

# 圖書館資源選介

Library Resources List



九龍公共圖書館 • 教育資源中心

Kowloon Public Library • Education Resource Centre

二零二五年十月

Oct 2025

# 中文書籍 Chinese Books

作者、書名、出版資料

Author, Title, Publishing Information

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《[Career Guide 2025. AI 融入職場 新世代大趨勢](#)》。香港：Career Times Online Limited，2025。

索書號：528.85026 2074

土谷愛。《[天職地圖：日本「強項大師」獨家設計，直達成功的生涯探索遊戲！](#)》。台北市：平安文化有限公司，2023。

索書號：192.1 4082

安齋響市。《[如何找到下一份好工作](#)》。石家莊：花山文藝出版社，2023。

索書號：528.85 3020

克里斯多福·凱特林。《[離開學術界：善用學術功底、補足跨界就業力、調整溝通方式，Step by Step..... 從為學而活到學會生活，無痛開啟多元職場](#)》。台北市：臉譜出版，2024。

索書號：528.85 2034

區祥江。《[MBTI 找出自己：選對工作才好上班](#)》。香港：亮光文化有限公司，2024。

索書號：528.85 7133

《[港澳台高校職業生涯發展教育比較研究](#)》。廣州：暨南大學出版社，2020。

索書號：528.85 3320

葉毓強。《[心之行：學生就業輔導與規劃](#)》。香港：香港城市大學出版社，2024。

索書號：528.85 4481

蘇盈如。《[Changing！轉型地圖：在變動時代創造新選擇](#)》。台北市：遠流出版事業股份有限公司，2024。

索書號：528.85 4414

請於圖書館目錄查閱館藏狀況。

Please check library catalogue for the library locations and status of the library stock.

# 英文書籍 English Books

作者、書名、出版資料

## Author, Title, Publishing Information

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Bernard, Andrew. [Ladder: Supporting Students Towards Successful Futures and Confident Career Choices.](#)

Bancyfelin, Carmarthen, Wales, UK: Independent Thinking Press, 2021.

Call number: 371.425 BER

Bolles, Richard Nelson. [What Color Is Your Parachute?: Your Guide to a Lifetime of Meaningful Work and Career Success.](#) California: Ten Speed Press, 2022.

Call number: 650.14 BOL

[Careers: The Ultimate Guide to Planning Your Future.](#) New York, NY: DK, Penguin Random House, 2022.

Call number: 331.702 CAR

[Career Development and Counseling: Putting Theory and Research to Work.](#) Hoboken, New Jersey: Wiley, 2021.

Call number: 371.425 CAR

Cordova, Catherine Gorman. [Why You Should \(or Shouldn't\) Go to College: A Modern Guide for Understanding Your College and Career Choices.](#) New York, NY; Abingdon, Oxon: Routledge, Taylor & Francis Group, 2025.

Call number: 378.161 COR

Osborne, Susan. [Teaching Pre-Employment Skills from Age 14 to Young Adulthood: The Autism Works Now! Method.](#) London: Jessica Kingsley Publishers, 2025.

Call number: 371.94 OSB

Tyson, Will. [Teaching and Learning Employability Skills in Career and Technical Education: Industry, Educator, and Student Perspectives.](#) Cham, Switzerland: Palgrave Macmillan, 2020.

Call number: 370.113 TYS

[Unleashing Career Development: Lessons Learned from CLAP for Youth@JC.](#) Hong Kong: School-based Team, CLAP for Youth@JC, Faculty of Education, the Chinese University of Hong Kong, 2020.

Call number: 370.113 LEU

請於圖書館目錄查閱館藏狀況。

Please check library catalogue for the library locations and status of the library stock.

## I. 電子書 E-books

朱若霞。《內心地圖——MBTI 性格導航》。台北市：崧博出版，2023。

OverDrive 中文電子書

車婉韶。《斜槓人生大未來》。台北市：布克文化，2020。

OverDrive 中文電子書

黃榮錕。《香城職涯：被時代改寫的就業生態》。香港：非凡出版，2022。

SUEP 電子書

黃慧玟。《求職法術：面試達人之 EQ 秘技》。香港：中華書局(香港)有限公司，2019。

SUEP 電子書

鄒崇銘，韓江雪。《後就業社會：誰是科技貴族？誰的人工智能？》。香港：印象文字，2018。

「金閨閣」電子書

Adler, Mande Heller, and David Teten. *To University and Beyond: Launch Your Career in High Gear*. Newark: Jossey-Bass, 2021.

eBooks on EBSCOhost

O'Keefe, Sean. *Launch Your Career: How Any Student Can Create Relationships with Professionals and Land the Jobs and Internships They Want*. Oakland: Berrett-Koehler Publishers, 2021.

eBooks on EBSCOhost

Purkis, Yenn, and Barb Cook. *Planning Your Career through Intense Interests*. London: Jessica Kingsley Publishers, 2023.

OverDrive eBooks

*Taking Charge of Your Career*. Boston, Massachusetts: Harvard Business Review Press, 2023.

OverDrive eBooks

Watson, Nikki. *Life Skills and Career Coaching for Teens*. London: Jessica Kingsley Publishers, 2019.

OverDrive eBooks

## II. 電子資料庫 e-databases

姚娜。〈以職場勝任力為導向的大學生職業生涯規劃教育探究〉。《品位·經典》，2025 年 5 期，98-100。中國期刊全文數據庫。

張笛。〈大學生生涯規劃與就業指導體系建設探究〉。《四川勞動保障》，2025 年 8 期，155-156。中國期刊全文數據庫。

張曉藝，楊明。〈高校職業生涯規劃課程工作坊模式教學改革探究〉。《中國就業》，2025 年 4 期。龍源期刊網。

劉紛，胡旭飛，張盼。〈高校大學生職業生涯規劃教育促進職業發展的思考〉。《就業與保障》，2025 年 3 期，91-93。中國期刊全文數據庫。

龔玲，王成美，肖婷。〈大學生職業生涯規劃個體化輔導的效果分析〉。《教育教學論壇》，2025 年 12 期，180-183。中國期刊全文數據庫。

Chen, Chen, Stephanie Hardjo, Gerhard Sonnert, Jiaojiao Hui, and Philip M. Sadler. "The Role of Media in Influencing Students' STEM Career Interest." *International Journal of STEM Education* 10, no.1 (Dec 2023): 56. Gale In Context: Science.

Leverenz, Carrie. "'Nice Work If You Can Get it': Preparing for the Job Search in Rhetoric and Composition." *College Composition & Communication* 76, no.1 (Sept 2024): 120-148. OmniFile Full Text Mega.

Jemini-Gashi, Liridona, Zamira Hyseni Duraku, and Kaltrina Kelmendi. "Associations between Social Support, Career Self-Efficacy, and Career Indecision among Youth." *Current Psychology* 40, no. 9 (Sept 2021): 4691-4697. Gale In Context: Science.

"Stay Calm during Your Job Search: Don't Panic If You Can't Find a Fit Right Away." *ISE: Industrial & Systems Engineering at Work* 56, no.4 (Apr 2024): 62. OmniFile Full Text Mega.

"Post-COVID Career Planning: How to Get Ahead Depends, in Part, on Where You Start." *PM Network* 35, no. 1 (Jan/Feb 2021): 38-44. OmniFile Full Text Mega.

## 網上資源 Web Resources

生涯規劃探索 ( 青年就業網絡 )

<https://yen.hkfyg.org.hk/lifeplanning/>

青年生涯規劃 ( 仁愛堂 YES 培訓學院 )

<https://yes.yot.org.hk/activities/teen>

青年發展 ( 粵港澳大灣區 )

<https://www.bayarea.gov.hk/tc/opportunities/youth.html>

青年發展項目 ( 青年發展委員會 )

<https://www.ydc.gov.hk/tc/programmes/introduction.html>

賽馬會鼓掌・創你程計劃 ( 明愛青少年及社區服務 )

<https://yca.caritas.org.hk/clap/>

A Guide to Planning a Career (with Benefits, Tips and Steps) (Indeed)

<https://uk.indeed.com/career-advice/career-development/planning-career>

Career Exploration and Skill Development (Youth.gov)

<https://youth.gov/youth-topics/youth-employment/career-exploration-and-skill-development>

How to Choose a Career (Prospects)

<https://www.prospects.ac.uk/careers-advice/getting-a-job/how-to-choose-a-career>

How to Plan Your Career (The Open University)

<https://help.open.ac.uk/how-to-plan-your-career>

Internet Sites for Career Planning (National Career Development Association)

<https://www.ncda.org/aws/NCDA/pt/sp/resources>

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