image will greatly contribute to their future success and ability to overcome challenges.

In the Disney movie "Mulan," when the Hun general demands that the emperor bow to him, the emperor responds, "No matter how the wind howls, the mountain cannot bow down to it." We want our children to be resilient, just like the mountain – unbending, unwavering, and able to endure life's challenges. In our desire to motivate our children to study diligently, rather than unintentionally demoralize them, we want to build up their self-esteem – to be confident in their ability to work through life's challenges.

How can I prepare my child for success?

There are many paths to success. Every child is uniquely gifted with different talents, and recognizing this is only the beginning of preparing a child for success.

At Presence Possibilities, we understand that personal achievement comes in many forms. Our goal is to identify children's unique intelligences, address children's individual learning styles, and equip parents to help their children succeed. **To learn more, please contact us at 626-810-5200.**

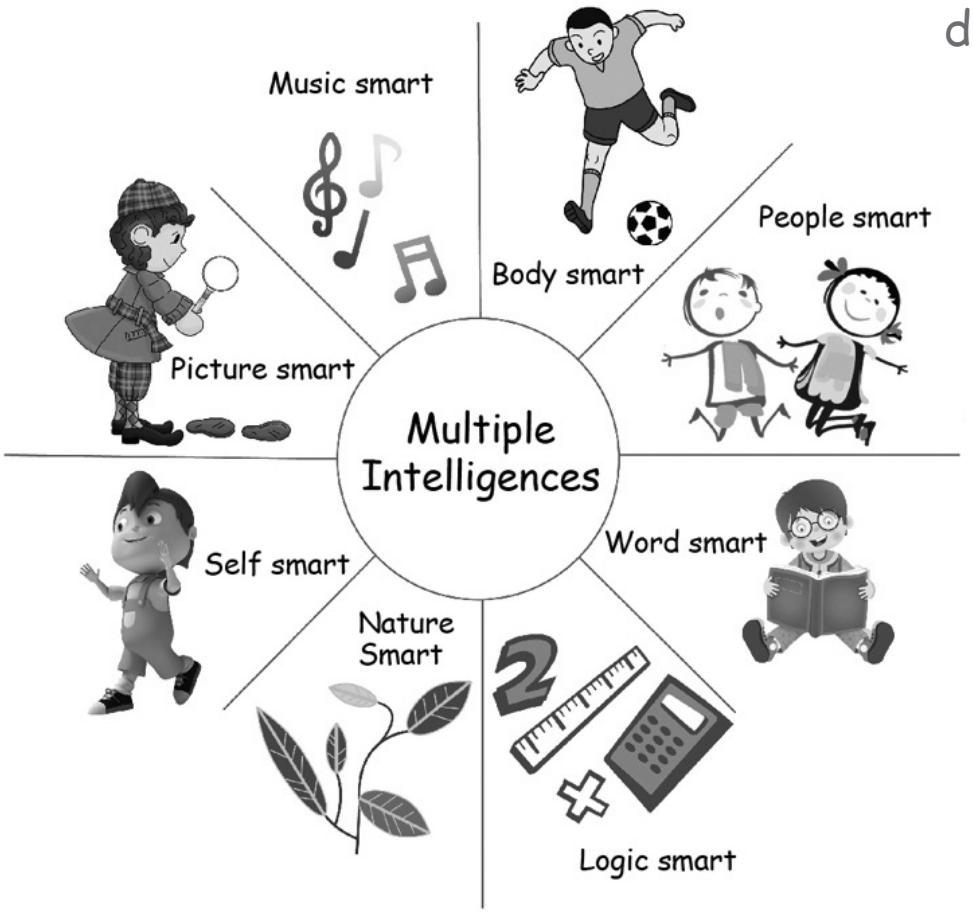
FREE

Children's Learning Seminar

「學能滿 FUN」專題講座

An overview of the 8 multiple intelligences

Every child is unique .....



Which areas of intelligence does your child have?

Dr. Agnes Ip is the Founder and President of Presence. She has a license in Marriage & Family Therapy and received a Ph.D in Clinical Psychology from Alliant International University (AIU) with a Multicultural Community-Clinical Psychology emphasis.

10/24/2015 (Sat)
9:45AM - 11:00 AM

Mandarin seminar with English/Cantonese Q&A

www.ppossibilities.org
RSVP by calling 626-810-5200
or scanning the QR code.

Location: Hacienda Heights Area Chinese School (HHACS)
16333 Cedarlane Dr. Hacienda Heights, CA 91745
Cedarlane Academy Room #A

Co-Hosts:

Presence Possibilities

Presence Possibilities is a professional assessment and consultation service identifying a person's unique interests and personality to improve children's learning and help individuals find their ideal college major and career. It is an initiative of Presence Quotient®, a 501(c)(3) non-profit organization based on Christian and family values.

Thinking about a Career Change?

Questions to Consider Before Switching Careers

BY GIL TAM

Are you considering a career change? Thinking about this possibility can be confusing or intimidating, especially if you have been working in your career for a few years. Changes can be difficult because most of us like to do things we're familiar with. Some people prefer staying in a career they dislike over changing careers because they're afraid of making changes. If you are ready for a career change and prepared to overcome your fear and do the hard work, I would encourage you to consider the following questions and advice to help navigate this transition.

Why do you want to change careers?

If you are considering a career change because you don't like your current boss, corporate culture, or other work situation, it may make more sense to look for another job in the same field than to leave your current career. Understanding the difference between a career and a job is important in making this decision. A career is the pursuit of a lifelong ambition or passion, or the general course of progression towards lifelong goals, while a job is a paid position that allows you to gain the necessary experience to pursue your career. Finding another job is much easier than navigating a career change so make sure you've identified your desire for change.

What do you really enjoy doing? What excites or energizes you?

This is important to consider for long-term satisfaction. You may find that, after many years of doing the same routine work, you need to spend some time rediscovering yourself. Explore your passions and activities that excite you, as these will bring meaning to your work. This will also make the journey of changing careers easier, more enjoyable, and ensure a better chance for success. If you are passionate about what you are seeking, you will pursue opportunities with more energy and effort and you will present yourself better at job interviews.

What skills sets are required for the new career you want to pursue?

Research is necessary as you pursue a new career. Assess your existing skill set and determine how much of your current skills are transferrable to your new career. Be sure to not discount yourself or undervalue your soft skills. Some of the more common and valuable transferable soft skills across multiple industries and jobs include: communication, people management, networking, analytics, project management, and leadership. Keep in mind that you may have to obtain additional education or training, or learn new skills on your own to be competitive in your desired industry, so be sure you are ready to invest time and resources.

What's the best way to ensure a smooth transition?

It would be advantageous if you could stay in your current career or job while searching for a new career. This may take longer but it will lessen the financial burden, help you stay connected to the business world, and continue to build your professional experience.

Find a mentor or career coach for guidance and support.

Deciding on a career change should not be done alone. Having an experienced, outside perspective will be extremely helpful when it comes time to make a decision. Seeking a mentor in your desired field can provide you with insider knowledge and sound advice, while a career coach can offer the practical and emotional support you need as you change fields.

Career changes are integral parts of building a successful career and professional development. Most people make adjustments or changes to their careers at least once or twice over the course of their professional lives.

I have a mentee who worked as an attorney and navigated a successful career transition to becoming a senior manager of a business unit at a major utility company. My executive assistant completed her college education after years of working and navigated a career change over a period of eight years to become the director of human resources at a mid-size company.

Changing careers is not an easy feat, but it can be done. You can make the process easier by considering the questions and steps above, planning ahead, and making small strategic shifts to your career over time instead of making sudden changes. The time and effort you spend finding a career you love and enjoy doing is well worth the investment.

Presence Possibilities aims to help individuals and families succeed through professional assessments and consultations to identify one's personality, talents, culture, learning style, and or ideal college major or career. Contact us if you're considering a career change. We'll provide an in-depth assessment report, then team you up with one of our career consultants to analyze the results and help you create a roadmap. Our approach can help enhance your workplace skills or identify an alternative career based on your interests and personality. For more details, please contact Christine at 626-810-5200, or visit www.PPossibilities.org.

Gil Tam is a retired executive of a local electric utility company and an elder of a Presbyterian church. He's had wide experience coaching and counseling others in their careers and is passionate about sharing his faith with his mentees.

Free

Presence Possibilities

Workplace Communication Workshop Series

Get Ready to Lead Your Own Team (Oct 17)

Do you find it difficult to get others to cooperate? Learn essential leadership skills so that your colleagues and subordinates will begin to perceive you as their leader. These workshop tools can best be applied to peer leadership and middle-management.

The Art of Business Meetings (Nov 7)

Are you tired of being on the bottom rung?
Want to ascend the corporate ladder?
Learn the unspoken rules of business communication and how to convey your value during business meetings, so that you don't get passed up on the next promotion!

Instructor: Tom Tui, a business professional with 20+ years of Sales & Management experience
Time: 2:00 p.m. – 4:00 p.m.
Location: Presence Possibilities,
17181 E. Gale Ave., Unit C, City of Industry, CA 91745

To RSVP: Contact us at 626-810-5200
or scan the QR code

How to Increase Your Competitive Edge & Land a Job After You Graduate

BY JOANNA WU

With the rising number of college graduates, it's becoming increasingly challenging to secure a job. What can help you rise above the pack?

Selecting a Major in an Area of Growth

Let's say your favorite subject in high school was Latin; what if you selected this as your college major? The reality is that some majors are more likely than others to translate into a job immediately after graduation. According to a Georgetown University report on college majors, unemployment, and earnings, recent college graduates have been severely affected by the Great Recession. However, on the positive side, some majors reported lower unemployment rates between 4.5 to 6.5 percent, including education; health; physical science; agriculture and natural resources; industrial arts, consumer services, and recreation; and engineering.[1] Close behind with unemployment rates between 7 and 9 percent were majors in business; biology and life sciences; and computers, statistics, and mathematics.[2]

What does this all mean? If you want to pursue a degree outside of areas with the greatest job growth or highest job opportunities, be prepared to compete with a higher number of job-seekers with similar qualifications. Although your field may not promise as high of a salary as other entry-level positions, choose a major that is in line with your passion and interests, not simply because it could be practical and lucrative. If you're passionate about Latin or its close siblings in the humanities and liberal arts, such as communications, architecture, or psychology, go for it! Many of these majors can, in fact, further develop your critical thinking and communication skills, which are marketable and transferable skills later on.

Gaining Experience & Developing Soft Skills

As more employers hire college graduates, merely having a degree will not give you a competitive edge. As a student, you have time and opportunities to gain experience in your area of interest. Seek ways to learn what fields you enjoy working in and gain as much experience as possible while you have the time and flexibility to apply for internships, research positions, and part-time jobs. This experience will prove invaluable, especially as you enter interviews with employers who will want to know what else you bring to the table. But even if you have experience and impressive credentials on paper, how good are you at conveying your strengths?

This is one of the reasons why developing soft skills is so important. Soft skills include your communication skills, work ethic, time management, problem solving, ability to work with teams, etc. These skills are necessary for presenting your best at the interview and indicate your potential success on the job. As you build relationships with co-workers and clients alike, soft skills will help you deal with issues such as office politics, gaining a promotion or career advancement, and how to work with others.

Networking Now & Knowing How to Work with Different People

Networking is a valuable skill that should not be exclusive to socially-savvy business majors; it is necessary for any college graduate who wants to learn of employment opportunities and places to use their knowledge, skills, and interests. This is sometimes difficult and daunting, especially for introverted personalities who would rather people-watch a room filled with networkers passing out business cards, but it's one of the best ways to learn more about a potential employer as well as make yourself known. If you tend to by shy, or find this intimidating, keep your eye on the goal of getting the job and step out of your comfort zone. Networking can happen anywhere and at any time – from online on LinkedIn, to an alumni event on campus, to having conversations with working adults at church.

As you network, you may begin to realize that people in positions to hire are those who make up the Boomer Generation (ages 51 to 69), or the Gen-X population (ages 35 to 50). Millennials have a varied reputation in the work world. Show them you are willing to learn from and understand their perspectives. You will need to earn your stripes as the newest person on the block.

For more information about selecting a suitable major, finding an internship, developing soft skills or networking skills, please visit PPossibilities.org or call us at **626-810-5200**.

References:

1. Anthony Carnevale and Ben Cheah. "From Hard Times to Better Times: College Majors, Unemployment, and Earnings."
Center on Education and the Workforce, Georgetown University. https://cew.georgetown.edu/wp-content/uploads/HardTimes2015-Report.pdf (accessed July 28, 2015).

2. Ibid.

Presence Possibilities

Ministry Update

By: Christine Shen

Upcoming Events

10/17 "Get Ready to Lead Your Own Team" Workshop

10/24 Multiple Intelligences Workshop

11/7 "The Art of Business Meetings" Workshop

Presence Possibilities aims to help individuals and families succeed through professional assessments and consultations identifying their personality, unique talents, culture, learning style, ideal college major and career.

Feb-Mar: We welcomed Christine Shen to our team as the Events & Marketing Coordinator to help improve our promotional efforts.

April 25: We hosted a Resume Writing workshop led by Tom Tui. Overall, we received positive feedback and high interest in future workshops.

May: We released our first promotional video, titled "What is My Ideal Career?" You can check it out on our YouTube Channel!

May 20: We hosted a press conference to promote Presence Possibilities' Education Outreach Project (PPEOP). Reporters from World Journal, ETTV, Sky Link TV, and Sing Tao Daily attended the press conference and helped share this initiative with their respective audiences.

May-June: Five new clients came in for our assessment and consultation services. We hosted two parenting seminar series, "Immigrants Assimilating into U.S. schools" and "Children's Learning Styles" (in both Mandarin and Cantonese), which both received positive feedback.

July-Dec: We started accepting PPEOP applications in July to help children and youth from low-income families prepare for academic success. Each month, we will give away one free assessment and consultation package (valued at $450-600).

We also welcomed Tom Tui to our team as our Development Consultant.

In the second half of 2015, we will host additional workshops and trainings about effective workplace communication skills and continue helping individuals discover their path in life.

To sign up or learn more about our assessment and consultation service, as well as our career coaching sessions, call us at 626-810-5200 or email info@ppossibilities.org.

活現潛能 事工報告

活動預告

10/17 職場進階系列 - 怎樣帶領團隊

10/24 多元智能講座

11/7 職場進階系列 - 職場會議兵法

「活現潛能」旨在幫助個人及家庭成功透過專業評估及諮商，來確定個人的性格、獨有的恩賜、文化、學習模式、理想的大學選科及職業。

二月 - 三月份：歡迎 Christine Shen 加入活現的團隊，成為我們活動及營銷統籌，協助推廣及促進「活現潛能」事工。

四月廿五日: 由 Tom Tui 主講的簡歷撰寫研習班，反應十分熱烈，不少學員更表示期待日後參與相關的講座。

五月份: 發佈首個推廣視頻，標題是『我的理想職業是甚?』歡迎在 Youtube 網站瀏覽。

五月二十日: 召開記者招待會介紹「活現潛能」社區教育項目。世界日報、東森美洲電視、天下衛視、星島日報等媒體均有出席參加，並報導和宣傳此項具有意義的活動。

五月-六月份:有五位新客戶選用了我們的評估及諮商服務。我們一共舉辦了兩場親子講座，(一)新移民的孩童如何融入美國教育、(二)孩子們的學習模式。兩場講座均分別以粵話及國語主講，深得家長好評。

七月-十二月份: 開始接受 PPEOP申請，幫助低收入家庭的兒童及青少年，為學業成功做好準備。每月贈送一個免費名額，評估及諮商（價值約$450至$600不等)。同時歡迎 Tom Tui 加入我們的團隊，成為我們的事工發展顧問。

2015年度下半年，我們將會推出更多講座及研習班，探討有關職場上有效的溝通技巧，也會繼續幫助個人探索人生和前路的方向。

如對評估、諮商服務及職業輔導感興趣者，請致電626-810-5200 或電郵至 info@ppossibilities.org 查詢。

Ministry Update

By: Joanne Wong

Upcoming Events

10/4	Presence's 12th Anniversary Thanksgiving Vision Dinner
10/17	Parenting Tips Without Yelling & Scolding
10/20	How Parents Can Be Spiritual Leaders
10/24	Children's Mental Health
11/1	Part I: Introduction on Post-traumatic Stress Disorder & Grief
11/8	Part II: Post-traumatic Stress Disorder & Grief
11/7	Internet Safety for Children
11/14	Bridging Two Generations
12/5	Parenting/Couples Workshop
12/27-30	Chicago Chinese Christian Mission's GRACE Conference

In February 2015, Presence Quotient® moved to a new office in the City of Industry. We're thankful to God for preparing and providing us this spacious site so that we can build closer ties to our community. Within the past few months, we have already launched a few trainings and seminars free of charge that attracted many participants and have received positive feedback.

In April, Dr. Agnes hosted two workshops called "Two Generations" and "Understanding iGeneration" at local churches in Northern California. In May, a church in Las Vegas invited her for the first time to host a couple's workshop. In June, Presence was part of Logos Evangelical Seminary's one-week intensive course and provided two classes on "Youth Identity," and "Depression in Youth," which were held at Logos and Presence's office respectively. On July 11, the Mandarin Baptist Church of Los Angeles invited Dr. Agnes to talk about the "Prevention and Treatment of Depression." She was glad she could answer many of their questions. She also traveled to Hong Kong, Macau, and Northern California in August to provide trainings.

We have many seminars and workshops lined up for the remainder of this year. To learn more and get our latest updates, please visit us at www.presencequotient.org, or join our Facebook group. In addition to providing training, Dr. Agnes is an invited speaker at Sunday services, retreats, and fellowships. For more details, please email Joanne Wong at info@presencequotient.org.

Presence is a Christian nonprofit organization that relies on donations to maintain its ministry. If you are touched by what we do in serving families, communities, and the next generation, we earnestly invite you to pray for us and financially support us monthly, so that we can continue providing more programs and helpful resources to our communities. May God use Presence to bless our churches, our families, and the next generation.

活現商數事工報告

活動預告

10/4 活現12週年感恩餐會
10/17 不打不罵，孩子聽話
10/20 父母如何作孩子的屬靈引導
10/24 無「憂」無「慮」之 子女情緒健康
11/1 情緒健康系列I - 認識創傷和哀傷
11/8 情緒健康系列II - 創傷後遺症和哀傷情緒處理
11/7 做個智Net的家長 (教導子女網上安全意識)
11/14兩代之間親子工作坊
12/5 親子/夫妻工作坊
12/27-30 芝加哥基督徒華人大會

今年二月「活現」搬遷到位於工業市的辦公地點，感謝主賜給我們寬敞明亮的訓練場地，讓我們與社區的距離拉得更近。在過去數月我們已經開辦了數場免費的訓練和講座，吸引了許多人來參與，學員回應說得益良多， 且對講員們的評價甚高。

葉顏瑋茵博士於四月份出赴北加州，為當地的教會提供「兩代之間」和「認識i-世代」的親子工作坊。五月中旬第一次被邀去到拉斯維加斯的教會，提供了夫妻相處的工作坊。六月初，我們和正道福音神學院上密集課程的神學生們有兩次互相交流的機會，為他們講授了關於「青少年的身份認知」和「青少年與抑鬱症」的課題，第一課就在他們的學院，而第二課移師至「活現」的訓練場地。於在7月11日，國語浸信會亦邀請了葉博士講解「抑鬱症的預防與治療」， 她很高興能解答與者許多切身的難題。她亦於七、八月間出赴香港、澳門及北加州提供訓練予當地有需要的人。

我們今年已籌劃了許多講座和工作坊，想獲悉最新活動消息，請瀏覽「活現」網站www.presencequotient.org，或加入我們的臉書群組。除了提供訓練，葉顏瑋茵博士也會接受邀請，帶領主日崇拜講道、退修會、主日學或團契專題。詳情請電郵 Joanne Wong，info@presencequotient.org。

「活現」是一個基督教非營利機構，需靠熱心人士捐獻才能維持運作，若您對活現的工作、服事家庭、社區、和下一代有感動，我們謙恭地懇請您能為我們禱告並在經濟上每月支持活現，讓我們可以在社區不斷提供更多的訓練課程和僭質的資源，願神透過「活現」繼續幫助教會和家庭，尤其是新生的年輕一代。

re NEW
a Presence movement

Ministry Update

By: Phoebe Ng

RE:NEW a Presence movement kicked off the year with one of its biggest annual training initiatives. In partnership with its parent organization, Presence Quotient, the Forty-Day Impact Challenge ran from January 19 to February 27, a devotional series that cultivated a time of renewed spiritual intimacy for families, small groups, and individuals as they sought clarity for their unique life purpose. Especially notable this year was the introduction of Chinese-language devotionals and specific tracks for different age groups.

RE:NEW also held a one-day training conference at the Evangelical Formosan Church of Los Angeles for youth pastors and lay leaders that was extremely well received. Focused on the topic of mentorship, the Riding the Waves Conference was the first large-scale event hosted by our ministry specifically geared towards youth and young adult ministry leaders. We're excited to have had this opportunity and look forward to hosting more events and training for those in youth and young adult ministry. To learn more about our events, please visit www.renewtheresponse.org

活現新心行動
事工報告

「活現新心行動」今年以一個大型項目來揭開序幕。從一月十九日至二月二十七日，新心與活現 携手推出四十日衝擊挑戰，為家庭、小組和個人預備一個與神靈裡親密和更新的時刻，讓他們能清晰看見自己生命的目的和意義。今年更引入中文靈修系列，並適合不同年齡層需要的內容。

「活現新心行動」今年也主辦了為期一天的青年事工牧師、傳道及領袖訓練，反應非常熱烈。這訓練 Riding the Waves的重點是生命輔導。這也是我們機構首次為青年及青成年事工領袖主辦的大型活動。我們期望未來能安排更多這方面的項目和聚會，為青年和青成年事工的服事者提供訓練和支援。關於我們活動的詳情，請瀏覽 www.renewtheresponse.org

PRESENCE Financial Report

For the period Jan 1 - Jun 30, 2015

Revenue: $87,099

Expenses: $129,644

Net Assets:

Change in Net Assets: ($42,544)

Beginning of year: $20,264

Net Assets: ($22,280)

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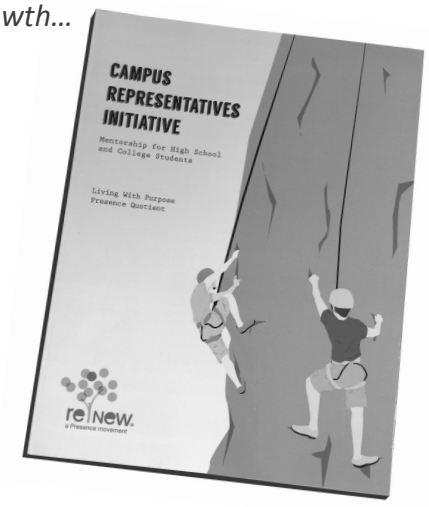

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Possibilities

Presence Possibilities aims to help individuals and families succeed through our professional assessment and consultation service through identifying their personality, talents, interests, cultural influence and ideal college major and career. It is an initiative of Presence Quotient®, a 501(c)(3) non-profit organization based on Christian and family values.

Rediscovering Purpose at Work

This year I read a book by Sebastian Traeger and Greg Gilbert called *The Gospel at Work*, and what I took away from this study was an understanding that our jobs are a primary means of sanctifying us and making us more like Christ.

After being out of full-time work for a year, I landed a job that I truly feel was orchestrated by God. Before starting, I had major hopes that I'd be doing really important things at my new job and making things happen. But I soon found out that this was not to be the case.

I felt disillusioned when various situations in the workplace made me unsure of myself, and my job exposed sin and weaknesses in me. I began realizing God had a purpose for me in my workplace that was different than what I thought. Through prayer and by His grace, I'm discovering God's purpose for me at work right now. One of these purposes is being faithful to do my job the best way I know how and approaching whatever task I'm doing at work, big or small, in a Christlike way.

Before David was King of Israel, he was Saul's servant, but first he was a shepherd who faithfully tended sheep. When David prepared to fight Goliath, Saul warned him of the danger and David responded, "Your servant used to keep sheep for his father. And when there came a lion, or a bear, and took a lamb from the flock, I went after him and struck him and delivered it out of his mouth…your servant has struck down both lions and bears, and this uncircumcised Philistine [referring to Goliath], shall be like one of them, for he has defied the armies of the living God" (I Sam 17:34-36).

I imagine David spent many days worshipping God on the hillsides while tending his sheep. He probably got a little bored at times, but he stayed faithful while God shaped and prepared him for that moment when he would face and defeat Goliath, ultimately showing everyone the power of his God.

What about you? How are you seeing God shape you through your job, period of unemployment or transition? What purposes do you think God has for you? Surrender all things to Him every day and seek to make glorifying God your greatest purpose as you remain faithful to him where you're at right now.

This devotional was written by a volunteer writer for The 40-Day Impact Challenge. To read more devotionals like this, please visit impact.renewtheresponse.org. The next 40-Day Impact Challenge will be in Fall 2016.

重新發現工作的意義

今年我讀了一本由西別．崔哥（Sebastian Traeger）和葛瑞.吉伯(Greg Gilbert）二人合著的書，名叫「職場福音」。讀後令我了解到工作其實是使我們成聖、更像基督的主要途徑。

丟了全職工作一年後,我找到一份深信是神安排的工作。還沒開始,我已憧景著如何大展拳腳,可惜很快就發現事與願違。

工作的環境差強人意,加上自己的罪和軟弱在工作中暴露出來時,我覺得夢想破滅了。我這才開始體會到神為我的工作設下了一個非我想像的目的和意義。藉著禱告和神的恩典,我重新發現原來神要我把自己的工作忠心做好;不論大小的任務,我都要以主耶穌的心腸來處理。

大衛成為以色列王之前,他是掃羅的侍從。年少時他是個忠心看管羊群的牧童。當大衛準備和哥利亞爭戰時,掃羅警告他會有危險。他回答說,「你僕人為父親放羊．有時來了獅子、有時來了熊、從群中啣一隻羊羔去。我就追趕他、擊打他、將羊羔從他口中救出來．他起來要害我、我就揪著他的鬍子、將他打死。你僕人曾打死獅子和熊．這未受割禮的非利士人向永生神的軍隊罵陣、也必像獅子和熊一般。」(撒母耳記上 17:34-36)

我想當時的大衛該是花了不少時日在山坡上,邊放羊邊敬拜上帝。縱然放羊的日子也會令他覺得無聊,但他在這崗位上一直忠心,神也藉此來塑造他、裝備他,直到一天他擊敗歌利亞,將神的大能向眾人彰顯!

你又如何呢?你如何看神藉著你的工作、失業、和生命的變奏來塑造你?你認為你的人生在神面前有何目的和意義?神渴望你能每日在祂給你的崗位上忠心,並以獻上自己和榮耀神為你生命最高的目標。

這篇靈修乃由不記名作者為「40天信仰的挑戰」而撰寫，若想閱讀更多靈修小品，請瀏覽 impact.renewtheresponse.org 新一期的「40天信仰的挑戰」將在2016年秋季推出。

兩代對教育、工作和家庭的不同觀念

價值觀如何塑造你的人生抉擇

BY JOANNA WU

當茱莉正思考如何寫大學申請的內容時，她的媽媽走進她的房間。

「你會申請柏克萊大學，對嗎？我真渴望柏克萊可以收你。」

瞪了媽一眼，茱莉回應說：「我會申請柏克萊，但我更想進加大洛杉磯分校，讀英文和電影。」

「讀電影如何養活自己！難道要爸媽永遠養你嗎？」

「你和爸只在乎我將來賺多少錢，總之我不用你們供養。」茱莉顯得不耐煩和生氣。

「我們也不只在乎錢。不過假如你收入不理想，就連餬口買房子都不行，不要忘記你連燒飯也不會哩。」

有時當談及大學、將來的職業、生命的抉擇、甚至照顧自己的能力，最終都是誤會、缺乏尊重、互相攻擊的爛局收場。這對話的情況並不罕見，尤其亞裔的家庭中，父母與子女的意願背後，總帶著各自一套的價值觀。這些激烈對話往往都會引致關係破損，造成兩代之間心靈的裂痕。

兩代之間怎樣溝通各自不同的價值觀是很大的挑戰。首先我們是否意識自己的價值觀，而對這套觀念有多堅持？亞裔家庭十分重視教育、工作和家庭三方面，而這三方面也正是上一代和下一代最大分歧之處。相信如能看清兩代的立場，會有助彼此溝通自己的意願，但同時能尊重對方的價值觀。

對教育和工作價值的不同看法

今日年輕的一代被稱為 「千禧代」 ，大抵是指八十年代和九十年代出生的一群，他們也是在職場上最年輕的族群。有人稱讚這族群，認為他們關心政治、在科技上精明，又有創業精神；但亦有人批評他們，指他們自戀、貪窮和重視權力。

嬰兒潮是指出生於1946至1964年間的一代。這一代成長於冷戰和二次大戰後影響下的時代，他們往往被形容為自我、自由奔放、對社會關懷的群體；但同時部分嬰兒潮的人也會憤世嫉俗，對政府和當權者不滿。

這些特色不難見於美籍土生的亞裔父母，也許在移民的亞裔父母身上就不太明顯。然而移民家庭卻很重視接受高等教育、成為勤奮的員工、努力賺錢和積極儲蓄。根據 Pew 研究中心的報告，美籍亞裔包括移民在，會視婚姻、親子關係、工作的努力和成功過於公共事務。（註一）統計顯示39%的亞裔成年人會認為亞裔家長在學業成績上，給與子女過多的壓力；但美裔家長在這方面的情況只有9%（註二）。

我們開頭的例子中，茱莉對母親的反應十分憤怒，認為她只重視以收入來衡量的成功。茱莉看重的是工作背後的意義而非金錢的回報，她渴望能發揮自己的所長而有所成就。她母親所表達的卻是 「謀生」 的論點，並她一貫以工作來維持穩定生活的信念。

兩代同時對教育和工作都有自己的見地；上一代尋找實際和傳統的教育，而這一代重視指向豐富人生體驗的整全教育。能夠意識到這差異會為探討教育和工作的難題上帶來曙光。年長一輩若能讓千禧代有更多空間去探索，年輕人自會感激；而子女若能體會上一代從生命中悟出的智慧，而踏實地計劃自己的前途，那父母也自然感到安慰。

對家庭價值的不同看法

有時父母和子女的矛盾源自大家對關係建立的不同理解。在亞裔家庭中，一般長幼有序，十分重視對長輩的尊敬。由於孝順、尊敬父輩和長者甚為重要，這一來每日彼此的相處以至於生命的主要抉擇都會受到影響。孩子要表現對父母的尊重，就必須順從父母所講的每句話。換句話說，子女一切生命的取向和選擇，從高中的活動、到大學選科、擇業甚至擇偶，都間接由父母來決定，亞裔孩子們意識到滿足父母的要求是他們在家所要扮演的角色。

相反，千禧代要求互相尊重，而尊重是要在關係中贏取的、並非由一方因年齡或輩分而向別人要求的。這不同的期望不時會令一方或雙方感覺不被尊重、無從發聲、甚至慘遭誤會。

故事之始，當被母親質疑她的雄心大志時，茱莉頓然感到不被尊重；而當茱莉露出不滿的臉容和眼神、並假定媽媽只會向錢看時，也令母親感覺難堪。聖經清楚地教導兒女們要孝敬父母(出20:12；箴17:6；太15:4-6；弗6:2-4)，但可惜這些教導有時會被亞裔文化扭曲了，習慣地向子女發出指令，而忽略把子女當作長大了的成年人來看待。當父母渴望關心子女時，其實可以嘗試以問題來取代指令和勸告，多些聆聽而減少給與意見。

看上帝的呼召

我們成長的文化對我們如何看教育、工作和家庭影響深遠。不過站在我們跟隨基督的門徒身份上，我們該用甚價值觀來對待這些生命重要的環節呢？

我們信徒的身份應該是讓世人可以看見的，這在我們所重視的事情上更應如此。當世人都在看基督徒時，是穩健的經濟、名譽、地位至為重要，還是上帝遠超過這些呢？父母不但對子女的價值觀和人生取向影響重大，對子女能否延續父母信仰的傳承也十分關鍵。

哥頓大學心理學教授Kaye V. Cooke發現對步入成年的年輕人，父母的角色是十分關鍵的。她發現那些剛進入成年、又在尋找神的人，極渴望父母可以聆聽和接納他們。(註三) 事實上簡單的聆聽已足以大大改善兩代之間的關係。

如何打開兩代健康的對話

試想如果茉莉和母親在對話時能不去假設、並多考慮對方的價值觀：
當茉莉仍在弄自己的手提電腦時，母親問：“可否告訴我多些關於主修電影的事？”

「媽，這很精彩的。我會學習電影的歷史，又可學到如何使用最新技術來製作和剪輯。我更可以把我對寫作的熱愛結合對電影的興趣。」

「聽來真的很精彩，而你從來都是個很會講故事的人。主修電影在工作上有何出路呢？」
茉莉抬頭，望著母親笑了。她從未想過母親會支持她搞電影的。

人與人之間的對話不可能完全，因我們都是不完全的人，也大多數時間都不懂得聆聽。若我們能在對話中採取學習者的態度，尋求更多了解對方的思維和價值觀，那麼兩代間的對話就能改善。

以下所建議的一些問題，可讓家長和子女坦誠地討論有關才能和夢想的議題：

- 你喜歡做些甚和不喜歡做些甚？
- 你有甚強弱處？
- 你在工作中最看重是甚元素？
- 如何知道上帝對我們的呼召？

這些問題除了有助家長和剛長成的子女討論前途，也能應用於高中生探索大學教育的方向。「活現潛能」的使命就是為家長和學生提供適切的專業服務，為奠定未來事業基礎打好根基。宥於兩代文化和價值觀的不同，這些對話和討論不易發生，但我們相信溝通和諒解可從願意聆聽開始。

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幫助孩子學習的三個關鍵

BY CHRISTINE SHEN

我的孩子有多聰明？

史上其中一位最偉大的科學家愛因斯坦曾講過：「每個人都是天才，但假若你以爬樹的能力去評價一條魚，那魚一生只會相信自己是條大笨魚。」

如果我們應用愛因斯坦的理論，以數學程式去量度莎士比亞的能力、以雄辯的能力去看貝多芬、以歌唱的技巧去看米高安捷盧，結果這些名人都會變得平庸甚至不堪。然而，他們的專才和突出之處卻在文學、音樂和藝術方面為人類留下了寶貴的遺產。

一個出色的作家不會成為一個優秀的外科醫生；同樣一位專業運動員的法律知識一般也很有限。同樣，一個數理不精而無法在標準考試取得高分的孩子並非等同他的智商低，這極可能是他的能力和天份在別的地方。當這孩子被放於合適的位置，他是可以閃耀於人前的。

心理學家、同時也是多元智能理論的始祖侯活干拿 (Howard Gardner)曾講過，「重要不是你有多聰明，而是你那些地方聰明」，因此，父母與其問「我的孩子有多聰明？」不如問「我的孩子在那些地方聰明呢？」

關鍵一：認清你的孩子是獨特的個體

我們很容易像一般人，傾向以比較和某些準則來衡量成功。同樣，作父母也很容易以學業成績來量度子女是否聰明。當孩子比同學取得較低的分數時，我們會馬上懷疑孩子是否笨拙和不如人。事實上，雖然考試對個人的智商和能力提供了一定的指標，並非所有的智慧和才能都可反映在考試的成績上。

根據干拿(Gardner)，一個人的智慧有八方面。大多數孩子都擁有獨特的智慧組合，因此我們無法以單一的標準來量度智慧。畢竟，我們怎可以將蘋果和橙、或楊桃和棗來作比較？

若我們能把焦點放在孩子的天賦才能，我們其實同時是按他們獨特的能力來鼓勵他們邁向成功。

關鍵二：了解你的孩子喜歡的學習方式

作為一位婚姻家庭治療師，葉顏瑋茵博士認為「孩子若能以自己的學習模式來學習，是最為有效的。父母該為孩子製造有利於他們習的家居環境。」例如，有些孩子需要背景音樂來提升專注力和學習效率，但父母本人可能會覺得音樂令人分心，因此為求令孩子專心，便把音樂關掉，這一來反而無法為孩子提供最理想的學習環境。

關鍵三：建立孩子的自信

幫助孩子建立正面的自我形像，令他們相信自己的能力，其實比為孩子提供優質教育更為重要。我們如何鼓勵孩子學習對他們自我形像的建立影響很大。如果我們在不斷傳遞一個信息：「除非你拿到A+的成績，否則你永遠都不夠好」，這樣任何的不完美都變成了失敗。若我們告訴孩子其實他們十分聰明，他們是會相信的。自信和正面的自我形像對孩子日後克服挑戰和邁向成功具有重要的影響力。

在迪士尼電影「花木蘭」裡，當將軍要求皇帝向他下拜時，皇帝的回應是「任憑狂風呼嘯，山嶺也總不低頭」。同樣，我們也渴望孩子有抵禦危難的韌力，像山一般，於風雨漂搖的日子仍能屹立不倒。

怎樣栽培孩子成功？

邁向成功有很多不同的渠道。每個孩子都有自己獨特的天份，能認清孩子的所長是栽培孩子成功的起始點。
我們明白個人的成就其實有許多方面，因此活現潛能的目標，是協助孩子確定自己的潛質，配合他們個人的學習風格，並裝備家長從旁栽培孩子成功。
可致電626-810-5200預約有關服務。

正在考慮事業轉型?

五個轉行要問的問題

BY GIL TAM

你是否正在考慮轉行？光是這個想法已足以令人覺得困擾和懼怕，尤其那些在原有的行業已做上好幾年的人。改變可以是艱巨的，因大部份人都喜歡做自己熟悉的事。有些人寧願留在不喜歡的行業，也不要轉變，就是因為害怕。如果你已決定要轉行，並已準備戰勝恐懼和全力以赴，我鼓勵你考慮以下幾個問題和建議，盼望能幫助你輕鬆地面對過渡期。

一、 為何要轉行？

如果你考慮轉換工作環境，只因你不喜歡目前的老闆、公司文化、或其他工作情況，那就該找同一個行業別的工作，而不是離開原來的行業。了解事業和工作之間的分別非常重要。事業或職業生涯是一份畢生追求的雄心和熱情，亦是逐步走向終身目標的一個過程；而工作只是一個受薪的職位，以獲得相關經驗，去追求你的職業生涯。找一份新的工作比轉換行業容易，所以首先你當認清你尋求轉變的真正渴求和方向。

二、你真正喜歡做甚麼工作？ 那些工作會使你興奮和雀躍？

若想得到長遠的滿足感，這是很重要的考慮因素。你可能會發現，經過年復年日復日的工作，你需要時間去重新認識自己，再思那些是能激發你的熱情和令你雀躍的活動，這可為你的工作帶來新的意義，也會使你轉行的過程更容易、更享受，也有更高的成功機會。如果你對所追求的行業充滿熱情，你會更積極去尋找機會，在面談時也肯定表現得更好。

三、你所追求的行業需要甚麼技能？

要預備轉換行業，你必須要花時間去研究；評估自己現有的技能，再決定你已有的技能有多少可用於這行業。不要低估自己或自己的能力。有些普遍和有用的軟技能是適用於任何行業和工作的，包括：溝通技 巧、
人力管理、人脈網絡、分析技巧、項目管理和領導才能。同時，你也可能需要額外的培訓或學位，或自學新技能，以便在你想做的行業裡保持競爭力，當然時間和金錢的投資也是免不了的。

四、 如何能順利過渡新工作？

較為有利的做法是一邊留在原來的工作、一邊尋找新方向。這過程可能需時較長，但經濟壓力也較小，同時自己能持續活躍於職場，繼續累積專業資歷。

五、尋求職場導師和教練的指導和支持

在尋找轉換行業的過程中，並不適宜孤身上路。由一位資深的導師所給的局外人意見，對當事人能作出合適選擇極有幫助。職場導師一般可以對有關行業提供行內資料和中肯的意見；而職業教練則可在轉換工作的過程中給與實際和心靈上的支援。

轉行是發展專業和事業成功的一個重要因素，大多數人在一生的事業生涯中都最少一兩次轉換行業。在我輔導的受助者中，有人以律師身份而成功轉型為公營機構的高級經理。我的行政助理在工作八年後終於完成大學課程，以另外八年時間逐步成為一中型機構的人事部主管。

事業的轉型並不容易，但絕對可行。過程中若能考慮上述問題，從而作出適當的計劃，並有策略地逐步轉移，不急於求變，那麼整件事都可變得更簡單。若能尋著自己喜愛的職業和享受的工作，所付上的一切努力和時間都是值得的。

「活現潛能」 旨在協助家庭及個別人士透過專業的測試和輔導，了解個人的性格、才能、文化、學習風格，從而找出理想的主修科目和職業，最終得以建立成功的事業。假如您正在考慮事業的轉型，可以與我們聯絡。我們的團隊可以為您提供深入的測試，並由我們的職業顧問與您分析有關測試的結果，助您締造就業的路線圖。我們的服務可增進閣下職場上所需的技巧，亦可按您個人的興趣和性格找出不同的工作方向。詳情請致電626-810-5200與 Christine聯絡，或瀏覽網址 www.PPossibilities.org.

Gil Tam 是一位本地電力公司退休的管理層人員，也是長老會的長老。他在職業輔導和訓練有多年經驗，也樂於在培訓過程中與人分享信仰。

增強畢業後入職的競爭力

BY JOANNA WU

隨著大學畢業生人數不斷增加，畢業後要成功找到工作較以前也更具挑戰。在這大環境下如何能脫穎而出呢？

選修有就業機會的學科

舉例來說，假若拉丁語是你最喜歡的高中學科，你在大學時選修這科可以嗎？現實告訴我們，某些學科的畢業生會較其他學科的畢業生更快找到工作。根據Georgetown大學一份有關大學選修科、失業率和收入的報告顯示，近年大學畢業生受經濟大衰退的影響最為深遠。儘管如此，某些選科的畢業生，只有百分之4.5到6.5的低失業率，包括教育、健康衛生、自然科學、農業及天然資源、工業藝術、客 服務和娛樂、以及工程等;緊隨其後約有百分之七到九失業率的選科計有商科、生物、生命科學、電腦、統計學和數學。

這些數據表明甚麼呢？如果所修的學科在職場上沒有發展潛力或理想的就業機會；那你就當有心理準備要和更多求職人士競爭。儘管你選的專業在入職薪酬方面可能不及其他行業，但選科時還是該先考慮自己的喜好和興趣，不可單顧實際和金錢的回報。如果你熱愛拉丁語或其他相關人文學科，如大眾傳播、建築或心理學，那選讀也無妨！事實上這類學科能進一步發展個人的批判思維和溝通技巧；而這些技能在職場上有一定的需求，也可應用在其他方面。

汲取經驗和發展軟技能

當越來越多僱主聘用大學畢業生，單具學位並不帶來優勢。在大學時，你應爭取時間和機會，在你感興趣的領域汲取工作和實習經驗。你可透過不同途徑找出你喜歡的專業，利用在大學的彈性上課時間，申請當實習生、參與科研和兼職工作，藉此累積更多相關的工作經驗。與僱主面談時，他們最想知道你在那些方面能有所貢獻；這些工作經驗固然重要，但具備工作經驗、亮麗的成績和履歷，還要加上能善於表達、把自己長處突顯出來的溝通能力。

這時你會發現軟技能的重要。軟技能包括溝通技巧、工作態度、時間管理、難題解決的能力、團隊工作的協調等。這些基本技巧，有助你在面談時把自己最優秀的一面流露出來，讓僱主看到你具有駕馭這份工作的潛質。無論是建立與同儕或顧客的關係，軟技能都能助你處理不同的問題，如辦公室政治、爭取晉升機會，和與他人合作。

學會與不同的人共事和建立人際網絡

建立人際網絡是十分寶貴的技能，這並非深諳社交之道的商科主修的專利；任何大學畢業生，若期望得到更多就業機會和資訊，就得建立人際網絡，但有時這並不容易;內向的人就會寧可坐在一旁看別人打交道和交換名片。不過，這同時是更多了解未來的僱主，或讓別人認識自己的最佳途徑。如果你性格比較 斂，或在人群中會有壓逼感，就要以取得工作為目標，逼使自己踏出一步。要建立人際網，並無特定的時空限制，不論是在領英(LinkedIn)社交網站上、或是大學校友會活動中，甚至是在教會與在職的成人交談時，都可進行。

當你建立人際網絡時，不難發現那些掌控招聘的人士，多來自嬰兒潮世代（51到69歲）或X世代（35到50歲）。千禧世代在職場上的表現不盡相同;能表現出願意向主管們學習，了解他們的看法。作為初生之犢，這絕對有利工作發展的。

如需更多有關選科、尋找實習機會、發展軟技能或建立人際網絡技巧的資訊，可瀏「活現潛能」**PPossibilities.org**網頁或致電**626-810-5200**查詢。

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