

慶祝學校35周年校慶

Ms. Ng Kit Yung, Principal

送上一個祝福字——「常」

回歸初心 育德育才 修身利他 己立立人



文字是社會發展的產物，也是一種文化現象，我們可以透過文字本身瞭解社會生活及發展情況。「年度漢字」是近年使用漢字的國家或地區評選出代表該年漢字的活動，2021年「疫」字當選「香港年度漢字」。拆解「疫」字，「殳」若以動詞來解說就是需要保持距離的意思，用於今日的社會，在疫情嚴峻期間，人們也需要保持社交距離。

學校創立於1987年，本學年踏入35周年校慶，在此送上一個「常」字給師生全人，祝願學校未來發展更上層樓。

「常」字始見於戰國文字，泛指衣服，引申為恒久、經常之義。近年世界各地受到疫情多方面的影響，從「新常態」到「復常」是我們面對疫情的歷程。

「新常態」的挑戰與機遇

2020年新冠病毒病爆發，我們需要學習適應與病毒並存的「新常態」；如果能夠學會與變化共生，那莫大的挑戰就可化為新機遇。

疫情爆發期間全球教育系統受到嚴重衝擊，但OECD教育和技能主席、PISA（國際學生能力評估計劃）負責人安德列·史萊賀 (Andreas Schleicher) 卻看到教育改變的轉機，他認為這次停學的挑戰對教育界帶來新機遇——「破壞式創新」。

香港大學程介明教授 (2020) 表示疫情衝擊傳統教育理念，並且形成新興的教學方式。學校的牆正在消失，學校的角色正在改變，學生知識增長的途徑不一樣，學校教育的意義，會很不一樣，教學將會更加現實化和社會化。

反覆的疫情令學校加速發展混合教育模式，如何做好線上線下 OTO (From online to offline) 學習，成為學校必須面對的課題，在過去兩年，學校優化科技教育基礎設施，提高完備性以配合學與教的需要，並且積極協助教師善用數位教學，讓學生的學習不會因為疫情的反覆而受到影響。

珍惜「復常」

疫情日漸舒緩，我非常期待校園生活可以回復正常。中學階段是青少年成長的重要階段，研究發展心理學著名學者艾利克森 (Erik Erikson) 的「心理社會發展理論」(Theory of Psychosocial Development) 把人格發展分為八個心理社會化階段，每一階段都有它應該發展與需要完成的任務。

青年期 (Adolescence) 為幼年至成年之過渡期，發展理論指出在此階段主要的任務為發展出自我認同 (Self-identification)，青少年會嘗試各種角色和行為以認識自己及探索未來發展的路向。

應對學生全人發展的需要，中學階段校園生活包含六個重要元素，包括：裝備知識、掌握能力、建立關係、建立支持、建構價值、追尋夢想。期待「復常」能夠讓學生擁有整全的校園生活，亦盼望學生能夠珍惜當下，珍惜我們能夠擁有實體的學習機會及成長空間，更積極投入校園生活。

結語

學校創校至今歷經三十五載，各方面發展均呈現穩步上升的軌跡，實在有賴各持分者的支持，以及全體師生、家長共同努力的成果。面對未來不可預知及充滿不確定性的時代，回歸教育的本質與初心，回歸對「人」的關注，秉持創校人田家炳博士育德育才的教育信念，實踐田家炳基金會的理念——致力促進道德教育、弘揚中華文化、並融合世界文明，是學校恆常發展的道與路。



「田家炳中學優秀畢業生獎學金」得獎者

Mr. Chan Tin Ho 陳天濠

6A (2022 S6 Graduate)

Scored 31 points in his Best 5 subjects and Attained 5** in Mathematics (Compulsory Part) and Physics, 5* in Mathematics (Extended Part Module2) and Chemistry

Now studying Bachelor of Science in Physiotherapy,
The Hong Kong Polytechnic University

我是2021-2022學年的畢業生陳天濠，我在香港中學文憑試獲得較為理想的成績，因此獲推薦參加「田家炳中學優秀畢業生獎學金」計畫，我想藉着這個機會與師弟妹分享個人的學習心得以及應試技巧，希望能夠在學習路途上幫助大家更好地應對至關重要的中學文憑試。

我的學習心得大致能根據文科與理科科目分為兩類，這兩類科目的學習方法截然不同，各有獨點。

首先，在文科方面，我的學習方式主要是在網上閱讀。文科是較為注重文法的科目，文筆上的鍛鍊更是不可或缺，俗語有說「學習由模仿開始」，閱讀他人的文章並模仿當中的寫作技巧可說是最好不過的學習途徑，文章中的用詞、修辭、句式、文章結構等都是值得學習的地方，把這些知識點結合成自己的筆記並學以致用就是我提升語文水平的關鍵，這不但能夠提升寫作技巧，同時能通過大量閱讀提升對文章的理解能力，可說是一舉兩得。

然後，在理科方面，個人認為最好的學習方法是建立錯題簿。理科科目的題型千變萬化，要掌握理科的知識除了讀書，做練習也很重要，但做練習應重質不重量，盲目地做題並不能使你的學習更上一層樓，建立錯題簿的目的是要把所做錯過的題目轉化為自己的知識、經驗，把做錯的題目記錄並分析題目背後的理論，這不但能幫助糾正一些錯誤的理解，同時能明白出題者的思路，使那些五花八門的題型變得有蹟可尋。

以上就是我在中學學習生涯中所運用過的學習方法，可能未必適用於每位同學身上，但我相信也有一定的參考價值。雖然有言道：「求學不是求分數」，這句說話固然有它的道理，可是面對那不容有失的中學文憑試也不能不在應試技巧上花點功夫。我經歷文憑試後，也對應試技巧略有想法，以下分為答題技巧及心態兩方面與大家分享。

在答題技巧方面，同學應做到取易不取難。每一份試卷中的題目深淺不一，題目類型亦有所不同，例如選擇題、是非題、簡答題、分析題等，而每條問題所涉及的課題亦有差異，選擇先完成題型較簡單及課題較熟悉的題目是相對理想的做法，這不單止能增強信心，確保表現，同時能避免不必要的失分。

此外，小心審題是一個眾所皆知但卻經常被遺忘的應試技巧。每道問題都有不同的要求，而這些要求往往是藏在題目中的小細節中，因此接到考卷的第一刻應先把題目粗略地看一遍，把關鍵字如六何法及重點如人名等標記起來，這樣既能避免看錯題目而失分，同時能幫助同學決定答題的先後次序，更容易做到取易而不取難。

另外，考試時，心態同樣重要，對個人的臨場發揮有莫大影響，因此同學們記緊要放鬆心情。面對一年一度的中學文憑試，緊張是理所當然的事情，但過於緊張只會降低專注力、自信等，嚴重的情況下更可能引起失眠等生理問題，不利於應考，所以我希望以過來人的身份提醒考生：「緊張或擔心對應考無補於事」，凡事向好的方面思考，時間允許的話運動是一個很好的解壓方法。

實際上，學習方法因人而異，但也絕對離不開「努力」兩字，只要願意努力，成果必定會展現。最後祝各位師弟妹學業進步。



除中英兩科外，另外兩科核心科目——數學與通識，我也有相應的學習策略。數學不必多言，只要勤奮練習，努力與成果便會成正比。以我自身為例，自幼我數學基礎不好，小學更有幾次數學考試不合格，但從中二開始，我開始努力做練習，一本本答題簿堆積成山，與此同時數學成績也慢慢進步，最終我成功在文憑試考獲五星星。而通識科講究的是邏輯思維，答題要邏輯清晰，言之有理。在此學科，我主要是多看新聞報道以積累例子，也會溫習不同題目字眼背後所要求的答題邏輯。

以上為核心科目的學習心得，接下來為選修科。我修讀的是中國歷史、地理、企會財及數學延伸部分二。中史與地理皆為文科，溫習方法大同小異，都要經過四個步驟，分別是接收、整理、熟讀、輸出。尤其第二個步驟，即是將教科書、課堂上抄的筆記或補習材料，重新整理為自己的一份筆記，過程中要確定自己完全明白、仔細吸收後才記下，切勿只「搬字過紙」。溫習企會財的小訣竅在於要有一本錯題簿。在功課、測驗、考試或歷屆DSE試卷中，假若有回答錯誤的題目，就需要再做一次，並記上錯題簿，考試前翻看一下，既避免自己重蹈覆轍，也能溫習相關題型的做法。

除了學習方法，應試前保持良好心態也是很重要的。還記得我在Study Leave期間，隨著DSE開考日期的逼近，加上長期溫習，壓力無法紓解，最終壓力反應爆發，幸好那時我找了值得信賴的朋友，談了一夜，心情才得以轉好。因此同學若遇有壓力大、緊張、焦慮的情況，記得也要與身邊的親友傾訴，排解負面情緒。

「天底下沒有免費午餐」，想要獲得令自己、別人滿意的成果，必須付出相應的努力。最後我祝願各位同學未來乘風破浪，在文憑試中取得佳績！

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Ms. Yip Tung 葉潼

6B (2022 S6 Graduate)



Scored 31 points in her Best 5 subjects and Attained 5** in Mathematics (Compulsory Part) and Chinese History, 5* in Chinese Language and Geography in 2022 HKDSE Examination

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著名科學家愛迪生有一句名言：「天才是1%的天分加上99%的努力。」我自認絕對不是天才，能在中學文憑試中取得滿意的成績，正是如愛迪生所言，是全靠自身的努力。

經過六年的中學生涯，多多少少也積累了一些學習經驗與心得。不同學科有不同的學習方法，我先談核心科目中的語文科，因為這是最需要從小就打好基礎的科目。就中國語文科為例，若現在你是初中，有時間就要多閱讀，因為閱讀有助培養「文感」，對文憑試卷一（閱讀）有莫大的幫助。閱讀時可記下一些優美詞句，或是自己感興趣的故事題材和線索，例如閱讀香港歷史的書，可以記下電車、涼茶等的材料作為寫作的素材。但假若你已是高中生，距離文憑試時間無多，那卷三（聆聽與綜合能力）為最值得投資的一卷，卷三所考核的綜合寫作，只要記好格式，多寫多練，自然會獲得不錯的成績。而英國語文科與中國語文科的學習及應試策略大抵相同。除多做卷外，對我來說尤其重要的就是準備詞語簿，擴大自己的字詞庫，同時亦可記下常用詞語的同義詞，以及各類句式，這對閱讀及寫作卷皆大有幫助。而平日也可因應個人興趣，觀看英語劇集、聽Podcast、讀英文報紙，這些方法寓學習於娛樂；在學習大量詞彙的同時，也亦能提高時事觸覺。





陸運會統籌
張翼詠老師

再見陸運會



開幕禮



疫情漸趨穩定，師生無不期望可以重拾昔日的校園生活。在慎密的考慮下，學校決定復辦陸運會。

要復辦，實在不是一件易事，要在不同方面著手準備。體育科在上學年終前已開始在體育課指導學生各項比賽技巧；兩屆社長一同準備各項工作，如社衫、社飾、口號、社員報名等；童軍和女童軍連日進行步操練習；老師鼓勵學生打針、安排防疫工作等。除了學校各方面的準備，活動也得到家長的支持，同意子女在帶口罩的情況下參賽，學生們都可享受其中，再次得到參與陸運會的機會，在跑道上揮灑汗水。



全校9成學生參與盛事

比賽時刻



6A



6B



6C

能在畢業之年參與陸運會，可喜！



6D



6E





大會嘉賓
香港奧運劍擊代表
張小倫先生



全場總冠軍，藍社



Mask-On
大步走



紅社



黃社

勇冠三軍



綠社



各組名次	紅社	黃社	藍社	綠社
男甲	季	殿	冠	亞
男乙	冠	亞	殿	季
男丙	季	殿	冠	亞
女甲	季	冠	殿	亞
女乙	亞	冠	季	殿
女丙	殿	亞	季	冠

中一、中二學術及活動獎勵計劃

Interclass Academic & Activity Competition

學校除了教授知識，也為同學創設建立朋輩關係的機會。課外活動組與中一、中二級會合作，結合校內不同學科活動，推行A&A獎勵計劃，期望藉班際比賽推動團結上進的班風，建立良好的核心素養。

目的

- 在良性競爭中求進
- 班級經營、團結班本
- 學生對班建立投入感及歸屬感

中一歷奇建班風

中一新生來自不同小學，透過兩次歷奇團隊訓練，加深班內同學的認識，也明白到各人有各人的身分角色，學會承擔。



中二競技賽

比賽由中二各班的小領袖一同設計與帶領，讓同學參與不同活動。



中文比賽

利用分組比賽，讓學生認識中國文化。



破解孔明鎖

投壺

試後活動有「16格大比拼」，同學要發揮中英數及不同技能，肢體肌肉、律動音樂也要用上。





四社賽事 Interhouse Competitions

在疫情影響下，同學不但在學習上面對困難，也失去了參與課外活動的機會。去年疫情雖然反覆，但在教育局允許的特定條件下，本校課外活動組把握機會，為同學舉辦四社閃避球比賽、歌

唱比賽、Mini Games、Rummikub、羽毛球等五項比賽，活動有動有靜，希望讓同學重拾多采多姿的校園生活，豐富學習以外的經歷，同時建立生生與師生的友好關係。

	紅社	黃社	藍社	綠社
閃避球	亞	冠	殿	季
歌唱比賽	冠	亞	季	殿
Mini Games	冠	季	亞	殿
Rummikub	季	殿	亞	冠
羽毛球	亞	冠	季	殿
年度名次	冠	亞	季	殿

閃避球

閃避球為四社賽事展開序幕，賽事分六級進行，好讓更多同學可以參與其中。在熾熱的氣氛下，中一新生感受到社的氣氛，為社出力，毫不怯場；中六同學則是最後一次參與社際賽，自然更出力，場場賽事都精彩萬分。



Rummikub 魔力橋

Rummikub考驗社員的智力，在腦中不停思考出牌策略，期望最快可以大叫「Rummikub」，為社爭取佳績。



羽毛球

羽毛球屬隔年舉行的常規賽，去年安排在試後舉行，成為四社比賽最後一個項目，吸引不少校隊成員及隱世高手，就連已參與畢業禮的中六同學也來參加，為社爭取全年總冠軍。



紅社



黃社



藍社



綠社



歌唱比賽

歌唱比賽已很久沒有成為社際賽的項目，趁著去年因疫情取消了陸運會的空檔，學校重辦歌唱比賽，賽事分為高中組及初中組。



參賽者拿著結他唱出心中情



由本校Jazz Club揭開序幕



畢業班6B與班主任黃慧微副校長一同合唱，留下珍貴回憶。



畢業班6A激情演出，聯同班主任林麗雯老師及兩位科任老師——孫桂龍副校長、譚家驊老師一同載歌載舞，為歌唱比賽當天掀起高潮。

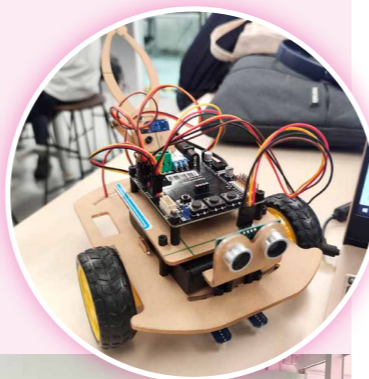
Broadening Students' Horizons

4A Eden Ho

Last summer, I participated in a 4-day course at the University of Hong Kong, namely "the HKU Engineering Academy for the Talented 2022". It was a hybrid course where the morning sessions were online lectures about engineering like AI, and the afternoon sessions were hands-on electronic engineering sessions. Having been asked to modify the codes of our hand-made robots, we endeavored to enhance their sensitivity and effectiveness. Then, it was time for the final challenge, in which our robots had to follow the black line from start to finish while picking up two paper cups. I tried so many times to change the variables of those sensors and simplify the codes needed, but most of my early attempts were in vain. Nonetheless, as Albeit Einstein's famous saying goes, "failure is success in progress". I eventually managed to overcome the technical issues and my robot completed the challenge in the fastest time. How amazing!

Apart from working on our robots, we also went on a campus tour around HKU. On the last day of the course, we visited Hong Kong Science Park, where we came across numerous innovative inventions created by top-notch startup companies. We also visited SenseTime, a global AI company, and witnessed the real-life application of AI in aspects such as driving and city management.

During these four days, not only did I acquire new knowledge about engineering, but I also made new friends from different schools. Therefore, I would like to express my heartfelt gratitude to the school, which provides me with such an inspirational, invaluable and insurmountable opportunity for learning.



6A Anson Chow

Thanks to our school's unconditional support, I have joined various intriguing programs and courses since the beginning of my senior secondary school life. Among them, Practical Synthetic and Analytical Chemistry I, a course organized by the Hong Kong Academy for Gifted Education, as well as the HKUMedify Summer Immersion Program, were the most unforgettable ones.

Practical Synthetic and Analytical Chemistry I was one of the summer courses for the members of the Hong Kong Academy for Gifted Education last year. Coordinated by Dr. Jason Chan, it was a series of lessons which took place in a laboratory in the Hong Kong University of Science and Technology. The teaching content covered both the HKDSE and university syllabi of Chemistry, in which topics such as redox, organic chemistry and fluorescence were studied. Despite my prior knowledge of some topics, I was still excited about every lesson, as I had plenty of chances to do experiments, which came to a halt in our normal classes due to the pandemic. Most importantly, I made a group of friends from different schools while working on group experiments. The exposure to new people and new knowledge truly broadened my horizons.

HKUMedify Summer Immersion Program was another remarkable experience. As its name implies, this was a five-day summer program organized by the Li Ka Shing Faculty of Medicine for secondary school students to visit their facilities and experience life in medical school. Not only did the course unlock the world of medicine for me, but it also offered a few glimpses of the latest technology in HKU med school. Walking around the campus and exchanging ideas with other young science enthusiasts, I found every single moment of this program enjoyable and memorable!

Once again, I would like to show my deepest gratitude to our school, as the additional learning opportunities have definitely added a lot of color to my secondary school life.



6A Catherine Chung

In a flash of light, I have already become a secondary six student. Having realised my genuine interest in medicine and health care, I decided to join a four-day summer program called Medical and Healthcare Academy for the Talented organised by the University of Hong Kong in order to acquire some basic knowledge.

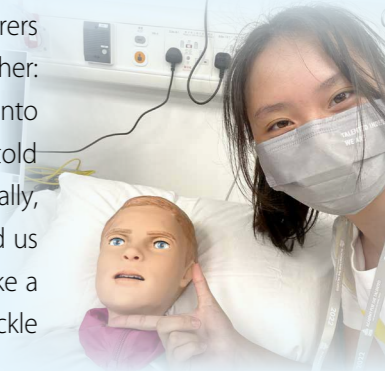


During the program, there were lectures related to different subjects like bioinformatics, public health, and anesthesiology, but what really caught my attention was the workshops. We went to Prince Philip Dental Hospital on the first day. To begin with, each of us was given a disposable glove and some tools for sewing. We were then told to conceive of the glove as a gum in one's mouth. What we needed to do was to make a hole on the glove and sew it, simulating what a dentist does to help his or her patients sew their gum! To our surprise, this is exactly what dentistry students have to do in their first lesson. I remember my hands trembling so vigorously that I failed to sew the hole properly. It took me several attempts to learn from my own mistakes and pick up the right skills - 'practice makes perfect' is really the best proverb that can be applied to every context!

Another reason why I signed up for this program was its nursing practical session. On the fourth day, we arrived at the lecture hall in the newly-built School of Nursing. I paid extra attention to this lecture since I heard the voice of my heart, 'This is where I belong: I'm definitely going to be one of the students here!'

Having introduced the entrance requirements of the nursing programme, the lecturers led us to one of their laboratories. As the door opened, I was knocked down with a feather: that was the most advanced and well-equipped laboratory I have ever seen! Stepping into the laboratory, we saw two eye-catching 'patients' lying in bed, and then we were told that they were simulators of patients. Not only could they talk to us fluently and naturally, but they could also blink and nod like normal people. The simulator of a little boy told us that he had swallowed fifty cents accidentally when playing with his sister. Sounds like a miserable and tough scenario, doesn't it? But I am confident that I will be able to tackle these conditions once I have received enough training.

I had a lot of fun in these four days. Not only did I meet a lot of new friends who shared the same passion for nursing, but I also acquired additional knowledge of the field. Most importantly, I do have a feeling that I am now ready to study at the School of Nursing in the future, so I will definitely put all my effort into it!



6A Jimmy Cheung

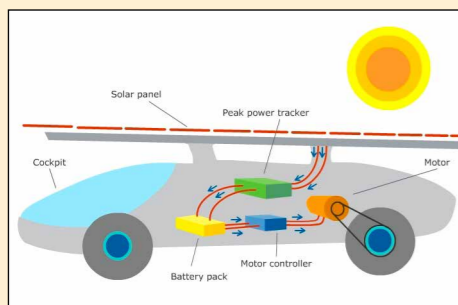
HKU Medify is an advanced programme that provides a wide range of activities, including a surgery demo, master classes by Professor Lau Chak-sing, the Dean of Medicine, and a sharing session with current students and recent alumni regarding their experiences and journeys to becoming medical professionals. I truly learnt a lot while participating in inquiry-based discussions, in which we explored selected cases by applying our new-found knowledge. I would say the most precious experience was when I tried to do cardiopulmonary resuscitation (CPR) and draw blood using a dummy. This 5-day program has definitely broadened my horizons through a chain of up-to-date technologies, such as anatomage virtual dissection and VR surgery, allowing all students to delve into human anatomy and physiology thoroughly.

Apart from the knowledge acquired, I had multiple opportunities to talk and work with medical experts and students, as well as connecting with peers with similar minds. The five days my group spent with two medical student mentors were truly memorable. We shared about our lives studying in different high schools and our interests. One of the qualities I admire most was their passion for medicine. Having made their way through the public exam maraton, the mentors shared some useful tips to help us deal with the suffocating exam stress and heavy workload.

All in all, HKU Medify was nothing less than an incomparable and invaluable learning opportunity.



6A Marco Tsang



Having participated in a two-month summer programme offered by HKUST, my understanding of various components of solar cars (such as solar panels, engine and wheels) as well as their production process has been deepened.

Among different sections of this programme, the one about the basic principles of aerodynamics impressed me most. When I first heard of the term 'aerodynamics', it was such an unfamiliar word to me: even though I always immersed myself in physics, I had never read about "aerodynamics" in any of the textbooks. With aerodynamics, modifications of solar cars can be made to improve their slow motion. Besides aerodynamics, structures of solar panels were introduced as well. I have learnt that solar panels actually work like biological systems. Just like the cells and organ systems in our bodies, a solar panel is a combination of solar cells forming a PV system.

By and large, this summer programme has cultivated my interest in physics and engineering. Being eager to delve into engineering through a myriad of advanced and professional courses, furthering my studies at the Department of Civil and Environmental Engineering in the Hong Kong Polytechnic University is definitely my current life goal.

A goal is just a dream without a plan. Hence, I hope that all students can seize every opportunity to participate in various courses and programmes to broaden their horizons and enrich their personal profile. Most importantly, they can further explore their interests and their career paths through engaging in these meaningful programmes.

Broadening Students' Horizons

6A Peggy Li 6B Brian Chan

Having got our first taste of the business world in S.3, we realized our deep interest in business. In 2021, we decided to enroll in "Business YoungStars", a one-year programme organized by the Hong Kong University of Science and Technology (HKUST). The programme gave us countless opportunities to attend mini-lectures and enrichment workshops across major business disciplines throughout the year. Undoubtedly, we have gained a lot from these activities.

Having participated in numerous courses, ranging from risk management, information system, marketing to global business, our understanding of different aspects of business has been deepened. Our most unforgettable lesson was a marketing course, in which the professor first showed us a tote bag and asked us how we would promote this product to numerous groups of customers. We came up with various ideas, such as inviting 'Mirror' to be our brand ambassadors to sell the product, knowing that they have a huge amount of influence over the younger generation. Later, the professor also organized a mini-presentation session so that we could have a few glimpses of their normal BBA lectures.



Thanks to the programme, we have acquired a lot about how business works. For instance, we have learnt that many large multinational companies use "Big Data" to analyze their performances and identify their target customers. Take "Target", a well-known chain store in America, as an example. According to one of the professors, the computer system of "Target" managed to analyze the searching records from one young teenage girl and infer that young girls at her age might have a good chance of being pregnant, which even helped the police track down a criminal. This example caught our eyeballs and aroused our curiosity. Not only did we learn about big data, but we also grasped some tips to operate a business more efficiently and effectively. In one of the lectures, we learnt why large businesses have more layers in management, as well as how staff authority works in a business. We also appreciated the fact that the lecturers made use of an array of real-life examples to make the concepts easier to understand.

Apart from attending lectures, HKUST also arranged a summer day camp for us to explore more about the university and its Business School, as well as meeting their BBA students. The university organized a "school tour and lunchtime" event, which was a real delight as we got to spend time with our new and old friends in a novel environment. Their warm welcome certainly piqued our interest in the university life at HKUST.

Now that we have acquired so much useful knowledge of business, as well as lots of admission information about the Business School, our career path seems a lot clearer as we know exactly what we need to do in an attempt to be admitted. We will definitely do our utmost while pursuing our goal.

Career Planning in YOTTKP

生涯規劃在田中

At different stages of life, we often face the need for different types of career planning. For example, when we are in the stage of childhood or adolescence, we are mainly faced with career planning for further education; when we enter adulthood, personal career development, and factors such as marriage and family considerations may arise. Even as one enters the retirement stage, there may be a need to face career planning for the next stage of one's life. When we can establish clear and definite career planning goals at different stages of life, life will bring fruitful results. In order to achieve the above-mentioned cultivation goals, this group follows three processes in junior high school and high school: "self-knowledge and development", "career exploration" and "career planning and management". Taken together, students will acquire skills and knowledge for different career paths, career planning, work skills, and professionalism.

In the 2022-2025 school years, our school cooperated with Yan Oi Tong to apply for the Youth Development Committee Youth Life Planning Activities Subsidy Scheme and made good use of the financial support of the project and Yan Oi Tong's professional support to optimize the content and quality of life planning activities at different levels. The relevant goals at all levels include Secondary 1 (knowing yourself), Secondary 2 (setting goals), Secondary 3 (selecting subjects in high school), Secondary 4 (starting career planning), Secondary 5 (understanding the world of work), Secondary 6 (planning for further studies and employment). All levels have clear training goals. By organizing relevant training activities, we hope to develop students' understanding of their personal strengths and weaknesses as well as other personal qualities and ability, so that students can build self-confidence, a positive self-image and set academic and career goals.



In view of this, the School and Career Guidance Team actively provides students with diversified career guidance, and the relevant activities are mainly in the two areas of "advancement" and "career development". In terms of providing diversified information on further studies, the school actively provides different life planning experiences, including a school-based mentorship program, a Secondary 3 "Mock Subject Selection Workshop", seminars on future hot industry discussions, occupational safety dramas, and a Secondary 5 guided simulation of the procedures following the release of DSE results. In addition, in order for secondary school students to directly understand the curriculum features of different institutions, the school specifically holds "Self-financing Bachelor and Sub-degree Program Information Sessions" for students, providing a platform for different self-financing institutions to come to the school and introduce their curriculum characteristics to the students. In addition to counseling for further studies, the group also spares no effort to organize various activities, including Secondary 4 workplace visits, Secondary 5 career development sharing seminars, and seminars on "Understanding the Development of the Guangdong-Hong Kong-Macao Greater Bay Area" to broaden students' horizons and think about possibilities for their own career paths. Through the experience of relevant activities, students can gain an in-depth understanding of the real-world workplace and make early plans for future work.

This group encourages teachers from other subject groups in the school to include elements of career planning when planning activities, so that students can comprehensively explore their personal characteristics at different levels, including interests, abilities, and values, so as to determine their career direction and life goals for planning their life properly.

體驗式學習：反敗為Grow

本校一直重視學生的全人發展，亦特別着重品德及正向心理的培育，以「知情意行」的方式推行，既增加學生對課題的認知及感受，更重視的是學生的反思以及相應採取的行動。因此，在學生成長方面一直主張以「體驗式」學習經歷推行有關活動。近年受疫情影響，社會上，學校教育均出現了「新常態」：減少實際接觸，改以網上的視像模式作為溝通媒介。在這種情況下，學生面對的問題更多，無論情緒支援或學習壓力都令他們產生不少負面情緒。

有見及此，學校在2021-22年度參加了由香港循道衛理優質生命教育中心與優質教育基金舉辦的「在你的生命中『預』見更好的自己——失敗教育x人物故事」計劃，更成為了種子學校。計劃包括「人物生命教育課」，安排在中一至中五級的班主任課中推行，此外，在中三及中四級更推行了兩項體驗式學習活動：中三級「失敗教育體驗——試·當·得」及中四級「模擬人生生涯規劃活動」。

中三級活動日



失敗教育體驗——試·當·得活動

「失敗教育體驗活動」，是以團隊競技的形式進行，以班為單位，讓學生從多項班際挑戰活動中經歷失敗，以培養學生「成長思維」及「抗逆力」，建立正向價值觀。其中遊戲項目新穎，需要學生分工合作，發揮創意才能過關，讓學生在嘗試中找到方法，最後完成挑戰。通過比賽，亦有助凝聚班風，增進師生關係。活動後由導師帶領學生進行回饋、反思，總結從活動中得到的經驗及啟示。



中四級活動日

模擬人生生涯規劃活動

經過一次人生後.....

1. 你滿意你的人生嗎，試講出你滿意與不滿意的部份？
2. 你如何衡量工作的價值和意義？i. 賺取金錢 ii. 獲取經驗 iii. 幫助他人
3. 當面度突如其來的不幸事件時，你有什麼反應和感受？
4. 你認為什麼才是人生最重要的？

活動前準備

- 每人會得到身份證、身份手帶、記錄冊、錢
- 21世紀需要的能力：智力、體力、多媒體能力、創意
- 分數：經歷、學歷、錢

白\$1
藍\$5
黃\$20

紫\$2
綠\$10
紅\$50



「模擬人生生涯規劃活動」，每位學生隨機獲配特定的「生命值」，擁有不一樣的智能、體能、藝術天份及人際溝通能力。在四小時的活動內，學生自行選擇升學或就業或創業，活動期間又會忽然遇上順境，如中彩票，或得到疾病，甚至死亡等。通過這模擬人生的遊戲，在回饋環節中，學生自行總結及評價自己的生命。活動終結時，主持人揭曉各生命值的代表人物，原來都是不同範疇的成功人士，讓學生明白成功的背後，不在於先天的優勢，而且在於自己的抉擇。

活動有助高中學生探索個人強項及興趣，認識自我潛能與熱誠，鼓勵學生以正向思維面對挫敗，勇於成長。我們更高興看到某些同學在遊戲中領悟到人生的意義，有的認為必須創業，賺取金錢；有的認為名利之後，應該有一定的學歷水平才算不枉一生；有人感到世事無常，更珍惜生命。

總括而言，通過體驗式的學習活動，學生有更深的領悟，有更大的得著。



情緒健康關注周 Take a Break

輔導組及駐校社工於2021年10月18至22日舉辦「Take a Break情緒健康關注周」，旨在提升學生關注個人精神健康意識及建立校內互相支持的文化。活動於本校文化廣場舉行，一位社工精心設計了多個攤位活動，包括：呼吸空間、同你·同理、見字抖抖留言板、Free Your Stress、Take a Break 相展及Let's Chill。

「見字抖抖」留言板



呼吸空間

一同選擇適合自己的香薰精油



Let's Chill

同你·同理

以互動問答形式學習關懷他人的方法

在草原上用放鬆的心情照顧自己

中一至中三同學認為可以回校上課是令他們感到最開心的事情，而大哥哥大姐姐計劃(BBS)及中一級代表則於早會時段通過大氣電波向全校同學分享精選的正能量字句及宣揚關注情緒的重要。

活動共有600多名師生參與，受到廣泛關注及熱烈回應。希望每一位同學都能關心自己的情緒健康，遇到不同處境及困難時能接納自己的情緒，懂得表達和照顧自己，然後再將正能量傳遞給其他同學。

Free Your Stress

學習用合適的方法釋放壓力

Outside-school Awards in 2021-2022

中一

2nd Runner – up (Secondary Category)

STEM A.I Smart Water Filter Competition

1A 黃雅君、1A 李曉賢、1A 蔡旻希、1A 陳致臻

Commendation award

The 6th Youth Improvement Award Scheme (2021)

established by Elsie Tu Education Fund Limited

葉芷妍(1B)



中二

Gold Award

Junior Secondary Science Online Self – learning Scheme

The Hong Kong University of Science and Technology

2A 陳穎姮、2A 邱悅程、2A 黃煒程、2C 古子瑩、2D 梁弘羲



中三

屯門卓越學生獎

2021-22 Tuen Mun District Excellent Students Award

3A 朱嘉儀



Award for Outstanding Performer

Hong Kong School Drama Festival 2021/22

3A 黃佩儀

Champion

2021 Youth Challenge RoboMaster (Hong Kong)

Alibaba Entrepreneurs Fund, DJI Technology company

3B 司徒子豐

Champion

RoboMaster 2021 Youth Challenge (Hong Kong)

Alibaba Entrepreneurs Fund, DJI Technology company

3B 蔡偉信、3B 張智彥、3D 黃冠熹



中四及中五

2nd Place

Speak Up Act Out One Day Radio Drama Competition/
EDB NET Section
5A 陳熙朗、5A 曾慶浩、5B 黃子軒、5B 鍾博韜、
4A 周卓賢、4C 李思澄



Judges Commendation Award

PolyU & HKCC Business Excellence Contest 2021/22
"Green Innovation Campaign"

4A 高嘉敏、4A 鄧仁傑、4A 莊宗龍、4B 洪思婷、4C 羅綺君
5A 李科諭、5B 梁希晴、5B 羅杰穎、5B 馬裕翔、5B 鍾博韜



Gold Award

5A 李麗淇
HKUST Business Youngstars Programme

Silver Award

5B 陳曼谷

Commendation Award

The 6th Youth Improvement Award Scheme (2021)
Elsie Tu Education Fund Limited
5B 陳巧藍、5E 李思慧

Champion

RoboMaster 2021 Youth Challenge (Hong Kong)
Alibaba Entrepreneurs Fund,
DJI Technology company
4A 吳子樂、4B 黃鍵濤、5C 區梓健、5D 林弘燁

Merit

Distance Measurement & Application Design Competition
Faculty of Engineering,
The University of Hong Kong
4A 阮佩荃、4B 何芷芊、4B 章瑞燊、4C 麥德佑、4D 林俊彥

Outstanding Award

Hong Kong Extra – curricular Activities Masters' Association Commendation Scheme
5B 黃弘朗

