



黎明中學 簡訊

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Being a parent is not easy; is being a child easy?

—An experiential talk on establishing and maintaining relationships between parents and teenagers

Principal/ 羅家強

Some people say, "compromise" is an imaginative looking forward to being full of hope. In my opinion, it is more like a "parent-child relationship". Children are like "ancient poetry" which parents don't understand its lines, and they are also like "modern poetry" which describes scenes and shows meaning, but the in-depth meaning is not written out. Although the children are at the reach of the parents, still they seem too far from them. Despite the fact that both parents and children walk on the same path, they hardly meet a common ground and fail to gather a common understanding. The parents' love for their children is innate and the children's trust in their parents is acquired from their experiences. It is really not easy for the parents who care about everything to totally comprehend their children.

When my children entered kindergarten, my children and I had already established a good model for communication and interaction which included the need to explain one's ideas first, then mutual listening to opinions and suggestions, fraternal correction, and then implementation. At a very early age, my children developed a special interest in cartoons such as Pikachu and the Generation One Piece, always making sure to watch once every week. After which, they were ready to proceed to their other activities. At that time, there were conflicts thus it was necessary to look for space to find the solutions to the problems together. That year was the generation of video cassette recordings, therefore the children were taught how to make reservations for video recordings which eliminated advertisements and saved a lot of viewing time and allowed the children to view repeatedly which was never a tiring moment for the children. Trying to solve problems together always led to the avoidance of conflict.

Chronologically, the next phase was being an adolescent which was a period full of contradictions. The children's self-awareness gradually increased. They began to demand for independence which resulted to more frequent incidents of conflicts. During this period, I also modified the way I communicated with my children, trying to understand their thoughts and feelings and at the same time giving them a certain degree of autonomy helping them grow up healthily. An experiment conducted by Robert Vellone in 1985 found that children whose parents were less controlling showed higher self-control and less rebellious behaviors. I have always advocated the practice of "concentration" and "self-control" which facilitates the children's integration into their chosen fields. Aside from being focused on learning, they are also made aware of their self-control so as not to overdo.

In middle school, accompanying a child's growth is the most difficult thing. There is a continuous progress of the various ways how parents and children understand each other. However, it is impossible to perfectly handle the daily



changes in the child. On one hand, the child's physical and psychological balance had to be taken into account and on the other hand, I still had to give importance to the financial situation of the family. After working for financial stability, after having been exhausted physically and mentally, I still had to save some energy to take care of my children's homework, help them deal with their interpersonal relationships, and even to the point of meeting the teachers' expectations for my children. My patience and emotion were often put to the test. It was at that moment when I found that only by seeking for spiritual peace and tranquility can situations be quickly resolved.

The approach I used to seek for spiritual peace and tranquility was: First, I took a deep breath, followed by another deep breath, and then together with my children, we listened attentively to the beating of our hearts, felt the surroundings, and stayed in a flexible and relaxed position. Communication is the bridge to intimacy, and I am willing to be a running companion on the track. Parents and children discuss together some ways that can help them improve themselves. Give the children the right to make certain decisions and make them aware of the responsibilities that they have to face as consequences of their decisions. Try to listen to the children's voice and always maintain a two-way communication. The communication atmosphere is very important. Avoid having a condescending attitude, listen intently and patiently without interrupting the child. Role playing and putting yourself in each other's shoes would enable you to understand each other's perspectives. These make the child feel understood and supported.

Respect is the guarantee of close relationships. We feel sad and always want to reach out to support them when we see them fall. However, it is important to choose the right way how and when to let go. Letting go is another aspect that parents must learn. Children can eventually rely on their strength to stand up again. Is it easy to be a modern parent? Indeed, it is really not easy.

The child's blank look is due to our modern era where online VR and AR are moving towards AI. The future is changing rapidly and the living conditions are harsh. It is not easy to enter the social workplace. They are worried about being eliminated, losing the opportunity and the values to survive, and doubting themselves and life in general. Indeed, any child with a strong sense of responsibility wouldn't want to be unproductive and solely rely on his past effort and be an indifferent member of the family. Facing such an era, it is necessary for parents to learn and have the skills of the new technologies of the times, and must also know the reasons of the conflicts that the children have in their studies due to age, learning process, interpersonal relationships in the society, time and space movements, and so on. It is not a matter of who is right or wrong, but who is standing on one's principles and standards. It is difficult to have wholesome conversations, how much more negotiating with parents?

The items in which children often come in conflict with their parents' concepts are probably the following:

1. Academic pressure: It is the main source of stress and anxiety for children. Parents' expectations exceed their children's ability to perform.
2. Social life: Parents' concerns are reflected on the way how they limit their children's friends and time for social activities.
3. Personal privacy: Parents are overly suspicious and intrude into their children's privacy. Although Internet traps and social scams are rampant and parents are understandably worried, children still hope that their parents will give them more autonomy and privacy.
4. Lifestyle habits and behaviors: There are many aspects which parents are concerned about, such as children's sleeping time, eating habits, types and appropriate time for the use of electronic devices, etc. Children tend to feel dissatisfied or disgusted when their autonomy as regards time and use of these devices are interfered by parents.
5. Future plans and career choice: Although children do not know much about their future career, they still hope to be given the chance to choose the direction for their own future.
6. Money and consumption: How to reasonably determine the children's pocket money to use independently and the types and quantities of items they can purchase, etc. are great concerns of the parents. Children may be influenced by peers around them and their environment and purchase goods that parents don't understand, leading to conflicts, and then turn to borrowing and illegal behavior, causing greater parent-child distrust.
7. Family responsibilities and division of labor: Children are busy with schoolwork during the day, and other activities may be arranged in the evening, so are parents. Therefore, everyone hopes to have a good rest during the holidays, but all household management can only be dealt with during the holidays. Parents will ask their children to participate in doing housework, and if the eldest child in the family has to take care of the younger siblings, etc., the children may feel that these

responsibilities do not belong to them. They also need to get enough rest themselves.

8. Standards and values: Children's sub-cultural standards and values on friendship, love, success, etc. are different from their parents' views. Christopher Peterson in 1998 studied the impact of parental love and care on adolescent mental health. It was found that children with more loving and caring parents showed higher levels of mental health.

9. Communication methods and styles: Parents as their way of showing that they care tend to force their children to follow certain ideas, but children want to communicate in an equal and open manner. In speech, it often happens that the words are not congenial. Empathy and understanding are the basis of intimate relationships.

We are not experts when it comes to children's growth. Perhaps some psychological theories can be used by parents to resolve conflicts between teenagers and parents:

1. Learning Theory: Parents can guide their children's behavior through positive reinforcement. Doing so can enhance children's self-confidence and enthusiasm, which is also the connotation of the law of attraction.
2. Emotional Intelligence Theory: Emotional intelligence involves people's perception, understanding, expression and management of their own and other people's emotions. Children are encouraged to express their feelings and emotions and understand their own and others' emotions to better resolve conflicts. An experiment conducted by Steven Hauser in 1991 studied the impact of parental support on the emotional health of the adolescents found that children with more supportive parents showed fewer symptoms of depression and anxiety.
3. Social Cognitive Theory: Parents can help children understand the differences between different groups of people, cultures, and values to better understand their own and other people's thoughts and perspectives.

My two children are over 30 years old. They have also been tested by work pressure during their social experience. What is gratifying is that they always have a positive attitude and gradually solve difficulties. Of course, there are also some stumbles in the process, especially when you are a teenager and a newcomer to society. When faced with finding solutions to problems, sometimes you go into the battle without any armor for protection and you can only fight head-on. It is really not easy for children to enter society.

The relationship between parents and teenagers is like two trees standing side by side. When he was a small tree, the shade of his parents' big tree provided a cool resting place. Now that he has grown up, his trunk has become hard, and they accompany each other and rely on each other. The relationship between parents and children is a lifelong homework. Only by completing the homework, communicating, respecting, and understanding can we become closer, and only then can we all be healthy and grow maturely together.

Parents' Association

President/ 王淑蘭



We live in a world surrounded by 3C innovation (3C: Computer, Communication, and Consumer electronic devices), leading to the simplest and most sincere way of chatting and communicating. Even if the person is watching television, one can readily chat with another person sharing the things that happened on a certain day. The 24 hours of each day passes so quickly without being noticed since one is preoccupied by the task of having to read the messages received instead of accommodating the physical presence of friends and families who can actually provide the real significance to end a wonderful day.

It is not the 3C innovation that brings real satisfaction. The human heart is infinitely broad. To read more and to listen to music occasionally will give you hope and let your heart be inspired and feel free. A book or a lyric of a song can give you the strength which supports you in the difficulties of everyday life.

Alumni Association

President/ 邱平裕

I got my High School degree in Tainan, college degree in Taipei, and Master degree in U.S.A. I have been working for 30 years in "KSS" after I returned from America. "KSS" is No.1 cable ties and wiring accessories manufacturer in the world, serving 40,000 accounts in 128 countries across the world. KSS is my achievement & pride.

We organize a family trip to all over the world every year. Our 3 kids have a great outstanding academic achievement, and work so hard. As far as I'm concerned, my life is colorful. Whatever you study or do, you must be happy. The most important thing is to make yourself to be happy everyday, and "to be a happy Li-Ming guy".



▲ Alumni Homecoming 校友會聯誼會



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▲ Kevin is honored with University of California at Berkeley Engineering Graduate School Scholarship. Kelly is honored with U. of Illinois at Urbana Champaign Business Graduate School Scholarship. Michael is honored with University of California at Berkeley Engineering Graduate School Scholarship.

Alumni Homecoming

時間: 2023年12月30日(六) 晚間6時6分
 地點: 福隆佳賓餐廳(麻豆區南港路一段326號)
 ◎每桌十人餐費一萬元, 個人餐費每人一千元
 元大銀行(銀行代號 906)
 帳號: 00297220256675
 戶名: 萬濟會學校財團法人臺南市黎明高級中學
 黎明高級中學
 (報名表單)

▲詳情請洽: (06)5717123#217 林晉雄主任

Human Resource Office



莊英傑老師 40年



楊俊明老師 30年



吳佳麟老師 30年



陳明池老師 30年



朱壽福老師 30年



李宗耀老師 30年



鍾玉坤老師 25年



謝勝雄謝啟慶先生榮退



柯秉好老師 20年



黃鑫榮老師 20年



張佳儀老師 10年



▲ Honor Teachers 教師節資深教師



▲ Teachers' Field Trip 老師聯誼活動

獎項	獲獎教師
112 學年度國語文資深優良教師	莊英傑 楊俊明 吳佳麟
112 學年度國語文資深優良教師	陳明池 柯秉好 張佳儀
112 學年度國語文資深優良教師	莊英傑 鍾玉坤
112 學年度國語文資深優良教師	莊英傑 楊俊明 朱壽福
112 學年度國語文資深優良教師	李宗耀 黃鑫榮 張佳儀



▲ Honor Teacher, Mr. Chuang, Yin-Chien 莊英傑老師服務 40 年