Dreamarks

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E-MAGAZINE

Nourishing Responsibilities of Frontiers Leadership

Capability Development Plan for Children

FAMILY LEARNING JOURNEY

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Dreamarks Magazine

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Unesco data in 2025 showing that worldwide around 267 million young people between the ages of 15-24 are not in employment, education or training. This is one of the reasons why dreamarks are being composed and gives out free e-book for anyone around the globe.

While at the same time, the industry are also facing the lack of skills the graduates have, to enter the field of works and to carry the work responsibilities. Even, many of them are not having the professional attitudes such as discipline, manners, work ethics, and humility.

Cavities at The Journey of Learning

Why are we still teaching children the same way as 1000 years ago? While at the same time now, every company has used enterprise information systems that have to be change and updated every two years to maintain company secrecy and to avoid any cyber attacks?

What have we thought of AI and the Alpha digital generation? The generation that is currently reading this magazine should realized that we don't have the same capabilities unlike this Alpha that we give birth to. We should now lay the red carpet for them by giving the digital education they are needing badly. The Alpha gen and the generations after that, should be brought up with the hybrid mode combining traditional and digital educations. complete with the digital etiquette and the digital AI laws.

Even from the moment the Alpha was conceive, they have already been posted in their parent social media's. Their up bringing also being tracked by the social information world, and anyone can see how several child leaders has brought and build up, with the hybrid methods which not saying no to the internet. This Hybrid education is needed by this digital generations forwards.

We are expecting in the near future, the elementary level mathematics can teach coding for children. The moral education can teach about the internet etiquette and the importance of creating time table to track their level of progress. We also expect the national education can build the Innovation Department where every student can upload their innovation ideas. For every citizen can have education track record, together with their banking record and their health record. All of these are digital development ideas that we can integrate on. All of these has already being built. The next steps is to integrate those personal data together. Lets have more bigger dreams to be implemented to. What we are dreaming now can be tomorrow realities. Good bye to alt 2025 and Warm of Applause for the Coming of the years 2026.

Gina Al Ilmi

Editor-in-Chief

Why Every Home Must Creates Their Own **Family Curriculum of Life**

Life is full with problems and everything can be tumbled and tangles without we realised. The problems aren't stop just because we forgot about them. The path towards success is filled with traps and sunken hole that can sink our struggles down the drain in a matters of days and even minutes.

Everyone can snatch our works and even nullify our years of hardwork and relentless efforts. This is why it is important for every family to equip every child in the house with emotional-cognitive skills to be able to master any problems and rise back to forms our life in the ways that we want it. Communication, relentlessness, humility, strategy, step by step action planning, and the ability to do smart learning to makes our school and college years easier and can prepare us to face any kind of future. (Terinspirasi dari ceramah pendiri penggiatkeluarga.org)

What are the Life Skills that can help In every Life stages from Childhood to Career

Stage	Essential Skills	Career Impact
Childhood	Emotional regulation, communication basics, curiosity	Builds confidence and readiness for learning
Teen years	Critical thinking, social awareness, identity formation	Prepares for collaboration and leadership
Young adulthood	Career readiness, financial literacy, adaptability	Enables competition and growth in workplace
Adulthood	Leadership, lifelong learning, professional adaptation	Sustains career growth and innovation

To enable your children for their life responsibilities, we can help them by giving them the essential life skill. Parents can help their children to learn about how focus strategies, self-controls and emotional regulation should work together as your children learn to maintain attention and manage their responses to challenging situations. Children strengthen their working memory when they recall and follow daily schedules. Teaching kids to recognize their peers' thoughts and feelings helps them build stronger social bonds. Communication skills develop through active listening and interpreting social cues, while cooperative play strengthens their ability to negotiate and collaborate with peers. Regular participation in morning chores helps establish daily routines and accountability from an early age.

In their high school years and college years, each person have to equip themselves with the necessary skills needed in career development, such as communication, emotional regulation, self motivation, leadership, and professional ettiquettes. With these essential skills, and the job related skill that are needed, every person can grow their career healthily, and will be able to avoiding conflicts on many career related events. They can pursue their dreams, saving their money for buying or renting the dream house they wanted, and living their dream life.

MAKE CHILD AVOID THEIR GADGETS:
CHALLENGE BASED LEARNING

Children are drawn to anything Fun. Be it music, vibrant colours, cute face, cheerie tones, happy tunes, and funny figures, makes children loves what they see, they repeat the videos or songs over and over without getting bored.

in the same way, we have to attracts our children into learning many new things surrounds them. By calling their name using happy tunes, by turning on the music the kids like, and by letting the children to decorate their learning desks.

When your children have found their love of learning, they will study anything they interested to, without we have to telling them to learn or study.

When you have more than one children, you are very lucky, because they can collaborate, learning together, and can do simple science experiments or creating their own toys, creating their own stories, and drawing anything they like to, as a way of stopping from using gadgets, and ending the digital addiction

Children also loves to be understood before they have to listen to what we want them to do. They have to know what benefits they can reap every time they have to help us in any learning situations or doing chores and learning life skills and responsibility, or many other types of meaningful activities such as regular prayers, and everything around the house.

Aligning between Schools & Industries
The Global Urgencies

GLOBAL SITUATION: 31 per cent of young women and 14 per cent of young men worldwide were not in employment, education or training in 2019[1], and the number of young people in employment fell by 34 million in 2020. 12 per cent of young people in employment live in extreme poverty.[2]

Transitions

ECONOMIC RECOVERY*

3.3% economic contraction in 2020
Economic growth projection of **6%** in 2021 and **4.9%** in 2022

The 2020 recession will have long-term impacts on learning and training, jobs and economies. Recovery will be uneven between countries and categories of workers, and may be threatened by new COVID-19 variants.

DEMOGRAPHIC TRANSITION

Fertility: 2.4 children per woman
Median world population age: **30.9**
Projected life expectancy 2020-2025: 73.2 years[3]

High proportions of youth in some countries and older people in others, coupled with higher life expectancy, have implications for lifelong skills development needs.

INFORMALITY*

61% of all employment is informal.

Informal employment is pervasive, and formal employment is further challenged by the emergence of the 'gig economy'.

TECHNOLOGICAL CHANGE

US$ 16.7 billion was spent on **business process automation** in 2020[4].

Processes such as digitization and automation will both destroy and create jobs on a massive scale, in ways that are particularly difficult to predict, but will certainly require skilling, reskilling and upskilling.

SOCIETAL AND POLITICAL ISSUES

Large-scale migration, authoritarianism, and challenges to multilateralism.

Demands for the reduction of poverty and inequality are pervasive. Political instability, conflict and climate change among other factors are leading to large-scale migrations within and between countries.

GREEN AND SUSTAINABLE ECONOMIC TRANSITION[5]

CO2 atmospheric concentration is **150%** of pre-industrial rates.
38.5% of electricity produced by coal.
An international imperative towards zero emissions must be aggressively pursued. The green transition will have an impact.

Unesco Strategy 2022-2029

Aligning between Schools & Industries

Effective Vocational Learning

Develop skills for all individuals to learn, work and live

Supporting the development of policies and strategies for skilling, upskilling, and reskilling in particular those most in need

- Build flexible lifelong learning pathways
- Develop targeted measures for inclusion and gender equality

Develop skills for inclusive and sustainable economies

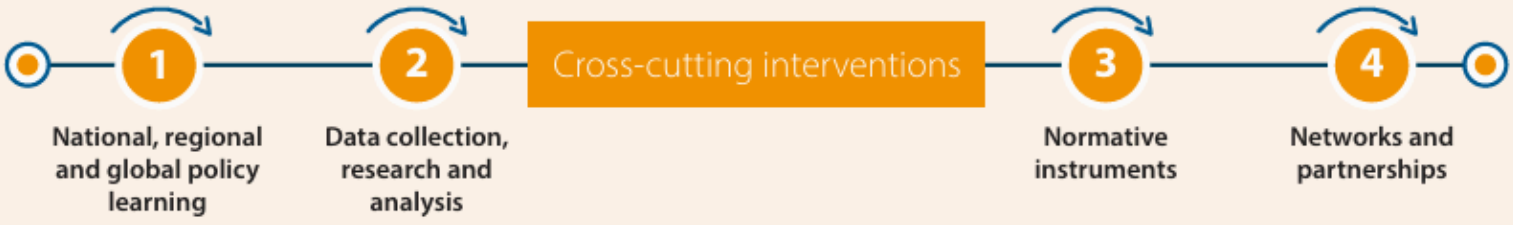
Supporting job growth, private sector participation and effective skills anticipation and development

- Identify skills for the transition to digital and green economies
- Address youth unemployment and meet demands for digital and green transitions
- Enhance STEM, entrepreneurial and 21st century skills
- Support TVET teachers and institutions to foster quality, innovation and excellence
- Reinforce governance and unlock investment

Develop skills for inclusive and peaceful societies

Teach youth and adults their rights and the rule of law, equip them with a strong ethical compass and empower them to become champions for justice in their workplaces and communities.

- Integrate rights-based education for global and participatory citizenship
- Promote TVET institutions as places for social integration, cohesion and green citizenship



Unesco Strategy 2022-2029

Aligning between Schools & Industries

Comprehensive Life Skill Frameworks

Unicef Comprehensive Life Skill Framework

NURTURING

The Next Generations Leadership

Leaders are brought up by character build up, aptitude development, intellectual triggers, problem solving techniques, technology grounds, analyzing capabilities, ellaborative approach, life skills, thinking skills, and day-to-day blending of psychological sensitivities. Communication, focus strategy, writing, creativity, problem solving, empathy, respect for diversity and critical thinking, are among the life skills essentials that every children must have to enable them to uphold great responsibilities.
The various areas of responsibilities of Leadership, are nourished since childhood, not only by the parents, the environment and their teacher and school also gives fundamental basis for every children to be able to gives as many as they can to the bigger societies, to have contributions for the nations and to the pale blue planet Earth each of us walk upon.
As the Alpha generations are lives with digital upbringing, they also has arose and can be seen in the social media's in their young years and we can see their various contributions has already being treasured and regarded as good examples by the societies, in many fields of ventures economies, technological inventions, social responsibilities, musical partiture pieces, extravagant arts and various pieces of hand and digital crafts, and in many other fields of life.

ARTS FOR CHANELING EMOTIONAL COGNITIVE BASED CREATIVITY & LEARNING

Building Experience-Based Education

Although Digital education has been used in many countries, but many of the children brought up from this kind of education is facing emotional problems and cognitive weakness. This why we have to teach these two humanistic powers alongside with the digital learning.

Many children who were using digital device since they baby year are reported of have to entering mental institutions or continuing their educations under the monitoring of psychology and psychiatrist. Many of the digital junkies are lacking in emotional intelligence such as lacking the capacity to be patience, because they see many contents are presented by them in only seconds countings.

The digital junkies kids always easily distracted and wants everything presented in front of their eyes also in several seconds results. If its not, they will get angry easily. These kind of result usually because the environment of the children are lacking the power to control and monitored their children activities and to sets disciplines for them and making everything severe and they cant distance themselves from the digital addictions

The incapability to create original piece are also the effect of the digital addictions. These kind of children felt insecure about being original. They tend to always copy or only modifying original ideas.

This is why Arts education is important. Creating arts teaching children about differences, about creations and modifications, and more importantly, arts teaching children that everything needs certain techniques to built, and that new combinations of tunes, colours, codes, and certain lines on drawings, can forms and creates new pieces of arts and crafts.

Many negativity of digital education can be fixed by setting house rules, listing and applying digital time plan, and creating token system for modifying child behavior towards more positive results. The token can be set around their daily routines. Every rules can be flexible and should be covering many field of studies that are learn by children in regular schools. Parents can take a peek at the content of the schoolbooks and sets it as theme for home based digital education.

Religion as Foundation for Character & Psychological Ground for Life Long Learning

Character are built based on virtues, from what each of us believe in. Religion answer them who are asking for “Why’s” in every thing they do. When we do everything with faith and convictions, we will be more independent, and less dependent to anyone.

We also will be more confidence, because our religious teaching was always answering and becoming our place of consolations everytime we need support and encouragement, but without anyone around.

Religious people believe to unseen God and to the mono existence of God. We cannot see when our God is in front of us, but we can feel their presence, and we can be more calm, and felt at peace.

Religion also becoming our way of life. From the do’s and dont, the prayers methods, the life motivation, and our religion also teaches us to reach success and giving back to the societies. Many of the divine principles in our religion have strong psychological foundations. According to Family Virtues Guides, good character are built from many good traits in us.
From doing prayers, we can learn from daily reflections, and this made our self awareness growing. Religion also acts as our moral compass, and mental strength.

Holding on to our religion also hinder us from many misfortune in our daily life, such as doing adultery, drinking alcohol, and many more things that are prohibited by our religion. We also taught to guard our chastity, to do five times prayers everyday, and to do fasting any day we can. Prayers make us strong in character, because the discipline that it gives to our life. Prayers and many other rituals, have strong effect to our psychology development. Prayers strengthen our life focus, and gives us calm, solemnity, and spiritual intelligence.

Parenting Education as The Key for Creating Multi Support for Every Children

Many parent handover the responsibility to develop their children intellectual and capability, to the school. But got angry when their kids doesn't receive good grades.

Many parent doesnt want to involve in their children development in learning and in life skills, and blaming the school if anything bad are happening.

The latest research are pointing that it is the other way around. The children that come from the family where they are motivated, supported, and encourage by their parents, are grown to be successful in career and business.

Without intentions and strong supports from parents on their children learning and educations, many children can be stuck in the negative zones and are more prone to be the victims or being the one who is doing social delinquency and be labelled as having conduct disorder.

In the Unicef latest publication with the title Seeds of Success: Nurturing Young Children through Parenting Support (2025) we will talk about many issues that are involving parents and how the parental approach to education have many positive impacts.

Parenting Education as The Key for Creating Multi Support for Every Children

In the Boston College School of Social Works findings at the work of World Health Organization Care for Child Development package, that are given in Sugira Muryango parental educational program has been effective in;

(a) builds parenting skills and improves knowledge of ECD to create a safe, stimulating, and nourishing environment for the growth of young children with a focus on nutrition, health, and hygiene promotion;

(b) coaches parents of young children in "serve and return" interactions and playful parenting;

(c) develops a "family narrative" to build hope and highlight sources of resilience for addressing challenges and reducing the risk of violence;

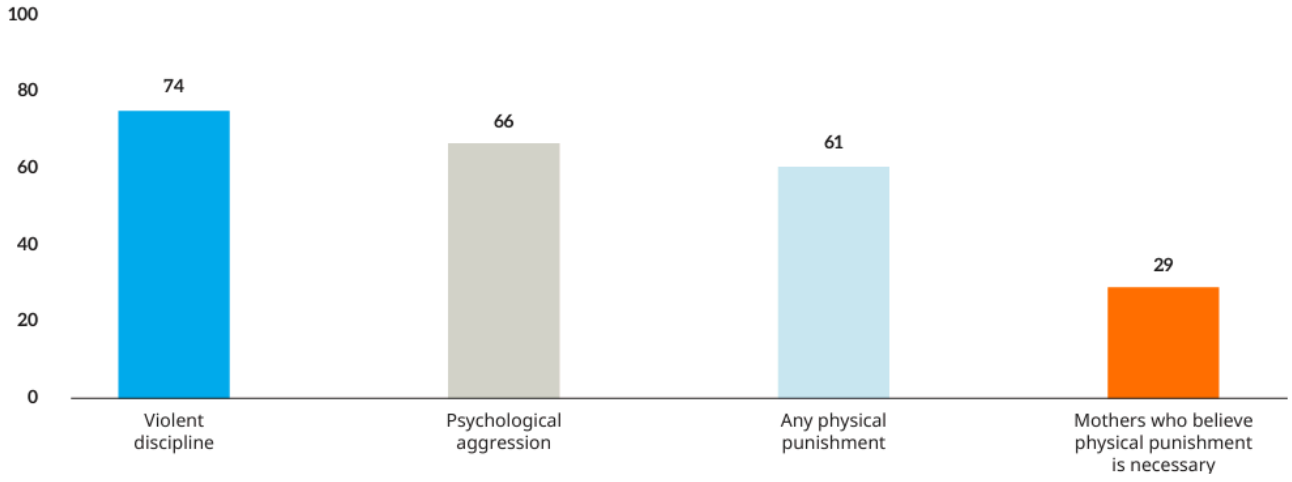
(d) strengthens problem-solving skills as well as the navigation of formal and informal community resources; and,

(e) builds skills in parental emotion regulation and alternatives to harsh punishment.

Family Strengthening Intervention for Families/Children Affected by HIV/AIDS in Rwanda at the time of the Genocide has transformed to build parent capabilities, increase responsive parenting of both mothers and fathers, reduce family violence, support early childhood development, and strengthen family functioning

Parental Guiding for Avoiding Violent Discipline

Figure 5 - Percentage of children aged 1 to 4 years who experienced any violent discipline (physical punishment and/or psychological aggression) by caregivers in the past month and percentage of mothers who think physical punishment is necessary[57 58]



In countries where data is available, 3 in 4 young children are regularly exposed to violent discipline at home, and there is a mismatch between the proportion of children who experience physical punishment and the share of mothers who think it is a necessary form of discipline.

Unicef reports 2025 stated that while teaching children self-regulation is an integral part of parenting in all cultures, many caregivers continue to rely on violent disciplinary methods to punish or correct unwanted behaviours and encourage desired ones.

Caregivers do not necessarily use these forms of discipline with the intention to harm or injure a child; however, a large body of evidence confirms that violent discipline is ineffective and can have negative short and long-term consequences.

Among countries with data, the striking difference between parents who report using such disciplinary measures (61 per cent) and those who believe physical punish ment is necessary (29 per cent) highlights the gap between what parents may believe and what they do regarding discipline. This underscores the need to address social norms around discipline rather than focus solely on attitudinal changes.

Parental Guiding as The Key for Adolescent Adjustment

The purpose of Ratliff investigation was to examine the influence of supportive parent-adolescent relationships on adolescent adjustment (i.e., prosocial behavior, aggression, depressive symptoms) both directly and indirectly (via adolescent emotion regulation). Scholars have posited that adolescent emotion regulation (ER) may serve as an underlying mechanism in the link between parenting and adolescent adjustment. Supportive parent-adolescent relationships (i.e., openness, acceptance, emotional responsiveness) may be a key emotion socialization mechanism influencing adolescent Emotional Regulations.

The development of emotion regulation (ER), or the ability to recognize and regulate one's emotions, plays an important role in adolescent adjustment. For example, difficulty regulating negative emotions can influence the development of various forms of adolescent psychopathology including both internalizing and externalizing issues.

Parental Guiding as The Key for Adolescent Adjustment

Further, a more supportive parent-adolescent relationship may contribute to the development of more effective adolescent Emotional Regulation skills which, in turn, may promote positive adolescent development (e.g., prosocial behavior). In contrast, an emotionally unsupportive parent-adolescent relationship may undermine optimal development of Emotional Regulation skills, resulting in adolescent maladjustment (e.g., internalizing and externalizing issues)

Studies of parental influences on child adjustment can be categorized into three conceptual models: (1) parent-driven effects focusing on parent behavior;
(2) child-driven effects recognizing the influence of child characteristics on parent behavior; and (3) relationship models based on the notion that parent–child relationships are comprised of more than both the parent's and child's behaviors.

Relationship models capture the dyadic nature of the parent-adolescent relationship and suggest that they are important contexts for socialization during adolescence. Moreover, as the parent–child relationship changes to accommodate increases in adolescent autonomy and decision-making, examining parent-adolescent interactions at the dyadic-level offers insight into the mechanisms linking parenting behaviors to adolescent adjustment.

Parental Guiding as The Key for Adolescent Positive Adjustment

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Supportive Parents as The Key for Better Emotional Responsiveness

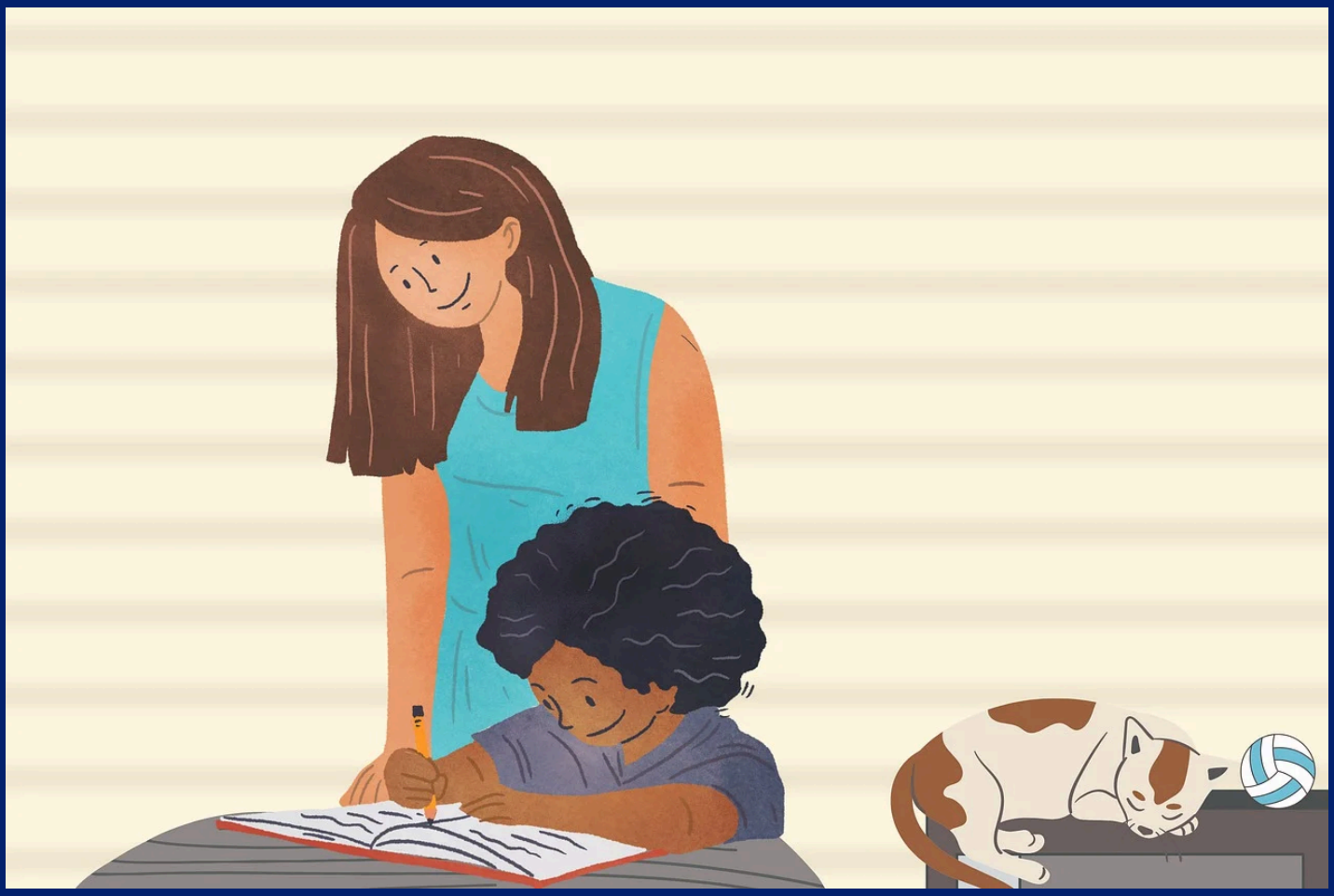
Erin Ratliff et al (2025) are presenting that Supportive relationships between parents and adolescents are characterized by openness, acceptance, and emotional responsiveness. Parent–child openness, which concerns both parent and child's open communication about emotional needs, reflects the degree of warmth and responsiveness in the relationship.

Emotion Regulation difficulties and depressive symptoms. Acceptance in the parent–child relationship reflects the degree to which parents show supportive, accepting, and emotionally responsive behavior. Parental acceptance is associated with greater psychological adjustment and emotional stability in adolescence. Thus, openness and acceptance may support parent-adolescent interactions that are more conducive to communication, adolescent disclosure, and emotional responsiveness.

Studies have found that high levels of emotional responsiveness during parent-adolescent interactions were significantly associated with high levels of feelings of closeness to parents and peers and adolescent dialogical skills (i.e., the capacity for perspective-taking and empathy) during other social interactions.

Silk et al. (2007) in Ratliff (2025) found, among early adolescent boys in low-income families, maternal acceptance and emotional responsivity predicted lower levels of internalizing issues. Notably, the protective effects of the parent-adolescent relationship were attenuated among adolescents with higher exposure to neighborhood risk, suggesting that the buffering effects of family contextual factors may be limited in particularly high-risk environments.

Supportive Parents as The Key for Better Emotional Responsiveness



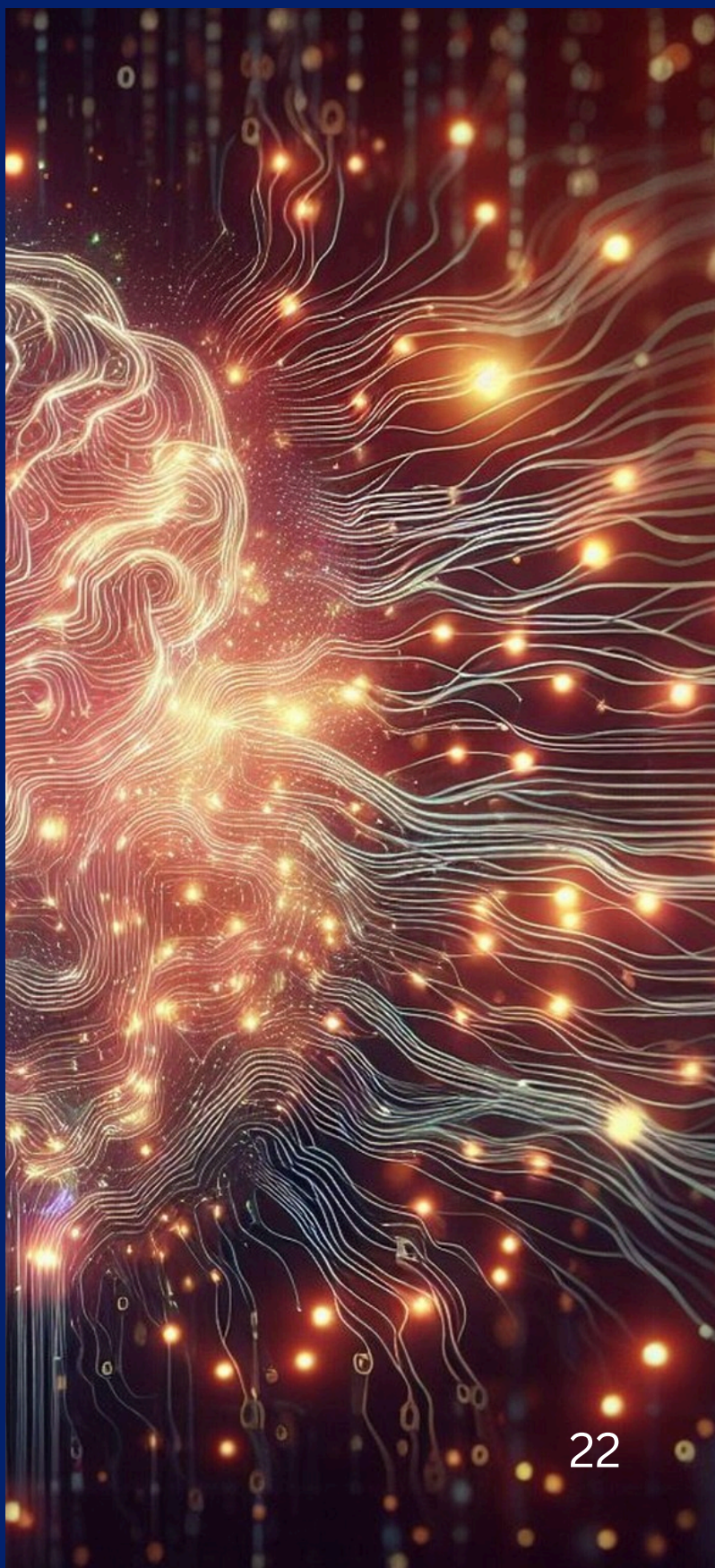
- The capacity for emotional responsiveness, a component of supportive parent-adolescent relationships, is defined as the awareness and responsivity to another's emotions during social exchanges.
- parent-adolescent interactions lacking emotional responsiveness may contribute to adolescent emotion dysregulation and increased risk for adolescent psychopathology.
- Studies have shown low levels of parent–child emotional responsiveness are significantly related to high levels of adolescent emotion dysregulation and depressive symptoms.
- Taken together, these findings suggest the three factors comprising supportive parent-adolescent relationships.
- Openness, acceptance, and emotional responsiveness, may work in tandem to influence adolescent ER and subsequent adjustment outcomes.

Parenting Education as The Key for their Children Career Adaptability

Relationship between parental career support and adolescent career adaptability and the mediating role of resilience and moderating role of the father-child/mother-child relationship.
The results of a questionnaire survey of 366 adolescents revealed that
(1) parental career support positively predicts career adaptability;
(2) the father-/mother-child relationship positively moderates their relationship;
(3) the mother-child relationship moderates the pathway through which parental career support influences career adaptability via resilience—specifically, a strong mother-child bond amplifies the effect of parental career support on career adaptability through the mediating role of resilience.

The study done by Xen Chu in January 2025 underscores the integrated impact of parental career support, parent-child relationships, and resilience in shaping career adaptability. Finally, the research provides recommendations for fostering adolescents' career development and future research directions.

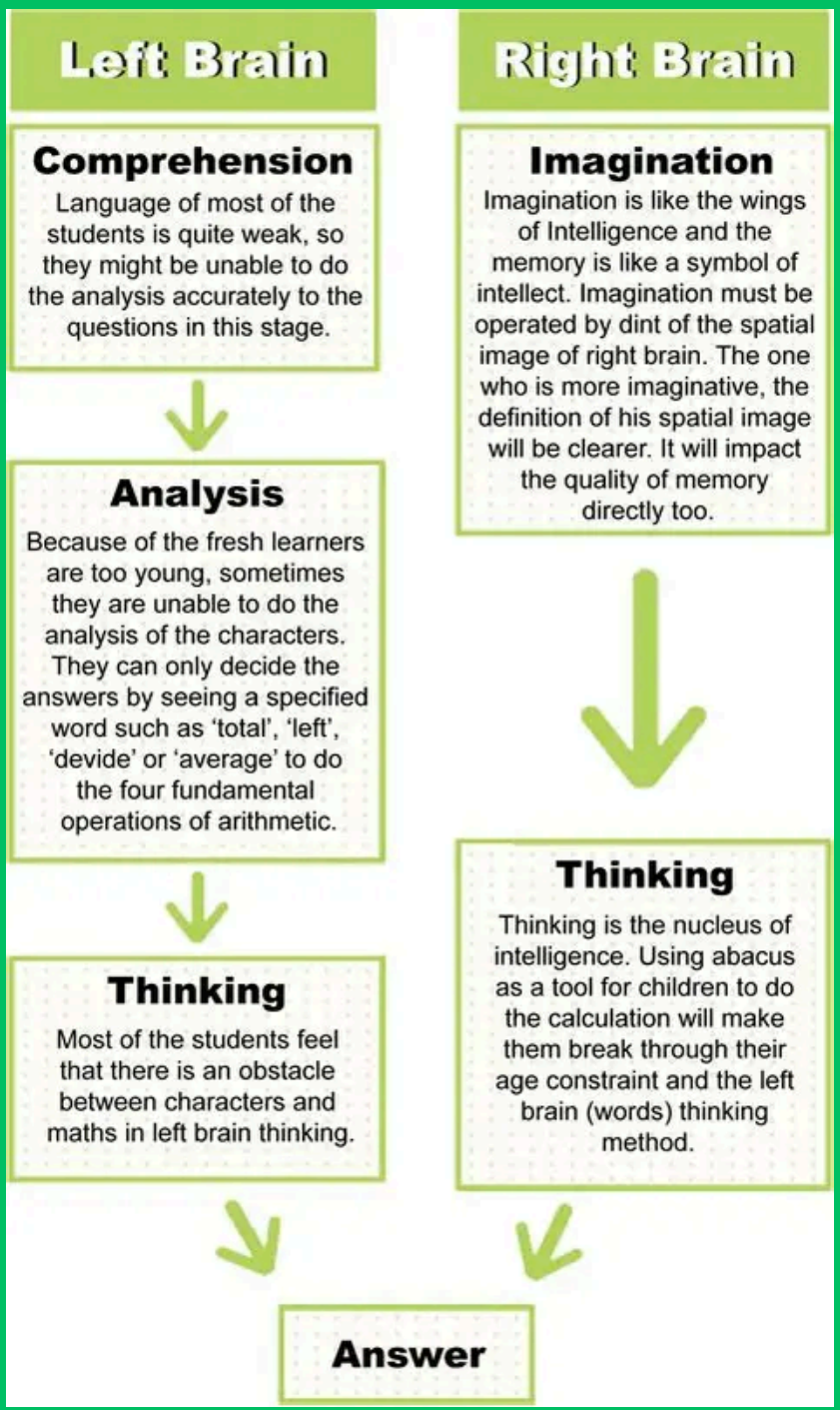
Chu was doing research about the Effect of parental career support on adolescent career adaptability: as the mediating role of resilience and the moderating role of the parent- child relationship, with resulting positive hypothesis about the need of Parental Support to their children day to day learning and career inspirations.



Comprehensive Examination

New ways to test student

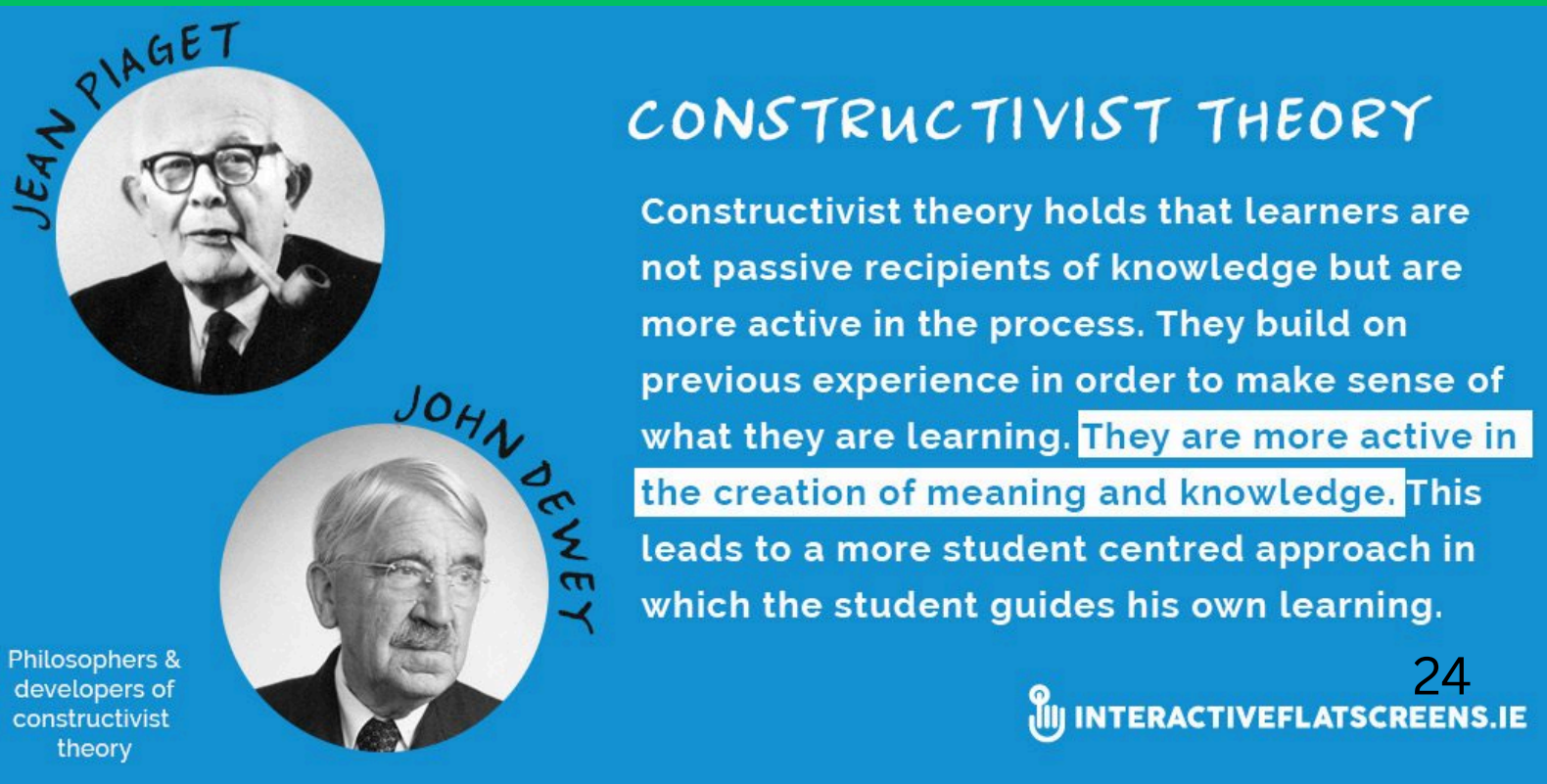
We need new ways of examination that enable student for
Reduced Test Anxiety: Learning coping mechanisms for testing procedures can help students feel more comfortable and confident about tackling the assessment.
Improved Critical Thinking and Problem-Solving Skills: These strategies enhance the ability to analyze, interpret, and justify one's thinking.
Structured Study Routine: Preparation and time management are crucial for learning outcomes, influencing confidence, understanding, and performance.



Education Assessment Methods in AI Era

In facing AI, we have to test children in the different than what has been done these last 100 years. These Test Methods have to be fresh, varied and challenging. But at the same time, these kind of tests should also have to encourage children to;

- learn from their environment,
- reading more books,
- create concept charts,
- filling up table of questions,
- practicing their critical thinking,
- develop their communication skill
- growing their language comprehension capability
- develop problem solving skill
- expand the student analytical skill
- develop thought process reasoning
- develop priority setting skill
- develop the children design thinking
- intensifying the cildren unlearn and relearn capability



Non AI School Assessment Ideas

- Video Comprehension Testing

Gives the children links of video that is important to learn at home. Ask the question related to the learning materials with 5W (what, when, where, why, who) + 1H (how) on each video that is given. This can be done to test science subject also.

- Project Based Learning

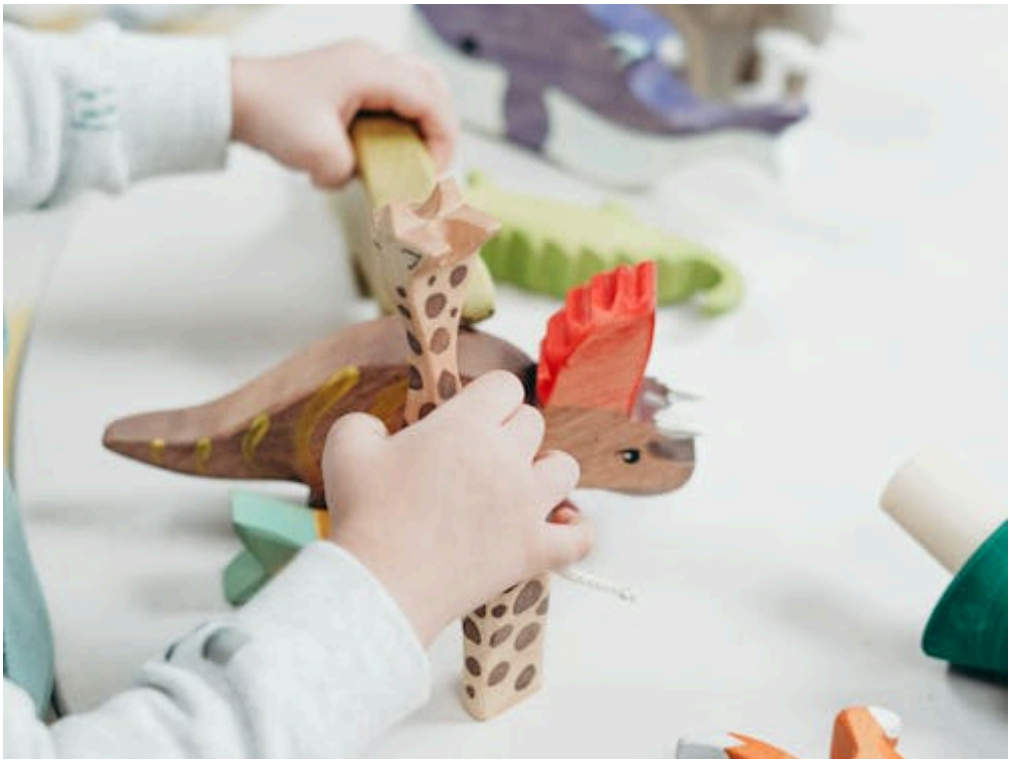
Create home project that matched with the student age. Gives projects that can build their life skills or learning skill. In example, tell them to make diorama, example to make the science subjects life cycle, to create technical diagram, or to create architecture design, or mechanical design.

- Responsibility Test

In example, gives each student a little fish or a flower plant to take home in the first day of school year, and asks them to bring back the same fish, alive on the last day of class year or semester.

- Challenge Based Learning

Create a list of problem according to the learning subjects. write each down. Ask each student to blind pick the problem. This can be done individual or in groups. Ask children to;
- give original answer about how to solve the world/work/learning problem.
- draw the process chart/ problem solving diagram
- create list of priorities in the solving method to get things done.
- Ask them to set preliminary hypotheses about what could go wrong in the solving process



Non AI School Assessment Ideas

- Outdoor/ Nature Setting Test

This test can be done in group or individual. List the questions according to the learning objective. The test can be done by interview methods or by asking the children to write down their answers using pen. or drawing their concept diagrams about the topic of discussion.

- Interview Methods

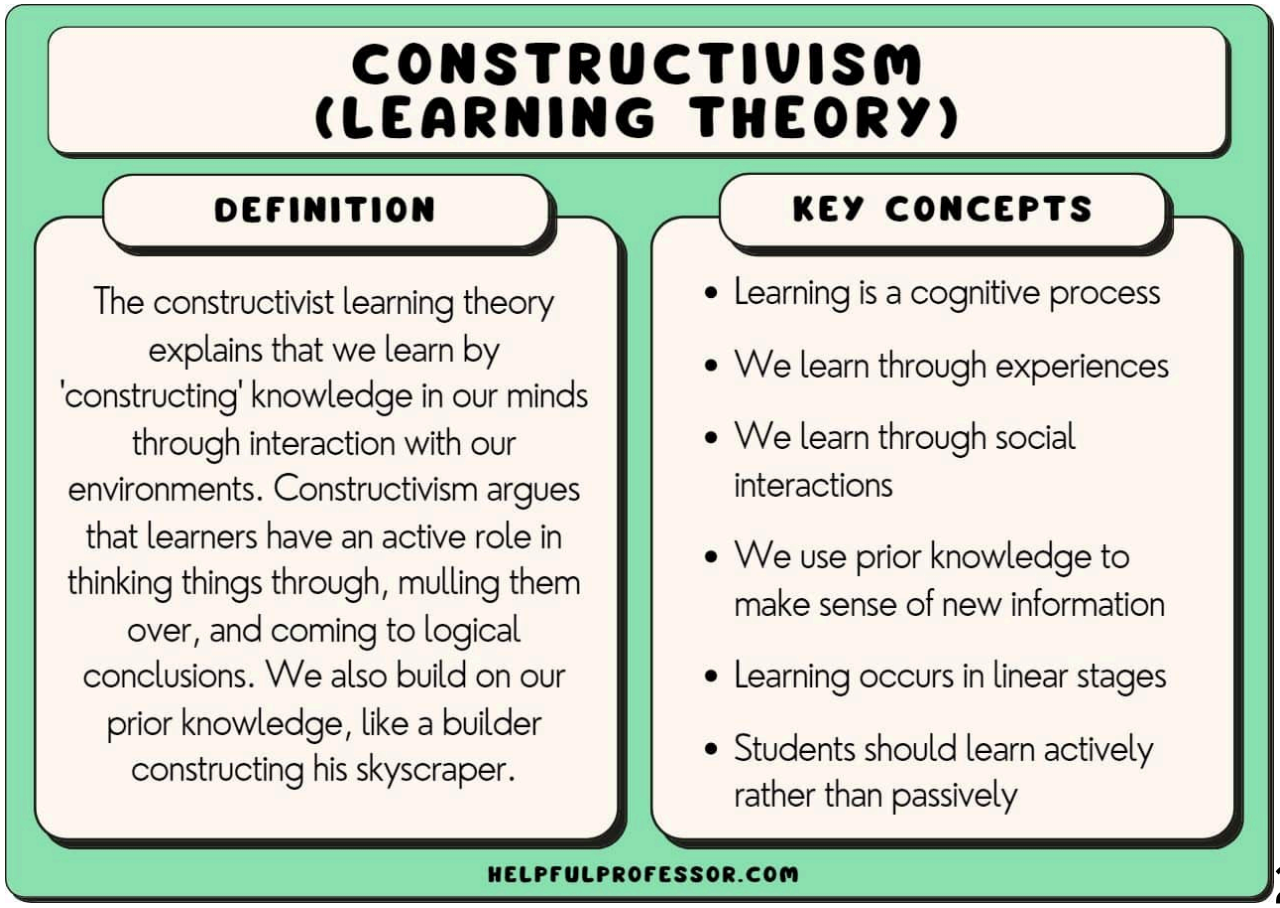
Make list of questions. Gives different interview subject to each student. Ask them to do interview to the people related to learning subjects. Asks them to use camera to record the interview video and the subject answers. Ask the children to draw the conclusion of the interview and create the concept charts based on the interview results.

- Giving their original critique about learning subject

Before the class start, asks students about their assignment. Talk about the difficulty they faced, and how to be better later. Collect the paper assignment and asks different group to gives notes and comment to other group papers, about the plus and the minus of the writing and the language that is used in their paper.

- Learning in the Library

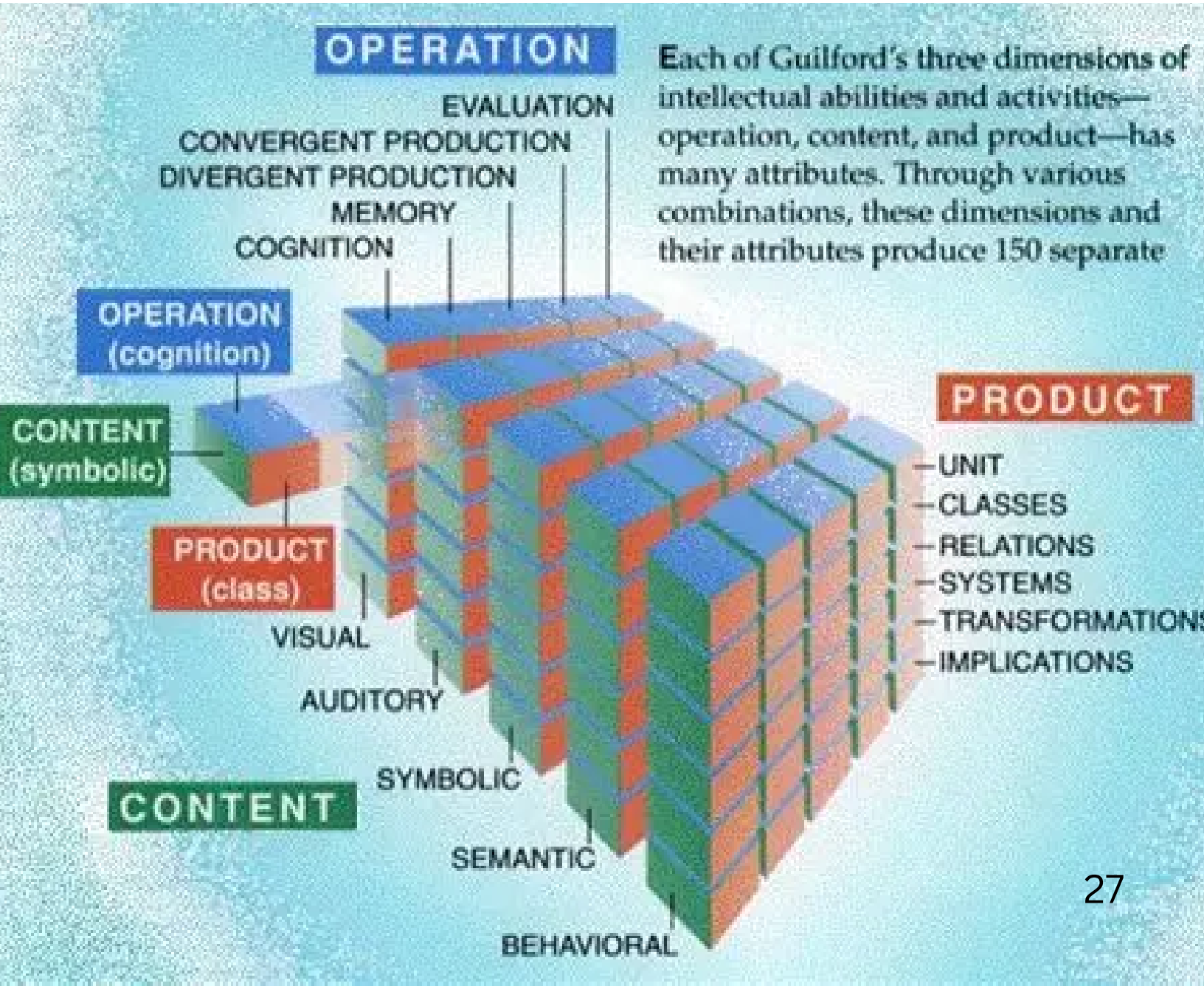
Take the children to the public library. Gives each group different list of questions to answers. Give them time to search for the book and to find answers based on the questions list.



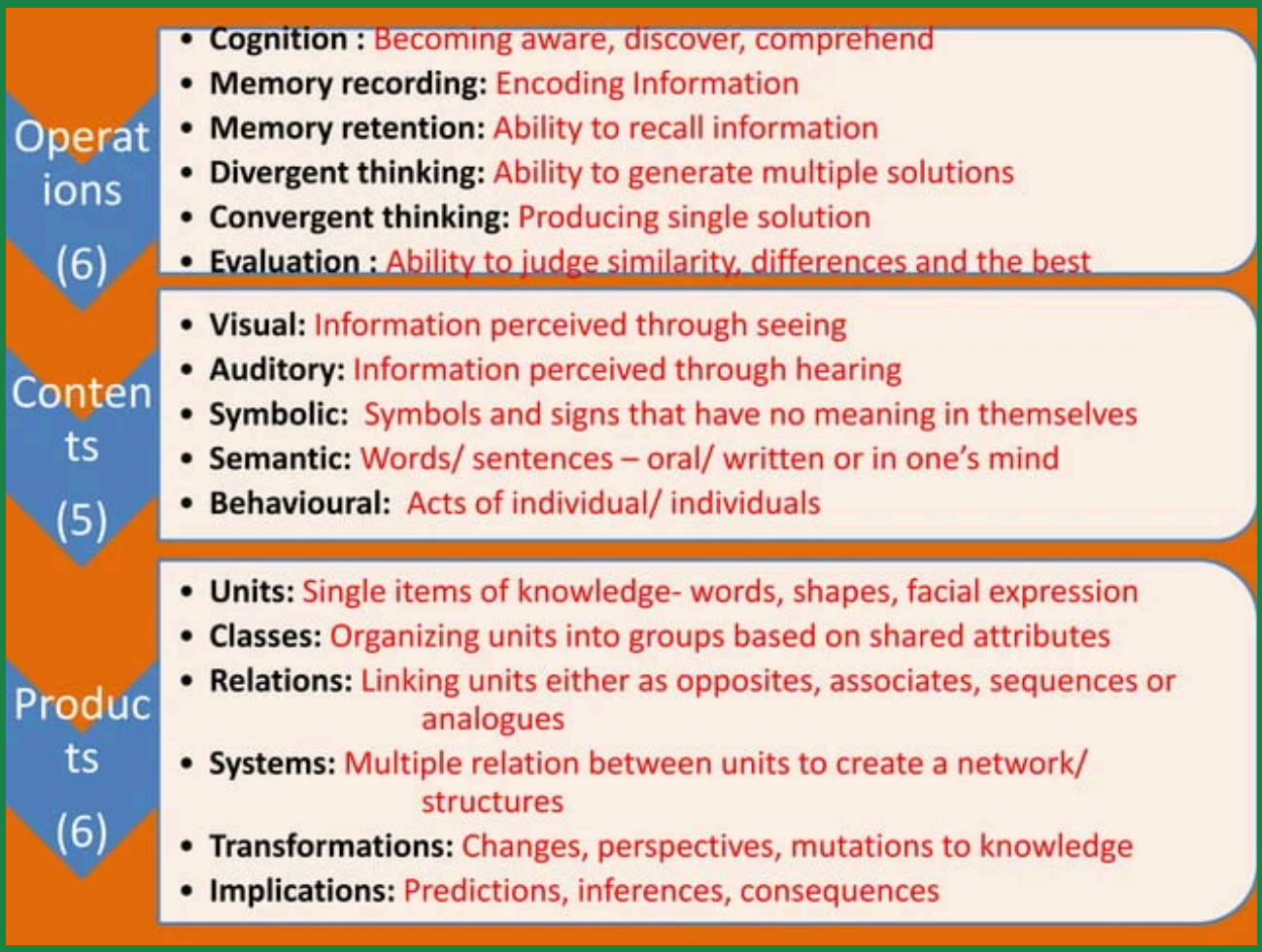
Creating Student Capability Development Plan

Every children have basic capability that is inherit from their parents. With the help of the environment, each child then learnt many things from their family, their parents, their environment, and from their early school years. But not every student had the luxury to be under the observation of professional that can enable them to add more skills of learning, life, and career preparations.

- Observe the children based on the character lists to develop
- Use test result to measure children learning capacities
- Make a list of the desired capability for each student to develop
- Invite parents to the class and gives the three results above
- Work with the parents to help their children with their Capability Development Plan



How to Educate Easy Science for Children
Knowledge & Comprehension



To understand science easily, consider the following methods:

- Use Analogies: Relate complex ideas to everyday experiences to visualize concepts.
- Incorporate Hands-on Learning: Engage with scientific material through experiments and interactive technologies.
- Utilize Visual Aids: Employ graphs, videos, and infographics to clarify and illustrate points effectively.
- Encourage Dialogue: Foster an environment where students feel comfortable asking questions and initiating discussions.
- Engage with Scientific Material: Use active learning strategies to enhance understanding and retention.

These methods can help make scientific concepts more accessible and easier to understand for students and educators alike.

Essential Life Skills Everyone Must Have

1. Communication
   - Clear verbal and written expression
   - Active listening and empathy
   - Digital communication litera

2. Critical Thinking & Problem-Solving
   - Analyzing information and making sound decisions
   - Creative thinking for innovative solutions
   - Evaluating risks and opportunities

3. Emotional Intelligence
   - Self-awareness and self-regulation
   - Empathy toward others
   - Resilience in the face of setbacks

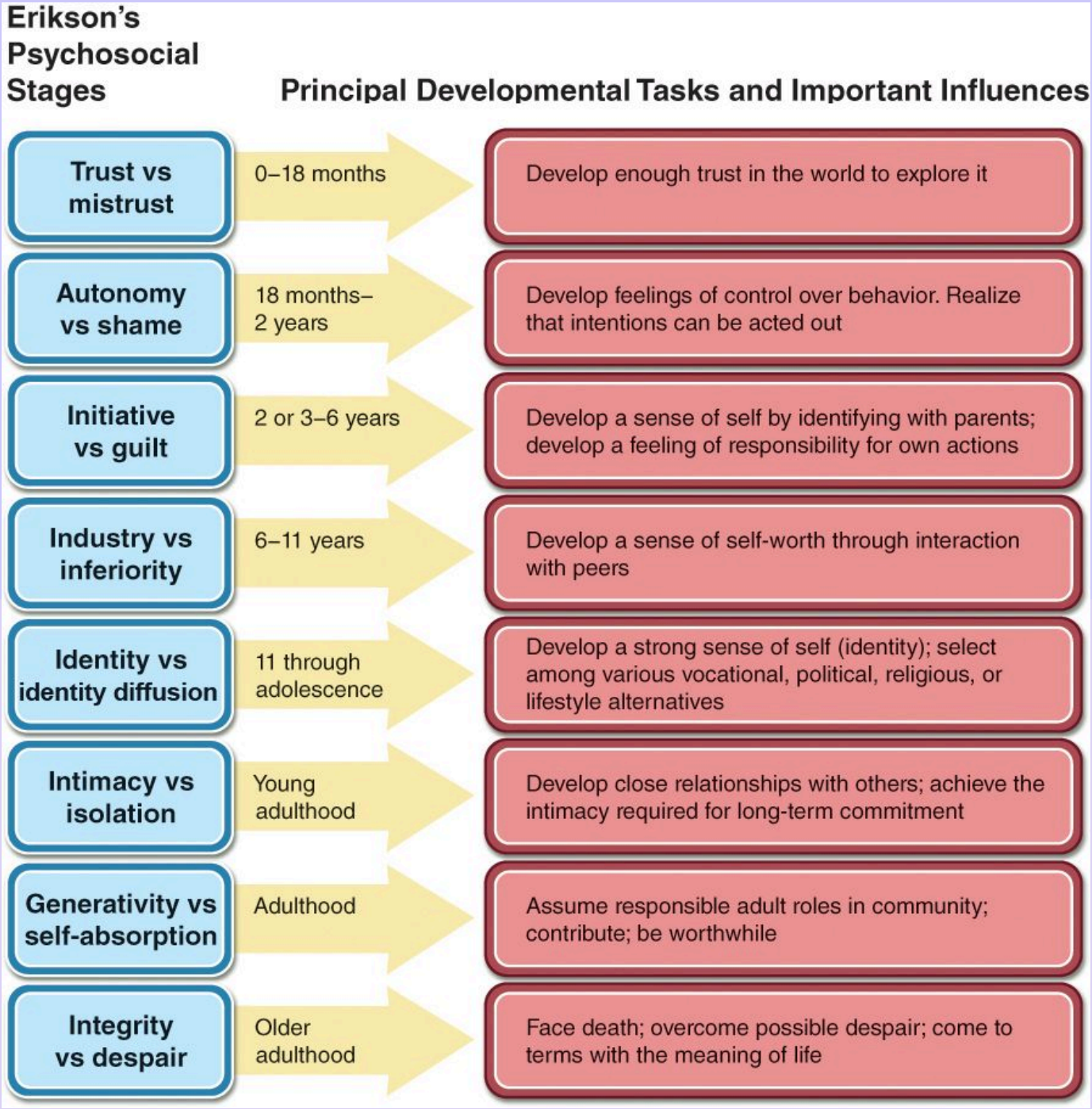
4. Collaboration & Teamwork
   - Building trust and respect in groups
   - Conflict resolution skills
   - Ability to work with diverse perspectives

5. Adaptability & Lifelong Learning
   - Flexibility in changing environments
   - Curiosity and continuous skill development
   - Growth mindset: seeing challenges as opportunities

6. Leadership & Initiative
   - Inspiring and motivating others
   - Taking responsibility for decisions
   - Strategic vision and planning

7. Self-Management
   - Time management and prioritization
   - Financial literacy and responsibility
   - Accountability and discipline

Enhancing The Roles of Environment Supports for Developing Students Intelectual Capabilities



Tim kemudian menggunakan alat AI baru, dilatih menggunakan informasi tentang perubahan lemak di sekitar arteri yang meradang – yang dapat mengindikasikan risiko kejadian seperti serangan jantung – serta informasi tentang penyempitan arteri dan faktor risiko klinis lainnya. Pengujian lebih lanjut pada tambahan 3.393 pasien selama 7,7 tahun mengungkapkan bahwa itu dapat secara independen dan akurat memprediksi risiko kejadian jantung. Di antara mereka yang tidak memiliki obstruksi pada arteri mereka, mereka yang memiliki tingkat peradangan tertinggi di pembuluh darah mereka memiliki risiko kematian jantung lebih dari 10 kali lipat lebih tinggi dibandingkan dengan mereka yang memiliki tingkat peradangan yang lebih rendah.

BUILDING LEARNING JOURNEY

Based on Human Ecology Framework

The human ecology framework assumes that families interact within multiple environments that mutually influence each other. These environments include the biophysical (personal variables), the microsystem (the systems in immediate surroundings, such as family, neighborhood, church, work, or school), the mesosystem (the ways in which these immediate systems connect, such as the relationships between family and work), the exosystem (the larger social system, such as the stress of another family member's job), and the macrosystem (the cultural values and the larger social system, such as immigration policy that influences admission and social system access)

Career planning according to Bronfenbrenner involves a continuous self-evaluation and planning process that aligns with personal goals and skills. Key steps include:

- **Self-Reflection: Understanding personal strengths, interests, and values to identify career paths.**
- **Goal Setting: Establishing specific, measurable, and achievable career goals.**
- **Skill Development: Continuously improving skills and knowledge relevant to desired career options.**
- **Adaptability: Being open to changes in the job market and adjusting career plans accordingly.**
- **This process emphasizes the importance of aligning career choices with personal aspirations and the broader life skills necessary for success**

Benefits of Career Planning

- **Clarity and Direction: A well-thought-out career plan provides clarity and direction, helping you navigate your professional journey with confidence.**
- **Motivation and Focus: By visualizing your goals and the steps needed to achieve them, you can maintain motivation and focus on your career development.**
- **Adaptability: Career planning allows you to adapt to changes in the job market and your personal interests, ensuring that your career path remains aligned with your evolving goals.**
- **By following these steps and utilizing available resources, you can create a comprehensive career plan that aligns with your aspirations and leads to long-term success**

CAREER PLANNING JOURNEY

Expanding Children Independence & Self Capability Bulding

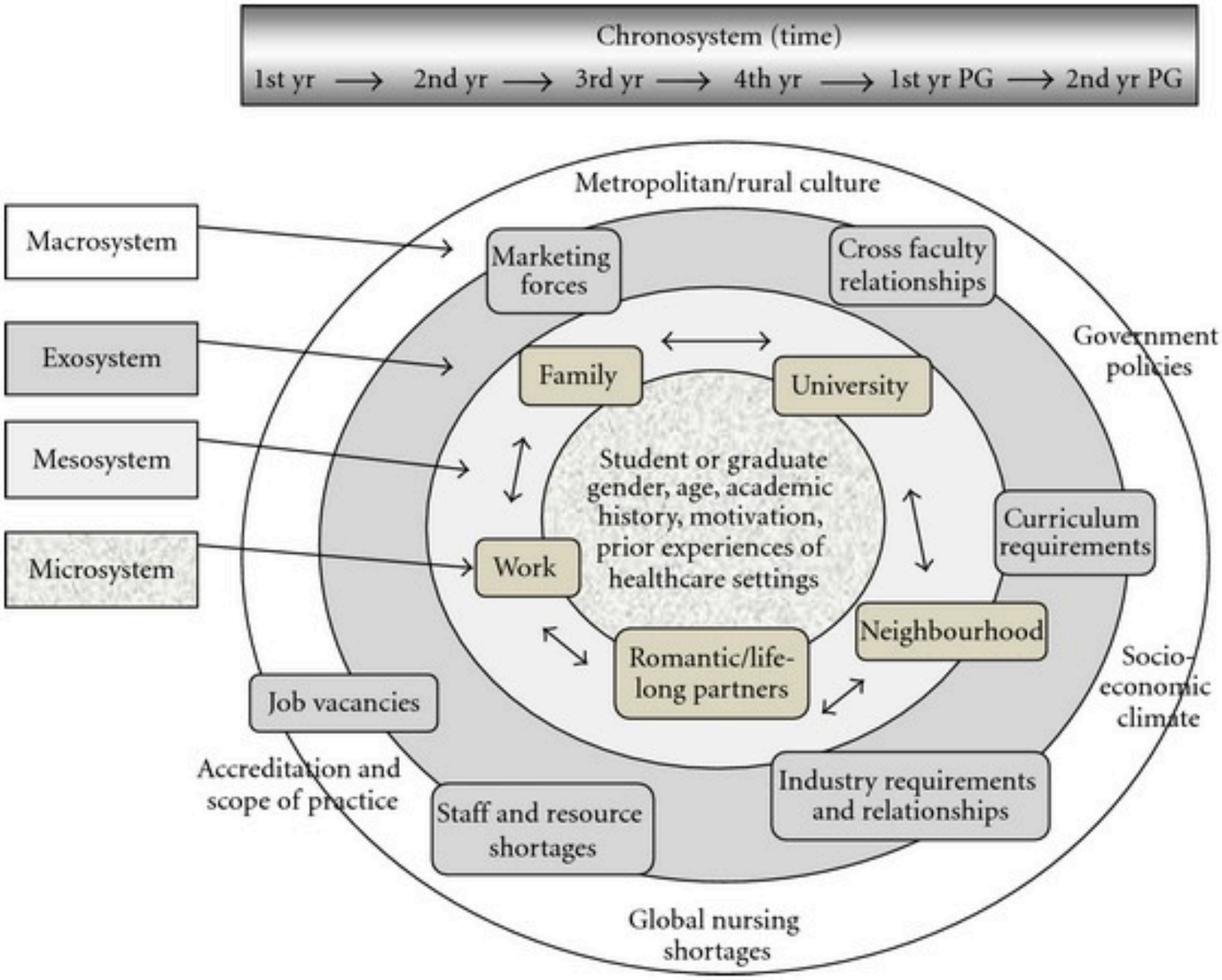
What is Career Planning?
Career planning is the ongoing process of understanding your values, interests, and strengths to navigate your career path with confidence. It involves creating a structured plan that outlines your short- and long-term career goals, the steps needed to achieve them, and the skills required for success.

Indeed+1
Steps to Create a Career Plan

1. Self-Assessment: Begin by evaluating your skills, strengths, weaknesses, interests, and values. Understanding yourself is crucial for aligning your career choices with your personal preferences.
2. Set Clear Goals: Define your short-term and long-term career goals. These may include specific job roles, income targets, or personal development objectives. Use the SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound) to make your goals actionable.
3. Research and Exploration: Investigate different industries, job sectors, and roles that align with your goals. Gather information about the qualifications and skills required in your chosen field. This research will help you make informed decisions about your career path.
4. Skill Development: Identify the skills and knowledge you need to acquire or improve to advance in your career. Plan how you will gain these skills through education, training, or on-the-job experience.
5. Networking: Build a professional network by connecting with colleagues, mentors, and industry professionals. Networking can provide valuable insights, opportunities, and support throughout your career.
6. Create a Personal Brand: Update your résumé and online profiles to reflect your skills and achievements. A consistent personal brand can help you stand out to potential employers.

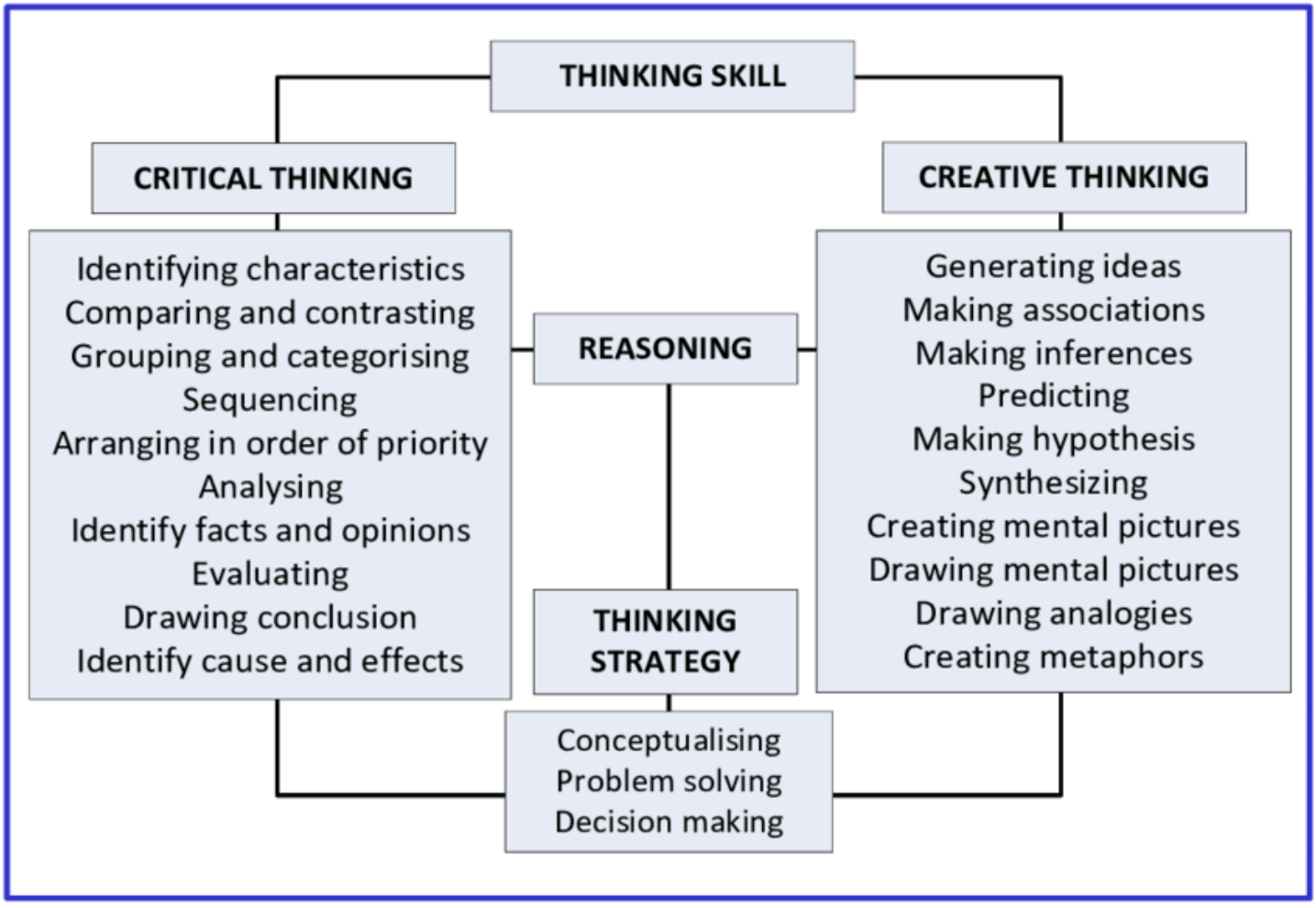
CAREER PLANNING JOURNEY

example of Nursing Career



Facing AI Challenges: On Building Cognitive Capacities

To effectively face AI with human building cognitive capacities, it is essential to recognize the unique value of human cognition.
AI may excel in certain tasks, but it lacks the capacity for empathy, moral reasoning, and the ability to navigate social and cultural contexts.
By fostering cognitive resilience and cultivating a critical and reflective mindset, individuals can maintain and strengthen their mental capacities in the face of technological change.
This approach involves creating a symbiotic relationship where human and machine intelligence complement and enhance each other, rather than viewing AI as a replacement for human thinking.



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