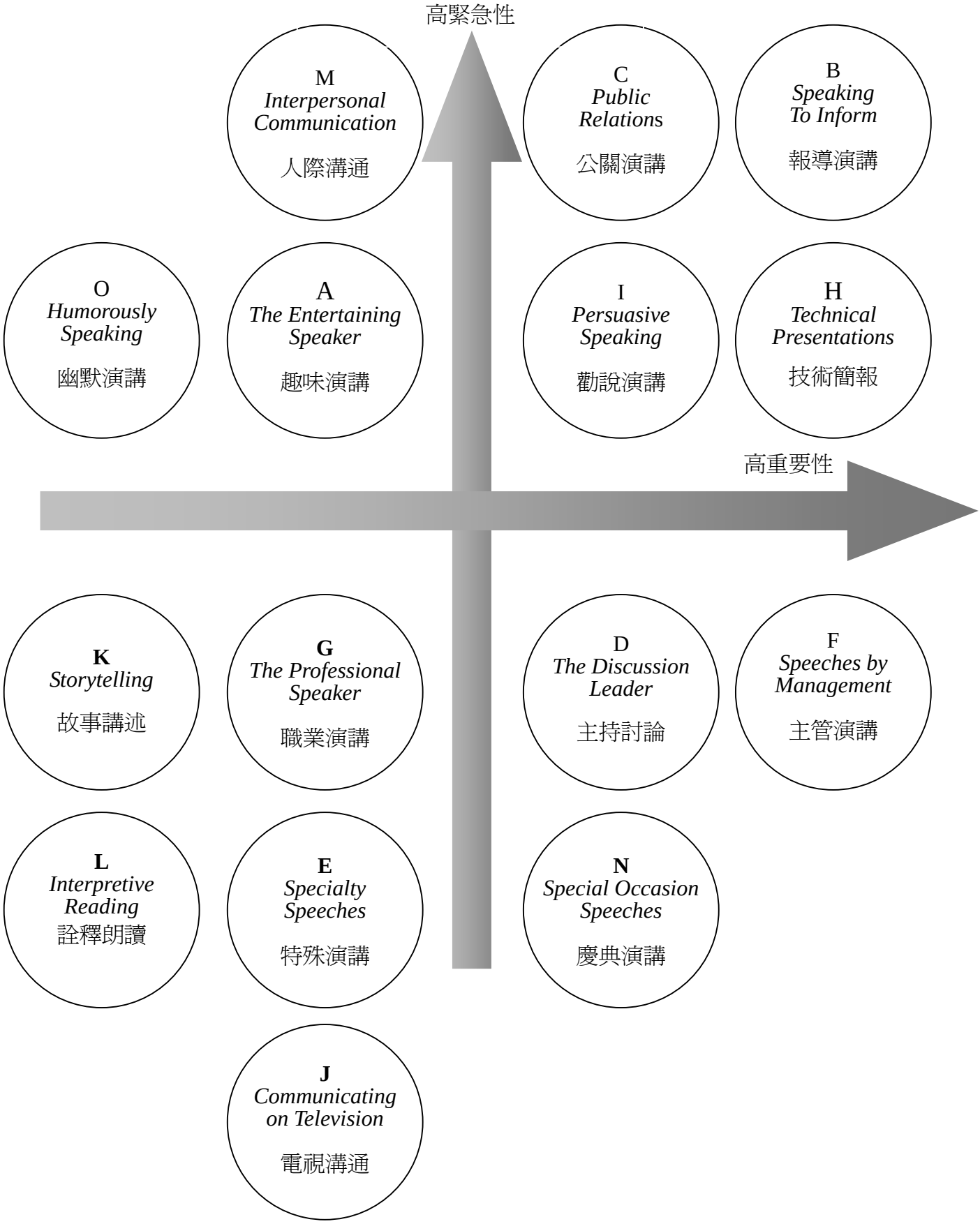表六、以「緊急性」和「重要性」選項的生涯規劃