



基督教女青年會丘佐榮中學
THE Y.W.C.A. HIOE TJO YOENG COLLEGE

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畢業

訪問



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PUBLICITY & BRANDING COMMITTEE
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莫佩妍
Mok Pui Yin
Joy

佳績及近況

在文憑試取得六科36分優異成績的莫佩妍同學，正就讀香港中文大學工商管理學士(工商管理學士綜合課程)及法律博士雙學位課程。莫同學自言開學快兩個月，她逐漸適應大學的新環境以及所修讀的課程。目前而言，她的大學生活忙碌且充實。

打好基礎 尋找合適的學習方法

莫佩妍同學在公開試中獲得優異的成績，她分享成功之道時，認為要針對不同學科的特點，找到適合自己的學業方法。以數學為例，相比獨自埋頭苦幹，與同學一同討論能提升學習效能，而處理文科則習慣以背默、畫圖來加深印象。此外，不與他人比較，才能保持良好的心理素質。文憑試看似是全港考生的競爭，實質上我們應把注意力放在

Academic Achievements and Recent Updates

Mok Pui Yin, Joy, who achieved excellent results in HKDSE with outstanding scores of 36 points in six subjects, is currently studying in the Bachelor of Business Administration (Integrated BBA Program) and Juris Doctor (Double Degree) program at the Chinese University of Hong Kong. Joy mentioned that she has gradually adapted to the new university environment and the courses she has been taking since the beginning of the semester. At present, her university life is busy yet fulfilling.

Laying a Solid Foundation: Finding Effective Learning Methods

When sharing her path to success, Joy believes that it is important to find suitable study methods tailored to the characteristics of different subjects. For example, when it comes to Mathematics, discussing with classmates can enhance learning efficiency compared to studying alone. On the other hand, for subjects in the humanities, Joy tends to use memorization and drawing diagrams to deepen her understanding. In addition, she emphasizes

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自己身上，了解自身的強項和劣勢，因而作出調整。如我們過度關注他人的成績，只會徒添壓力，甚至影響溫習狀態和考試表現。

談到面對考試壓力的方法，莫同學提出兩點，第一，應勞逸結合，完成溫習目標後，適當地給予自己「補償」以放鬆身心，例如購物和零食。第二，謹記自己身邊有一班戰友，可以多與他們聊天，定能互相理解，產生共鳴，從而疏導負面情緒和緩解學習壓力。

在學習策略方面，莫同學覺得文憑試考核的是中學六年來累積的知識（特別是高中三年），因此必須確保自己打好穩固的基礎，方有機會考取高分。她會在公開試前的自習假期(study leave)期間持續地記錄自己的錯誤概念或答錯的題目，在考試前溫習，以提醒自己避免重蹈覆轍。另外，她認為要為自己提供適當的新鮮感，不能整天沉溺在同一科目的海洋中，因此她會安排每天溫習兩個科目：一科較困難、一科較容易，當她溫習困難的科目中感到厭倦或沮喪時，就轉而溫習較為容易的學科，就可以提升自信和提供動力持續溫習。

the importance of not comparing oneself to others in order to maintain a positive mindset. Although HKDSE may seem like a competition among all candidates in Hong Kong, it is essential to focus on oneself, understand personal strengths and weaknesses, and adjust accordingly. Excessively focusing on others' achievements only adds unnecessary pressure and can even affect revision and exam performance.

Regarding coping with exam stress, Joy suggests two approaches. First, it is important to strike a balance between work and leisure. After achieving revision goals, it is essential to reward oneself appropriately to relax both mentally and physically, such as through shopping or enjoying snacks. Second, she advises students to remember that they have comrades around them with whom they can chat, as mutual understanding and resonance can help alleviate negative emotions and relieve academic pressure.

In terms of study strategies, Joy believes that HKDSE assesses the knowledge accumulated over six years of secondary education, especially the NSS curriculum. Therefore, it is crucial to ensure a solid foundation to have the opportunity to achieve high scores. During the study leave period before the public examinations, she planned to continuously record any mis-

conceptions or questions she answered incorrectly and review them before the exams to remind herself to avoid making the same mistakes. Additionally, she believes in providing herself with a sense of freshness by not immersing herself in a single subject all day long. As a result, she arranged to revise two subjects each day: a challenging one and a relatively easy one. When she felt tired or frustrated while studying a difficult subject, she switched to the easier one, which boosted her confidence and provided motivation to continue studying.



莫佩妍
Mok Pui Yin
Joy



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培養閱讀習慣 提升語文水平

莫同學語文科成績出眾，文憑試中文科及英文科分別取得5**及5*。她中英兼擅，有不少學習語文的心得。在學習文言文方面，她強調首先要增加對常見文言字詞的認識，具體方法是把文言練習中常見的字詞及其詞性、多種用法、例句列寫在筆記本上，溫故而知新，以加深印象，幫助理解文言文。

此外，宜多關注社會議題和各持份者的觀點，以訓練共情能力，有助收集寫作素材，以及在寫作抒情文時能將情感描繪得更細膩，當遇到一些觸動人心的時刻，也可以嘗試記錄下來，鍛煉文筆。談及難忘的語文學習經驗，莫同學憶述有一次與朋友一同討論寫作題目，展開激烈的討論，大家手舞足蹈地表達各種天馬行空的想法和情節，有趣又印象深刻。

對於新一代青年人甚少閱讀，不太重視，甚至抗拒語文學習，莫同學坦言十分理解他們的困難，她認為同學可以嘗試多閱讀自己感興趣的書本，從而提升自己的閱讀理解能力以及推動自己多看書，而非只為提升語文成績而閱讀。如果學業繁忙的話，她會推薦大家利用零碎時間看一些經典名言或者短文，亦可以下載相關的應用程式，每天打卡，養成閱讀的習慣，以積累一些寫作的素材。此外，同學亦可以和朋友分享讀書心得，讓閱讀變得更為有趣。



Cultivating Reading Habits: Enhancing Language Proficiency

Mo excelled in the Chinese Language and English Language subjects in HKDSE, achieving Level 5** and Level 5* respectively. She possesses a strong command of both Chinese and English and has gained valuable insights into language learning. Regarding the study of literary Chinese, she emphasizes the importance of increasing familiarity with common literary Chinese vocabulary. Her specific method involves compiling a notebook with commonly encountered words, their parts of speech, multiple usages, and example sentences from literary Chinese exercises. By reviewing these materials, she deepens her understanding and facilitates comprehension of literary Chinese texts.

Furthermore, Joy suggests paying attention to social issues and various stakeholders' perspectives to cultivate empathy, which helps collect materials for writing and enables a more nuanced portrayal of emotions in expressive writing. Whenever encountering touching moments, she also recommends documenting them to practice writing skills. As for an unforgettable language learning experience, Joy recalls a lively discussion with friends on a writing topic where they expressed imaginative ideas and scenarios, which was both interesting and memorable.

Acknowledging that many young people nowadays have limited interest in reading and do not prioritize language learning, Joy expresses her understanding of their difficulties. She believes that students can try reading books that genuinely interest them to enhance their reading comprehension skills and promote the habit of reading for pleasure rather than solely for improving language grades. If the academic workload is heavy, she suggests utilizing fragmented time to read classic quotations or short articles. Additionally, downloading relevant applications and setting a daily reading goal can help develop the habit of reading and accumulate materials for writing. Students can also share their reading experiences with friends to make reading more enjoyable.

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求知若渴 自我提升

作為一個成功的「學習者」莫同學認為不應只着眼於考試成績是否優秀，更重要的是積極認真的求學態度，學習的目的並非只為考取功名，還有為滿足自己的求知欲以及提升自我能力。她記得不少同學會在小息時圍着黑板或者三五成群地熱烈地討論數學題，又或是在下課後爭先恐後地向師長或同儕提問，在他們求知若渴的眼神中，她看到求學者上進、孜孜不倦的精神，這些同學也是她心中成功的學習者。



Desire for Knowledge and Self-Improvement

As a successful learner, Joy emphasizes the importance of not solely focusing on achieving excellent exam results. More importantly, she highlights the significance of adopting a proactive and earnest attitude toward learning. The purpose of education should not be limited to obtaining accolades but should also satisfy one's desire for knowledge and enhance personal abilities. She recalls seeing fellow students eagerly discussing mathematics problems during breaks, eagerly posing questions to teachers or peers after class. In the passionate pursuit of knowledge reflected in their eyes, she recognizes the spirit of diligence and hunger for learning, which, in her opinion, characterizes successful learners.

寄語：堅持學習 成功可期

回顧丘中的學習生活，莫同學衷心感謝母校和一眾老師的悉心栽培和教導，在學習路上，她十分感恩同學們一直的陪伴和鼓勵。作為過來人，她深明求學之路並不平坦，但正所謂「柳暗花明又一村」，只要咬緊牙關一直走下去，終有一天會豁然開朗。她期望學弟學妹努力加油，將來能順利入讀心儀的大學及學系。

Persevere in Learning, Success Awaits

Looking back at her learning journey at HTYC, Joy expresses heartfelt gratitude to her alma mater and the dedicated teachers for their nurturing and guidance. She is also thankful for the companionship and encouragement. As someone who has gone through the journey of education, she understands that it is not always smooth sailing. However, as the saying goes, "There is always light at the end of the tunnel." As long as one perseveres and continues to push forward, there will come a day when everything becomes clear. She hopes that younger students will work hard and strive for their desired university and program in the future.

莫佩妍
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佳績及近況

李康琳同學現正就讀香港中文大學，她曾任丘中領袖生長，並獲得丘中傑出學生獎 (Student of the Year)。李同學的大學生活頗為忙碌，在兩個星期前就完成了在大學的第一次期中試，現在正忙於十一月要交的幾篇論文和小組研究報告，真正在大學讀書的時候才發現，大學和中學的生活確實截然不同。在這兩個月左右的時間，她一直努力地適應大學的生活，包括編排自己的時間表、參與書院的運動會、認識來自不同學系的同學等，雖然一直忙於不同的事情，但她很享受大學自由的學風，以及隨處都可以見到的優美風景。

提升自信 帶領團隊 發展領導才能

李康琳同學曾在學校擔任領袖生長，她分享當中最難忘的經歷，就是中四時以領袖生長的身份第一次獨自上台演講，雖然在此之前都試過幾次上台演講，但獨自演講是第一次，所以當時即使練習了許多次，但仍然是極為緊張，幸好到最後都順利完成，而這次的經歷大大增加了她上台演講的信心，即使在校外獨自進行演講，如中五時隨郭校長到小學的升中家長會演講，都能穩定和冷靜地完成。

李同學坦言要成為領袖，從來都不是一件容易的事。當上領袖生長後才領悟到，不能只以強硬的姿態待人，還要以溫和的態度，

李康琳
Lee Hong Lam
Helen

Academic Achievements and Recent Updates

Lee Hong Lam, Helen, is currently studying at the Chinese University of Hong Kong. She was previously the Head Prefect at HTYC and received the Student of the Year award. Helen has a busy university life and just completed her first mid-term exam two weeks ago. She is now occupied with several essays and group research reports that are due in November. She has realized that university life is significantly different from secondary school. Over the past two months, she has been actively adapting to university life, which includes managing her schedule, participating in college sports events, and getting to know students from different departments. Despite being busy with various tasks, she thoroughly enjoys the academic freedom and beautiful scenery that can be found throughout the university campus.

Building Confidence, Leading a Team, Developing Leadership Skills

Helen has served as Head prefect and become a student leader of the school. She shared her most memorable experience, which was delivering a solo speech on stage for the first time as a student leader in S4. Although she had given speeches on stage before, this was her first time doing it alone. Despite practicing numerous times, she was still extremely nervous. Fortunately, she successfully completed the speech, and this experience

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認真聆聽每個領袖生面對的困難，並引導他們正確地處理問題，一味只是強硬對待別人的話，他們很難會聽從她的說話，所以她認為成為領袖是需要軟硬兼施的。談到一個好領袖的條件，她覺得最重要的就是要以身作則和跟組員建立良好關係，領袖自己本身必須做好榜樣，甚至比其他人做得更好，這樣組員才會心悅誠服地做好份內事。至於跟組員建立良好關係，可以建立他們對領袖的信任，領袖也不是完美的，也會遇到不懂如何處理問題的情況，當領袖與組員關係良好，他們就自然會伸出援手，共同解決難題。

那麼，學弟學妹可以如何裝備自己以提升領袖才能呢？李同學覺得其中一個最重要的領袖才能就是有信心，這有助一個領袖勝任不同的領導工作，所以學弟學妹可以參加戲劇表演、校際朗誦節，甚至是丘中舉辦的國際演講會(Toastmaster Program)，透過參加這些在公眾場合演講的活動，可以提升口語的表達能力，增強自信，克服面對群眾時表達自己的不安，在領導他人的時候就更能勇於表達自己的想法。另外，同學亦可以多擔任不同的職位，小至班會的職務，大至學生會、領袖生，直接參與領導工作，從中學習如何解決問題，甚至領導其他同學解決問題。



greatly increased her confidence in public speaking. Even when speaking alone off-campus, such as when accompanying Principal Kwok to give a speech at a primary school's parent meeting in S5, she was able to deliver it calmly and confidently.

Helen openly admits that becoming a leader is never an easy task. After assuming the role of a student leader, she realized that it is not enough to interact with others in a stern manner. It is also important to approach others with a gentle attitude, listen attentively to the difficulties faced by fellow student leaders, and guide them in handling problems correctly. If one only adopts a strict approach towards others, it becomes difficult for them to listen to her. Therefore, she believes that being a leader requires a balanced approach. When it comes to the qualities of a good leader, she believes that leading by example and building good relationships with team members are the most crucial. A leader must set a good example and strive to perform even better than others. This will motivate team members to diligently fulfill their duties. As for building good relationships with team members, it involves establishing trust in the leader.

Leaders are not perfect and may encounter situations where they are unsure how to handle problems. When the leader has a good relationship with team members, they will naturally lend a helping hand and work together to solve challenges.

How can younger students equip themselves to enhance their leadership skills? Helen believes that one of the most important leadership skills is having confidence. This helps a leader to excel in various leadership roles. Therefore, younger students can participate in drama performances, speech festival, or even join the Toastmaster program organized by our school. By engaging in public speaking activities like these, they can improve their oral expression skills, boost their confidence, and overcome any uneasiness when addressing a crowd. This, in turn, will enable them to confidently express their ideas when leading others. Additionally, students can take on different positions, ranging from class committee roles to student union and student leadership positions, directly engaging in leadership work. Through these experiences, they can learn how to solve problems and even lead their peers in problem-solving.

李康琳
Lee Hong Lam
Helen



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重視全方位發展 調整心態面對難關

李同學曾獲丘中傑出學生獎，堪稱同學的楷模。回首六年中學生活，她認為自己最值得引以為傲的地方，就是在各個方面都有所參與，例如在校內團體方面，她曾經是領袖生和學生輔導組的成員，在體育方面，她曾經是學校排球隊的成員，在音樂方面，她曾經是學校合唱團的成員，所以她認為自己能夠做到全方位發展，是最令她引以為傲的。

李同學憶述，在這六年來面對最大的困難，必定是中六的文憑試，因為文憑試是人生其中一個最重要的考試，影響她大學可以選讀的學科和將來的職業路向，所以在考試前的自修假期(study leave)她一直很緊張和焦慮，每晚擔心到失眠，這同時亦影響了她的溫習計劃，為了阻止情況一直惡化，她開始調整自己的情緒和狀態，在溫習和輕鬆娛樂中間取得平衡，為自己安排一些可以放鬆的時間，做一些自己喜歡做的事，例如做甜品、聽音樂，令自己的情緒可以不再那樣綑緊，輕鬆過後再繼續溫習，狀態更佳，到最後能順利完成文憑試。



Valuing Holistic Development, Adjusting Mindset to Face Challenges

Received the Student of the Year Award at HTYC, Helen can be considered a role model for her peers. Reflecting on her six years of secondary school life, she believes that her proudest accomplishment is her involvement in various aspects. For instance,

within school organizations, she served as a student leader and a member of the student counseling group. In terms of sports, she was a member of the school's volleyball team. In the field of music, she participated in the school choir. She takes great pride in her ability to develop herself comprehensively.

Helen recalls that the greatest challenge she faced during these six years was undoubtedly the HKDSE. The HKDSE is one of the most crucial exams in life as it impacts the choice of university subjects and future career paths. During the self-study period before the exams, she experienced constant anxiety. She would worry every night to the point of insomnia, which also affected her revision plan. To prevent the situation from deteriorating further, she began adjusting her emotions and state of mind. She found a balance between studying and leisure activities, allowing herself some relaxing time to do things she enjoys, such as making desserts and listening to music. This helped alleviate her stress and create a more relaxed state of mind. Afterward, she would resume studying with improved focus. Eventually, she successfully completed the HKDSE.

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裝備自己 報答教育之恩

回首丘中六年的學習生涯，李同學覺得最珍貴的一定是人生歷練，如上面所提及，她在丘中學習時加入不同的團體，亦曾參加各種活動，她從這些經歷中獲取很多珍貴的知識和技能，一些在日常生活中十分重要的技巧，如溝通、時間管理和社交等，都有很大程度上的提升。常言道「學校是社會的縮影」，所以她相信這些技巧可以幫助她裝備自己，以接受日後投身社會工作時遇到的挑戰。

李同學感謝在她的中學生涯裏曾教導她、幫助她的所有老師，感謝他們一直為她指引方向，她深信沒有良師的指導，她沒有可能走到今天，升讀大學繼續學習。有不少老師更是亦師亦友，她深深感受到他們一直關心她的需要，不會忘記師恩。她承諾會努力不懈，以豐碩的成果來報答學校的教育之恩，並期望丘中的發展會越來越好，繼續作育英才。



Equipping oneself, Repaying the Gift of Education

Looking back on the six years of learning in HTYC, Helen believes that the most precious gift is life experience. As mentioned above, she joined different groups and participated in various activities during her time in HTYC. From these experiences, she gained valuable knowledge and skills, including important daily life skills such as communication skills, time management skills, and social interaction skills, which have been greatly improved. As the saying goes, "School is a microcosm of society," so she believes that these skills will help her equip herself to face challenges in her future career.

Helen extends her gratitude to all the teachers who have taught and helped her throughout her secondary school life. She appreciates their continuous guidance, and firmly believes that without the guidance of good teachers, she would not have come this far and continued her education in university. Many teachers have also been both mentors and friends, and she deeply feels their constant care for her needs. She will strive tirelessly to repay the gift of education from the school with fruitful achievements and hopes that the development of HTYC will continue to improve and nurture talented individuals.

李康琳
Lee Hong Lam
Helen



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訪問

寄語：提升抗壓能力 適時增值自己

談到「丘中人」應具備怎樣的特質，以應付未來的挑戰，李同學覺得最重要的是要有抗壓能力和好奇心。在香港這個社會，生活壓力很大，如果我們不具備抗壓能力的話，這些壓力很容易會將我們打倒，所以「丘中人」必須學會在壓力下保持正面態度，管理好情緒，才可以有良好的心態去接受挑戰。至於好奇心，則可以成為我們不斷學習的動力，未來的社會將會因為科技的迅速發展和氣候變化而產生很大的改變，「丘中人」需要不斷學習新的知識，提升自己的技能，好好裝備自己，才能應付未來未知的挑戰。

作為一個「丘中人」，李同學希望藉此訪問寄語學弟學妹，即使學習壓力很大，也不要輕易被它擊垮，而是逆流而上，在中學這短短的幾年時間為自己打下實現夢想的基石，對自己更加有信心，才可以更好地面對將來的挑戰。李同學希望大家珍惜可以跟同學一起參加聖誕聯歡會、運動會、早會等的相處時光，可能在這個階段的學弟學妹會覺得這些都是理所當然，但當大家升上大學或者投身社會工作後，就會發現相約昔日同窗出來吃飯，絕非易事，所以一定要好好珍惜在丘中與同學相處的時光。除此之外，更要珍惜這段學習能力最高的時期，盡量增值自己，學習各種知識與技能。在認真讀書的同時亦要認真玩樂，在學業和娛樂之間最得平衡，這樣才可以保持身心健康。最後，記得一定要「為自己而活」，勇於追尋自己的夢想。



Enhancing Resilience, Achieving Self-enhancement

When it comes to the qualities that Hioecians should possess to meet future challenges, Helen believes that the most important ones are resilience and curiosity. In Hong Kong, where the societal pressure is significant, if we lack resilience, these pressures can easily overwhelm us. Therefore, Hioecians must learn to maintain a positive attitude and manage their emotions under pressure in order to face challenges with a healthy mindset. As for curiosity, it can serve as the driving force for our continuous learning. The future society will undergo significant changes due to rapid technological advancements and climate change. Hioecians need to continuously acquire new knowledge, enhance their skills, and equip themselves in order to confront future unknown challenges.

As a Hioecian, Helen hopes to convey a message to her younger school-mates through this interview. Even though the academic pressure may be intense, they should not easily succumb to it. Instead, they should rise against the tide and lay a solid foundation for their dreams during their short years in secondary school. By having more confidence in themselves, they can better face future challenges. Helen encourages everyone to cherish the time spent with classmates, such as participating in Christmas parties, sports events, and morning assemblies. While these may seem ordinary to younger students at this stage, they will come to realize that arranging meals with former classmates becomes more challenging after entering university or starting their careers. Therefore, it is important to cherish the time spent with classmates at HTYC. Additionally, it is crucial to appreciate this period of highest learning capacity and strive to add value to oneself by acquiring various knowledge and skills. While studying diligently, it is also important to enjoy leisure activities and strike a balance between academics and entertainment to maintain physical and mental well-being. Lastly, remember to "live for oneself" and bravely pursue one's dreams.

李康琳
Lee Hong Lam
Helen





基督教女青年會丘佐榮中學
THE Y.W.C.A. HIOE TJO YOENG COLLEGE

傑出畢業生

訪問



佳績及近況

在文憑試取得六科35分佳績的鍾訢浩同學，現就讀香港理工大學物理治療學系，他坦言大學的課程比中學艱深得多，需要一段時間才能適應大學的學習模式。對於學系的要求、學習時間分配，他自言雖然仍在摸索的階段，不過他深信只要努力調整，很快便會適應。

自主學習：自律自省 力臻完善

在老師心目中，鍾訢浩同學主動學習，在求學路上努力不懈。原來他自小就對自己要求很高，是完美主義者，凡事力臻完善。他認為只有持續學習，才能夠跟上學習進度，無論在考試或日後的應用才不致落後他人。他

鍾訢浩
Chung Yan Ho
Isaac

Academic Achievements and Recent Updates

Chung Yan Ho, Isaac, who achieved excellent results of 35 points in six subjects in HKDSE, is currently studying in the Department of Physiotherapy at The Hong Kong Polytechnic University. He admits that university courses are much more challenging than those in secondary school, and it takes some time to adapt to the learning mode at the university level. Although he is still in the exploratory stage regarding the requirements and time allocation for his program of study, he firmly believes that with diligent adjustment, he will soon adapt.

Self-directed Learning: Discipline, Self-reflection, and Perfection

In the eyes of his teachers, Isaac is a proactive learner who perseveres in his pursuit of education. It turns out that he has always set high standards for himself and is a perfectionist, striving for excellence in everything he does. He believes that continuous



傑出畢業生

訪問

鍾新浩
Chung Yan Ho
Isaac

渴望別人肯定他付出過的努力，別人的讚美和欣賞，也成為他持續學習的推動力。

現今社會誘惑處處，尤其當智能手機在手，學生不容易專注學習。鍾同學分享了他專注學習、抗拒誘惑的方法，他會訂立明確的學習目標，就是在文憑試取得好成績。一旦有了清晰的目標，就能夠分清楚事情的緩急輕重，避免受外在誘惑影響，集中精力朝目標進發。另外他會預先衡量事情的重要性及迫切性，以便訂立時間表，當有重要的事情還沒做好，例如溫習，就可提醒自己盡快跟上進度。最後他認為一個安靜、舒適的環境，能令自己專注學習，他放學後會到自修室溫習或做練習，並且關掉手提電話的提示，把手提電話放在書包裏，不受外來的訊息影響。

談到學習策略，鍾同學特別推薦團隊學習和自主學習。團隊學習即是與同學圍在一起學習，如此可取長補短，促使自己進步。他也重視自主學習，想學習哪一個範疇、哪一個部分，全由自己決定，不會盲目跟隨大家的學習步伐，建立一套最適合自己的學習模式。此外，他在每次測驗、考試完結後，不只計較所得的分數，而是作出自我反省，他在手機上建立自己的錯題簿，透過思考答錯的部分，辯識自己的學習難點，最後針對該難點多下功夫，加以改善。



learning is necessary to keep up with the learning progress, whether in exams or future applications, so as not to lag behind others. He yearns for recognition of the efforts he has put in, and the praise and admiration from others serve as his motivation to continue learning.

In today's society, temptations abound, especially when smartphones are readily available, making it difficult for students to concentrate on their studies. Isaac shared his methods of staying focused and resisting temptations. He sets clear learning goals, such as achieving good results in HKDSE. Once he has a clear goal, he can prioritize tasks, distinguish between urgent and important matters, avoid being influenced by external temptations, and concentrate his energy on advancing towards his goal. Additionally, he evaluates the importance and urgency of tasks in advance to establish a schedule. If there are important tasks that have not been completed, such as revision, he reminds himself to catch up as soon as possible. Lastly, he believes that studying in a quiet and comfortable environment helps him focus. After school, he goes to the self-study room to review or practice, turns off phone notifications, puts his phone in his backpack, and avoids being distracted by external messages.

Regarding learning strategies, Isaac particularly recommends peer work and self-directed learning. Peer work involves studying together with classmates, which allows individuals to complement each other's strengths and promote personal improvement. He also values self-directed learning, where he decides what subjects or areas to study, without blindly following others' learning pace, in order to establish a learning mode that suits him best. In addition, after each quiz or exam, he does not just focus on the scores obtained but engages in self-reflection. He creates a record of his mistakes on his phone and reflects on the incorrect parts, seeking to understand and rectify them.

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訪問

聯課活動：磨礪鬥志 學思並重 全人發展

在正規學習以外，鍾同學參加學術型及管樂團的校外比賽。他憶述在學術比賽中最難忘的經歷，是自己幾乎不懂得回答所有的題目，或是在回答題目的時候需要用很長的時間去思考。他認為這些比賽讓他擴闊眼界，明白到校外學生的水平如何，是很難得的學習機會。此外，參加管樂團的校外比賽，他最難忘的是比賽前夕日以繼夜加緊練習，雖然辛苦勞累，但是比賽後獲取獎項，得到大家讚賞，就明白到曾付出過的努力是不會白費的，付出汗水就可以享受豐碩的成果。而且他特別喜歡團隊合作，所以當團隊能創出佳績，那份喜悅更令他難以忘懷。

鍾同學認為參加這些比賽，他獲益良多。第一，他認為比賽訓練意志力，對個人成長很有幫助。尤其是遇到艱深的題目時，或是管樂團比賽前夕留校加緊練習，都是辛苦的經歷，但這讓他磨練鬥志，教他不要輕易放棄和抱怨，只要盡力做好，就能克服困難，闖過難關。第二，比賽讓他學習知足。他以往是個完美主義的人，覺得自己一定要做第一，但透過比賽，可以與校外的學生比拼，才發現自己是井底之蛙，並不可能做到第一，令他明白天外有天，人外有人，要明白自身的限制，並學會知足，放下執著。第三，參加這些比賽能訓練



ECA: Cultivating Determination, Balancing Learning and Thinking, Striving for Holistic Development

In addition to lessons conducted in the classroom, Isaac participates in extra-curricular academic competitions and the school band. He recalls his most memorable experience in academic competitions, where he found it challenging to answer all the questions or needed a long time to think when responding. He believes that these competitions broaden his horizons and provide valuable learning opportunities by demonstrating the level of students outside the school. Furthermore, in the school band competitions, he vividly remembers the intense practice sessions leading up to the event, despite the hard work and fatigue. However, receiving awards and appreciation after the competition made him realize that the efforts he had put in were not in vain, and that hard work pays off with fruitful results. Moreover, he particularly enjoys teamwork, and achieving excellent results as a team brings him immense joy and unforgettable memories.

Isaac believes that participating in these competitions has benefited him in numerous ways. Firstly, he considers them as exercises that train his determination and contribute to personal growth. Especially when facing challenging questions or practicing intensively with the school band before competitions, these experiences are demanding. However, they sharpen his willpower, teaching him not to give up easily or complain. By doing his best, he can overcome difficulties and overcome obsta-

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Chung Yan Ho
Isaac



傑出畢業生

訪問

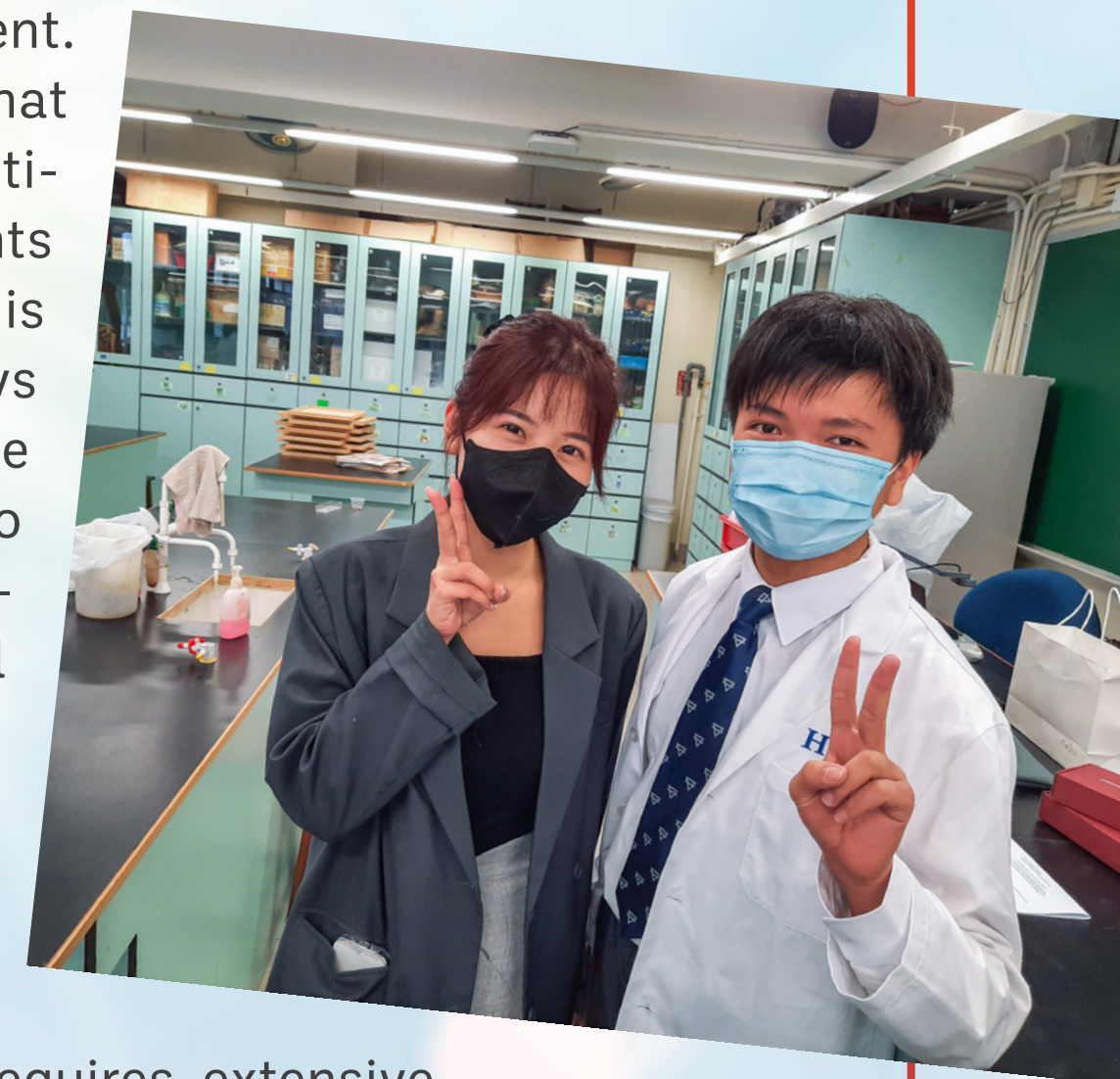
邏輯思維的能力。學術性比賽的問題主要考核參賽者的邏輯思維的能力，與公開試着重背誦和答題技巧的模式大相逕庭，從中他明白到真正的學習是要多作思考，融會貫通，這有助他適應大學課程中着重邏輯思維的學習模式。

除了學業和課外活動，鍾同學也擔任不同的領袖崗位。他相信這樣能充實中學的生活，提升個人的能力。他認為作為學生不應只是努力讀書、追求知識，而是應該全人發展。擔當領袖崗位讓他學會人與人之間相處的技巧，而且讓他接觸不同的老師和同學，從中訓練溝通技巧，培養同理心，將來可以把這些技巧運用在物理治療的專業上。他也體會到，作為領袖，當看見自己的付出能令他人受惠時，會感到很滿足。



cles. Secondly, competitions have taught him to be content. As someone who used to be a perfectionist, he believed that he always had to be the best. However, through competitions, he had the opportunity to compete with students from other schools and realized that he was limited in his abilities. This made him understand that there are always people better than him and that he should acknowledge his own limitations and learn to be content, letting go of his obsession with being the best. Thirdly, participating in these competitions enhances his logical thinking skills. Academic competitions primarily assess participants' ability to think logically, which is a stark contrast to the recitation and answering techniques emphasized in public exams. Through these experiences, he has come to understand that genuine learning requires extensive thinking and integration of knowledge, which will benefit him in adapting to the logic-based learning model in university courses.

Apart from academic pursuits and extracurricular activities, Isaac also holds various leadership positions. He believes that this enriches his secondary school life and enhances his personal abilities. He believes that as a student, one should not only focus on studying and pursuing knowledge, but should also strive for holistic development. Taking on leadership roles allows him to learn interpersonal skills and provides opportunities to interact with different teachers and students. This helps him develop communication skills and empathy, which he can apply in his future profession as a physiotherapist. He also realizes that as a leader, the satisfaction he feels is derived from seeing how his efforts benefit others.



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傑出畢業生

訪問

寄語：把握學習機會 發展多元智能

談到對學校的感情，鍾同學滿是感恩。他感謝學校提供良好的學習環境，讓他能夠提升知識和技能，也感謝學校提供不同的機會讓他充實自己。他感謝老師的悉心教導，讓他能學有所成，同時感謝同學與他一同學習，當中的歡聲笑語，令他的中學生活更為豐富和充實。他感謝老師和社工，時刻關心他的狀況，耐心聆聽，讓他可以盡情傾訴，排解學習上的不安和鬱悶。他很珍惜在中學這六年的生活，希望這些回憶烙印在心中，永不磨滅。

最後，鍾同學希望師弟妹們除了努力學習，積儲知識，力求進步以外，也應該多元發展。考試成績固然不可忽視，但將來如何待人接物，才是最重要的。要在社會立足，溝通技巧、解難能力是不可或缺的。他希望同學們能夠把握丘中提供的學習機會，積極參與各種活動和服務，以充實自己，提升技能。他也寄語同學們不要因成績未如理想而氣餒，也不要因取得佳績而驕傲，要時刻自我激勵。在不斷推動自己前進的過程中，他也希望同學不要給自己太大的壓力或負擔，能夠在學業和生活之間取得平衡。勉勵各位努力讀書，珍惜中學的時光，並祝願各位同學前途順利！



Seize Learning Opportunities, Develop Diverse Intelligences

When it comes to his feelings towards the school, Isaac is filled with gratitude. He appreciates the school for providing a conducive learning environment that allows him to enhance his knowledge and skills. He is grateful to the teachers for their dedicated guidance, which has enabled him to achieve academic success. He is also thankful for the camaraderie and laughter shared with fellow classmates during the learning journey, which has made his secondary school life more fulfilling and enriching. He expresses gratitude to the teachers and social workers who have cared for him, listened patiently, and provided a platform for him to express his concerns and frustrations about learning. He cherishes the memories of his six years in secondary school and hopes to keep them etched in his heart forever.

Finally, Isaac advises his juniors that besides striving for academic excellence and accumulating knowledge, they should also pursue diverse development. While exam results are important, how they interact with others in the future is paramount. To establish themselves in society, communication skills, and problem-solving abilities are indispensable. He urges his fellow students to seize the learning opportunities provided by the school, and actively participate in various activities and services to enrich themselves and enhance their skills. He also advises them not to be discouraged by unsatisfactory results or become complacent with achievements. They should constantly motivate themselves. While pushing themselves forward, he hopes they will not burden themselves excessively and can strike a balance between academic and personal life. He encourages everyone to study hard, and cherish their time in secondary school, and wishes them success in their future endeavors!

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Isaac



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傑出畢業生 訪問

林澤明
Lin Chak Ming
Jacky

佳績及近況

在文憑試取得六科33分佳績的林澤明同學，現正於香港大學生物醫學學系學習，漸漸開始適應大學生活，他發現大學的上課時間安排較自由，與中學不同。

定期複習所學 適時紓緩壓力

林澤明同學認為，他能在文憑試獲得優異成績，主要是因為自律，每個週末都會抽調時間溫習所學。在面對考試壓力時，他會盡量安慰自己，心理暗示自己已經準備充足，並向神祈禱。談到學習策略，林同學覺得難有一套適合所有人的學習方法，他很重視課前預習和課後溫習，願意投放時間和心血學習，才是邁向成功的不二法門。

Academic Achievements and Recent Updates

Lin Chak Ming, Jacky, who achieved excellent results in six subjects with a total score of 33 in HKDSE, is currently studying in the Biomedical Sciences Department at the University of Hong Kong. He is gradually adapting to university life and has noticed that the class schedules at the university are more flexible compared to secondary school.

Regular Review of Learning and Timely Stress Relief

Jacky attributes his outstanding performance in HKDSE to his self-discipline. He sets aside time every weekend to review what he has learned. When facing exam pressure, he tries to comfort himself and mentally reassure himself that he is well-prepared. He also prays to a higher power. Regarding learning strategies, Lin believes that there is no one-size-fits-all method for everyone. He emphasizes the importance of previewing before class and reviewing after class, dedicating time and effort to learning as the key to success.



傑出畢業生

訪問

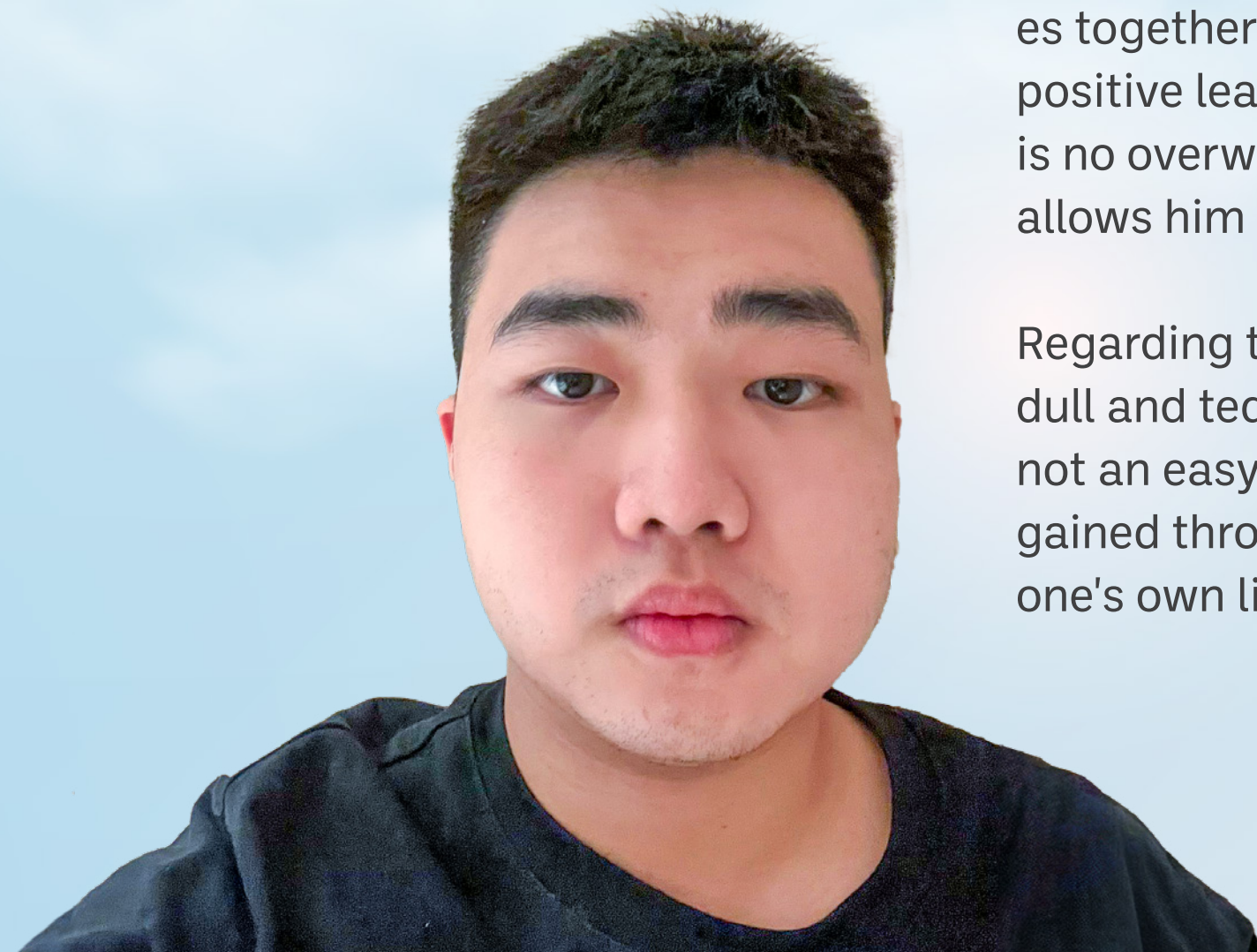
林澤明
Lin Chak Ming
Jacky

廣泛學習 同儕互助 自我突破

林同學除了在正規課堂學習外，還花不少時間涉獵課程以外的學科知識。他認為課堂時間有限，難以蓋全，課外知識幫助他更全面的瞭解學科，融會貫通，能更有效地吸收課堂所學，鞏固知識。

正所謂「三人行必有我師」，林同學深信透過與同儕溫習，可互助互利，每個人都有自己的長處，取他人之長補一己之短，方為提高溫習效果的良策。他認為在學習路上，同學的角色至關重要，身處同一個戰壕裡的戰友，能夠共同面對難關，成為彼此的支柱。他特別提到丘中的學習氛圍良好，班級氣氛很活躍，沒有公開試將至所帶來的壓抑感，令他帶着輕鬆的心態看待文憑試。

對於學習的意義，林同學指出學習的過程對大多數人是枯燥乏味的，畢竟接受並掌握新知識並不是一件輕鬆的事，然而他認為學習的喜樂，在於堅持後所獲得的成就，學習的意義在於突破自身原有的框架，超越極限。



Broad Learning, Peer Assistance, and Self-Breakthroughs

In addition to formal classroom learning, Jacky spends a considerable amount of time exploring knowledge beyond the curriculum. He believes that classroom time is limited and cannot cover everything, so extracurricular knowledge helps him gain a more comprehensive understanding of the subjects and integrate the knowledge more effectively.

As the saying goes, "In the company of three, I find my teacher." Jacky firmly believes that studying with peers can be mutually beneficial. Each person has their own strengths, and by learning from others, one can compensate for their own weaknesses, leading to improved study efficiency. He believes that classmates play a crucial role in the learning journey. Being fellow comrades in the same trench, they can face challenges together and become pillars of support for each other. He particularly mentions the positive learning atmosphere and active classroom environment at HTYC, where there is no overwhelming sense of oppression due to upcoming public examinations. This allows him to approach the HKDSE with a relaxed mindset.

Regarding the meaning of learning, Jacky points out that the learning process can be dull and tedious for most people. After all, acquiring and mastering new knowledge is not an easy task. However, he believes that the joy of learning lies in the achievements gained through perseverance. The significance of learning lies in breaking through one's own limitations and surpassing oneself.



傑出畢業生

訪問

林澤明
Lin Chak Ming
Jacky

寄語：後會有期 盡力而為

在丘中六年，林同學感謝曾對他循循善誘的師長，互相扶持的同學。時光如白駒過隙，又如長江之水般一去不復還，人生相聚終有別，但離別不代表永遠，他相信離別是為了下次更好的相遇，「丘中人」終會重逢。

林同學明白人生無常，成敗只是一時的，沒有人會一直佔上風，一次失敗也不能代表餘生也無法邁向成功。他勉勵「丘中人」一切盡力而為之，不遺餘力足矣。



Farewell for Now, Try Our Best

After six years at HTYC, Jacky expresses his gratitude to the teachers who have guided him patiently and the classmates who have supported each other. Time passes swiftly like a white steed and flows like the waters of the Yangtze River, never to return. The reunions in life will eventually lead to farewells, but parting does not mean forever. He believes that farewells pave the way for better future encounters, and Hioecians will eventually meet again.

Jacky understands the unpredictability of life and that success or failure is temporary. No one can always be in a position of advantage, and a single failure does not mean that the rest of one's life cannot be successful. He encourages all Hioecians to give their all and spare no effort in their endeavors.





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傑出畢業生

訪問

佳績及近況

在校內成績表現卓越，屢獲學業成績優異獎項，並曾任學生輔導員長、升學及就業輔導組學生輔導統籌員的陳穎慧同學現時於香港理工大學修讀放射學。為了盡快完成必修科目，除了學系給她安排的課程外，還另外修讀了化學和現代生活、宇宙學及跨學科癌症研究。大學的上課時間更富彈性，但更忙碌，星期一至六也要到學校上課。其中最具挑戰性的學科是解剖學及生理學，每次課後都需要安排大量時間溫習，才能好好理解及消化內容。陳同學表示雖然期末考試的科目不多，但平日常常要做個人及小組匯報，過程中認識了不少新同學，磨練了待人接物的技巧。到目前為止，她自感大致能適應及跟得上進度。大學的課外活動不算太多，在餘閒時她嘗試替年紀較小的學生補習，也會相約中學同學聚會，生活作息各方面均能取得平衡。

陳穎慧
Chan Wing Wai
Christy

Academic Achievements and Recent Updates

Chan Wing Wai, Christy, is currently pursuing the Bachelor of Science (Honours) in Radiography at the Hong Kong Polytechnic University. During her time at HTYC, she achieved outstanding academic results, received numerous academic excellence awards, and served in two roles: Student Counsellor, and Student Coordinator for the Further Education and Careers Guidance Committee (FEC). In addition to her departmental course requirements, she has taken Chemistry and Modern Life, Cosmology, and Interdisciplinary Cancer Research to complete her compulsory subjects ahead of schedule. She finds university class hours more flexible, but her schedule is busier, with classes from Monday to Saturday. The most challenging disciplines are Anatomy and Physiology, which require significant time for review after each class to thoroughly understand and digest the content.

Despite having fewer exam subjects, Christy has enhanced her interpersonal skills through frequent individual and group presentations, which have helped her connect with new classmates. She has adapted well to university life and is keeping up with her studies. In her spare time, she tutors younger students and stays connected with her secondary school friends, maintaining a balanced lifestyle despite limited extracurricular activities.



傑出畢業生

訪問

持續學習 高度專注 熟能生巧

丘中老師特別欣賞陳同學學習主動性強，努力不懈。陳同學分享她持續學習的動力，來自本身的抱負。她在疫情期間留心香港社會的發展及不同行業的前景，她本來對生物科及人體的構造有興趣，便萌生投身醫療界的想法。她深知要考取很高的文憑試分數，才能在香港入讀醫療學系，所以便努力學習，力求在文憑試中取得佳績。努力過後，在校內考獲佳績後的成就感和滿足感，進一步成為不斷努力的動力。當時家人曾與她商討，若果文憑試成績未如理想，便考慮出國就讀醫療科目，但她念及親友都在香港定居，不想離開熟悉的社交圈子，加上她從小在香港成長，習慣了這裏的生活，故想在這裏繼續讀書和生活，這也成為她努力的動力之一。

陳同學坦言，溫習時最大誘惑的是手機，所以在溫習時，會盡量把手機放在視線範圍以外，若然仍未能專注學習，就會把手機關掉。她也會在溫習前先處理雜項，並收拾桌面，桌上只擺放需要溫習的文具及書本，如此便可心無旁騖，專注於眼前的學習。當然，尋找一個寧靜的地方溫習，也是很重要的，這樣就不會那麼容易受外界的環境影響了。

談到溫習方法和策略，陳同學認為每個人的溫習方法都不盡相同，因此她鼓勵大家尋找適合自己的溫習方法及可以高度專注的時間。在她而言，她對於所有需要背誦的內容都會邊讀邊寫，而非只是用眼看，這樣可提升背誦的效率。至於需要應用概念的科目，例如數學和物理，她會先把概念弄清楚後，才按課文內容分類的題庫做練習，操練一定數量的題目，日子有功，答題時就能又快又準。其次，她在中五下學期便開始寫錯題簿，錯題簿有助她在考



Continuous Learning, High Level of Focus, Practice Makes Perfect

Teachers at HTYC particularly appreciate Christy's strong initiative and perseverance in learning. Her drive for continuous learning stems from personal aspirations. During the pandemic, she kept an eye on Hong Kong's societal developments and the prospects of different industries, ultimately choosing the medical field due to her interest in biology and human anatomy.

Aware that medical programs in Hong Kong require high HKDSE scores, she devoted herself to achieving academic excellence. The sense of achievement and satisfaction from her success at school fueled her motivation to keep working hard. While her family discussed with her the possibility of studying medical subjects abroad if her HKDSE results were not ideal, she preferred to stay in Hong Kong where her family and friends were settled. Having grown up and become accustomed to life here, the desire to continue her studies locally became another source of motivation for her hard work.

She admitted that her phone is her biggest distraction while studying and places it out of sight, or even turns it off when needed. Before studying, she handles miscellaneous tasks and clears her desk, keeping only essential study materials, which enables her to focus entirely on learning. She also emphasized the importance of finding a quiet study space to minimize external disturbances.

陳穎慧
Chan Wing Wai
Christy

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訪問

試之前檢討不足，避免重蹈覆轍，更有助重溫不熟悉的内容，鞏固所學。另外，她會和朋友一起使用溫習軟件，在線上可以查看朋友溫習的總時間，當看到朋友都花很長的時間溫習，便會加倍努力，善用朋輩影響，一同進步。同時，她在中六時因為學業繁重，每天回家時已經很晚，未能專注於溫習，效率很低，所以她嘗試早上四點起床溫習，意外發現早上的環境很寧靜，頭腦也很清晰，能夠好好專注溫習，效率很高，對於學習而言，一個可以使自己高度專注的溫習時間，是不可或缺的。最後，最重要的是充足的休息，欠缺睡眠會令精神狀況欠佳，未能發揮正常水準，因此，平日恆常溫習十分重要，臨渴掘井實不可取，通宵達旦溫習，不單溫習效率低，未能有效地牢記學習內容，也會影響翌日考試時的表現，所以她考試前一晚必定會睡足七至八個小時，確保自己在頭腦清醒、精神飽滿的最佳狀態下應試。

When discussing studying approaches and strategies, Christy noted that everyone's methods vary. Therefore, she encouraged students to discover study methods that work best for them and identify the times when they can maintain the highest level of concentration. When it comes to memorisation, she writes while reading rather than reading silently, as this improves her efficiency. As for subjects requiring the application of concepts, such as Mathematics and Physics, she makes sure to master the concepts before proceeding to exercises from textbook-based question banks. With sufficient practice over time, she was able to answer questions both quickly and accurately.

Furthermore, she began keeping a mistake analysis notebook in the second term of Secondary 5, which served multiple purposes: reflecting on her weaknesses before examinations, avoiding the same mistakes, and reviewing unfamiliar content while consolidating what she had learned. She also studied with friends using revision apps that allowed them to track one another's study hours online. Seeing her friends put in long hours of studying compelled her to work harder, and this peer influence helped them all grow together. In Secondary 6, due to the heavy workload, she was getting home late every day and could not concentrate on studying, resulting in low efficiency. As a solution, she tried waking up at 4 am, unexpectedly discovering that the quiet environment in the morning, coupled with her clear mind, allowed her to focus well and study with high efficiency. Having a time period when one can maintain high concentration is indispensable for learning.

Finally, and most importantly, adequate rest is crucial as lack of sleep leads to low level of focus and below-par performance. Regular revision is essential, while last-minute cramming is not advisable. Pulling all-nighters not only results in inefficient studying and poor retention of content, but also affects exam performance the next day. With this in mind, Christy always gets seven to eight hours of sleep the night before to ensure she stays alert and performs at her best during examinations.



傑出畢業生

訪問

多元才藝 領袖培訓 全人發展

除了學業，陳同學亦多才多藝，從小便學習鋼琴、中國舞、游泳、畫畫、唱歌及溜冰，她特別感謝父母從小的栽培。學校要求一人一體育、一人一音樂，但父母從沒強迫她做什麼，只是順應她的興趣及意願，從小便培養各種才藝。這些才藝除了幫助她提升自己的技能外，也可以增廣見聞，培養耐性、堅持不懈、善於觀察等個人特質，當然她也藉此認識一班志同道合的好朋友，增進了社交技能。學習才藝的過程中，也有想過放棄的時候，但是父母的鼓勵以及她在這些才藝中獲得的成就感，鼓勵她堅持下去。她回顧這些年來，在才藝課所習得的技能，有助她全人發展，亦能與學術發展相輔相成，相得益彰。

陳同學表示，她的才藝發展止於初中，當時仍然繼續學鋼琴，其他興趣班都因為學業繁忙而被迫終止，到了高中，因為文憑試課業繁忙而沒有時間練習鋼琴，最後選擇專注學術。在少了才藝及興趣班的日子，她也找到自己喜歡做的事情，高中三年，最喜歡閒時聽流行音樂，若果有時間的話，會到海旁散步，吹吹海風，也會安排時間上普拉提運動班，釋放壓力，保持身心靈健康。

除了才藝發展，陳同學憶述，早在中二，老師已經給予機會參加學生挑戰賽@九龍東，後來在校內擔任升學及輔導委員會統籌員，有機會親自訪問嘉賓，中五



Diverse Talents, Leadership Training, Whole-person Development

Beyond academics, Christy is also multitalented, having learned the piano, Chinese dance, swimming, painting, singing, and ice skating since childhood, and she is particularly grateful to her parents for nurturing these diverse interests early on. While the school requires every student to take up one sport and one musical instrument, her parents never forced her into any activities. Instead, they nurtured her various talents by following her interests and preferences since childhood. This not only helped enhance her skills but also broadened her horizons, developing personal qualities such as being patient, perseverant, and observant. Of course, she also made like-minded friends, which improved her social skills. During her journey, there were times when she thought about giving up, but her parents' encouragement and the sense of achievement motivated her to keep going. Looking back, the skills gained from these specialty courses have both shaped her into a well-rounded person and complemented her academic achievements.

She developed various talents until junior secondary school, when she kept up only with the piano as school-work grew more demanding. While the heavy HKDSE workload meant she had no time to practise the piano in her senior secondary years, she enjoyed listening to pop music and, when time allowed, taking strolls along the waterfront to enjoy the breeze. She also made time for Pilates classes to manage stress and maintain her well-being.

Apart from learning various skills, she recalled that her leadership journey began as early as in Secondary 2 when

陳穎慧
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訪問

時成為學生輔導員長，帶領各學生輔導員及統籌各類大型活動。校外方面，她自言有幸得到學校推薦，參加香港200領袖訓練計劃及九龍城區傑出學生選舉，各種機會讓她好好裝備自己，使她成為一個更有自信、更成熟的人。在這些活動中，她也獲得了難能可貴的友誼，朋友會給予支持和鼓勵，在她失意時朋友會安慰自己，讓她跌倒後能重新站起來，友儕間的關懷，既是精神支柱，也為校園生活添上許多色彩。



her teachers gave her the opportunity to participate in The Schools Challenge – Live Smart @ Kowloon East. She later served as Coordinator of the Further Education and Careers Guidance Committee (FEC), interviewing guests, before becoming Head Student Counsellor in Secondary 5, where she led her peers and coordinated various major events. Outside of school, she was grateful to be nominated for the “Hong Kong 200” Leadership Project and the Kowloon City District Outstanding Students’ Election. These opportunities helped her grow into a more confident and mature person. She formed precious friendships, with companions who offered support and encouragement during difficult times, helping her bounce back from setbacks while adding colour to her school life.

陳穎慧
Chan Wing Wai
Christy

作丘中人：積極上進 服務社群

陳同學心目中的丘中人是積極向上、有責任感的人，不僅在學業上追求卓越，還注重內在品格，尊重他人，樂於助人。同時，丘中人應該具備良好的溝通能力和團隊合作精神，能夠在多元文化的環境中理解和包容他人。最重要的是，他們應該有面對挑戰的勇氣，多嘗試新事物，並持續追求自我成長，例如積極參加各種活動、比賽或領袖計畫，以提升自己的能力。

談及丘中精神，陳同學希望丘中人能承傳的精神是「服務與奉獻」，同學宜積極參加學校的社區服務活動，如義工計劃，探訪孤老或幫助有需要的家庭，這不僅能幫助他人，還能讓自己更了解社會各階層的狀況。此外，在學術上，她希望丘中人追求卓越，不斷提升自身的能力，發展所長，以回饋社會。

Be a Hioecian: Striving for Excellence, Serving the Community

In Christy’s eyes, a Hioecian is aspiring and responsible, pursuing academic excellence while valuing inner character, showing respect for others, and eagerly helping others. A Hioecian should also possess good communication skills and team spirit, and be able to understand and embrace others in a multicultural environment. Most importantly, they should have the courage to face challenges, try new things, and work steadily towards personal growth by actively engaging in various activities, competitions, and leadership programs to develop themselves.

Speaking of the Hioecian spirit, Christy hopes students will uphold the tradition of “service and dedication” by participating in community service, such as volunteering to visit the elderly and helping families in need. Through such activities, students both serve others and gain insight into different walks of life. Academically, she hopes Hioecians will strive for excellence, continuously enhance their abilities, and develop their talents to give back to society.



傑出畢業生

訪問

寄語：信靠神的帶領 常存感恩之心

陳同學認為，在成長的旅程中，感恩是最珍貴的力量。在生活的每一個挑戰中，不妨停下來，回顧那些支持自己和有助自己成長的經歷。在困難的時刻，學會感恩能讓自己看到希望的光芒，就如《聖經》所言：「要常常喜樂，不住地禱告，凡事謝恩。」這句話提醒大家，無論遇到什麼樣的挑戰，都要以感恩的心來面對。每一個挫折都是一次成長的機會，讓自己變得更加堅韌和成熟。請謹記，生活中的每一個人、每一件事都有其存在的意義，都要好好珍惜，因為它們塑造了今天的自己。

陳同學特別提醒學弟学妹，無論未來的路有多麼艱難，請相信神的計劃是美好的。懷著感恩的心去追尋自己的夢想，並且在這個過程中，始終信靠神的帶領。願大家在每一個日子裡，都能感受到神的愛與恩典，永遠不忘感恩之心，並在感恩中成長。

最後，祝福大家，勇敢追夢，心懷感恩。



陳穎慧
Chan Wing Wai
Christy

Trust in God's Guidance, Keep a Grateful Heart

Christy believes that gratitude is the most precious strength in one's journey of growth. Amid life's challenges, it helps to pause and reflect on those who have supported us and the experiences that have contributed to our growth. Learning to be grateful during difficult times helps us see the rays of hope, just as the Bible says: "Rejoice always, pray continually, give thanks in all circumstances." These words remind us to face all challenges with a grateful heart. Each setback is an opportunity for growth, making us more tenacious and mature. Remember that all people and things in life have their meaning and should be cherished, for they have shaped who we are today.

She would like to remind her fellow schoolmates to trust in God's beautiful plan despite how difficult the path ahead may be, and to pursue their dreams with gratitude and faith in His guidance. She hopes everyone would always feel God's love and grace, forever keep a grateful heart, and flourish in gratitude.

Finally, she blessed all to chase their dreams bravely with gratitude in their heart.



基督教女青年會丘佐榮中學
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傑出畢業生

訪問

基督教女青年會
丘佐榮中學



邱張欣
Qiu Zhang Xin
Eva

佳績及近況

榮獲2022年傑出學生獎，並曾任領袖生長、童軍團團隊長的邱張焮同學現在就讀於理工大學護理學系，正在學習與生物科相關的知識，由於中學沒有修讀生物科，所以感到比較吃力。另外大學的課程編排更加緊湊，學科內容更加深奧，因此需要努力追上進度。作為大學生，除了研習本科知識以外，亦可以參加多元的活動，例如各類社團、學系或宿舍舉辦的活動，既給予學生高度的自主性，亦同時考驗學生能否自律，邱同學表示她尚在適應這種新的學習模式。

Academic Achievements and Recent Updates

Qiu Zhang Xin, Eva, who was honoured with the 2022 Student of the Year award and previously held roles as both Student Leader and Scout Team Leader, is currently pursuing the Bachelor of Science (Honours) in Nursing at the Hong Kong Polytechnic University. She is now delving into biology-related knowledge essential to her major. However, as she did not study biology in secondary school, she finds the subject somewhat challenging. Additionally, university courses are more condensed, and the content is more complex, so she needs to work hard to keep up with the pace. As a university student, she engages in a range of activities beyond her major studies, such as those organized by various student societies, academic departments, or residence halls. While these activities offer students greater autonomy and test their self-discipline, Eva shared that she is still adapting to this new learning mode.

傑出畢業生

訪問

樹立榜樣 帶領團隊 發展領導才能

邱同學在學校曾擔任童軍領袖及領袖生長。她坦言最喜歡童軍領袖這個崗位，因為在童軍活動中，會接觸校內校外各式各樣的人物，從中學習到與不同背景人士共事合作的技巧。此外，她曾在童軍組織各項活動，如急救訓練、團隊建設等，亦提升了規畫及應變的能力。至於最具挑戰性的崗位，邱同學覺得非領袖生長莫屬了，因為領袖生長一方面要律己以嚴、以身作則，另一方面亦要管理團隊，需要同時具備良好的心理素質與領導能力，才能勝任，是莫大的考驗。

作為學生領袖，邱同學覺得當中有苦亦有樂。她需要投入大量時間及心管理及帶領團隊，要有良好的時間管理，才能在擔當領袖之餘兼顧學業及其他課外活動，以取得平衡。此外，師生對自己的期望會較高，亦會構成一定的壓力。雖然如此，邱同學認為這正正是一個良機，透過面對各種挑戰和難關，增強自信以及抗壓力，從而推動自己不斷進步，肯定自己的能力，是別具意義的體驗。

在邱同學心目中，成功的領袖需要具備良好的溝通能力，既要聆聽不同的意見和需求，亦要清晰地表達自己的想法，從而有效地與團隊成員交流。好的領袖也是有影響力的，可以幫助團隊成員發展潛能，有所成長。正因如此，領袖需要注意自己的言行舉止，樹立榜樣，才能服人。邱同學總結：一個成功的領袖，不僅是指揮者，更是團隊的支持者與引導者。



Setting an Example, Leading a Team, and Developing Leadership Skills

During her time in HTYC, Eva served as both Scout Leader and Student Leader, particularly enjoying the former. She values this role because it offered her frequent opportunities to interact with a diverse range of individuals both within and outside school. Through these experiences, she learned how to collaborate with people from different backgrounds. She also organized various Scout activities, such as first-aid training and team-building programs, which honed her planning and adaptability skills.

The role she found most challenging, however, was as a student leader. This position required her to be highly disciplined and to serve as a role model, while also managing a team effectively. Balancing these responsibilities called for strong psychological resilience and leadership skills, making it a true test of her abilities.

As a student leader, Eva believes her experiences were both demanding and rewarding. Despite the pressure from higher expectations of both teachers and fellow students, she saw this as an invaluable opportunity to build confidence and resilience, helping her grow through challenges and recognise her abilities, which is indeed a uniquely fulfilling experience.

In her view, a successful leader must possess strong communication skills, including listening to diverse perspectives and needs, and expressing ideas clearly to facilitate effective interaction within the team. A good leader is also influential, helping team members develop their potential and grow. For this reason, leaders must be mindful of their behaviour and lead by example to earn respect. She concluded that a successful leader is not just a director, but also a supporter and guide for the team.

邱張欣
Qiu Zhang Xin
Eva



傑出畢業生

訪問

樂於嘗試 磨礪意志 增廣見聞

丘中老師對邱同學的印象是「自律、有自己的想法、樂於嘗試」，邱同學覺得三者之中，「樂於嘗試」最適合形容自己。她自感對學習和探索新事物充滿熱情，能在嘗試中找到機會，充實自己，並深信只有踏出第一步，走出安舒區，探索新領域，將來才能走得更遠。邱同學曾獲得傑出學生獎，她認為正正是這種樂於嘗試的精神，驅使她把握每一個機會，積極地參與各類活動，在學術、體育和社會活動等多個領域均有所涉獵，因而在各方面都獲得了寶貴的經驗與技能，能夠作全面的發展。

在嘗試的過程中，想必會遇到各種挑戰和困難，邱同學分享她面對難關的心得——始終保持堅韌不拔的精神，不輕言放棄，努力尋找解決方案，從失敗中學習並不斷改進，克服困難，令自己成為一個更強大的人。回首六年的中學生活，她自言曾遇到許多挑戰和困難，當中最大的困難是時間管理和面對壓力。高中時期，學業負擔越加沉重，她感到自己難以兼顧學業與其他活動，無法有效地管理時間，因而感到焦慮和不知所措。起初，她感到壓力很大，非常沮喪，甚至出現想要放棄的念頭。後來，她漸漸意識到



邱張欣
Qiu Zhang Xin
Eva

Embracing New Challenges, Building Resilience, and Broadening Horizons

Eva's teachers describe her as self-disciplined, thoughtful, and eager to try new things. Among these traits, she identifies most with her willingness to try. She feels passionate about learning and exploring, always finding opportunities to enrich herself through each new experience. She firmly believes that creating a promising future requires stepping out of her comfort zone and venturing into new realms. Having been awarded the Outstanding Student Award, she attributes her success to this very spirit of exploration, which has driven her to seize every opportunity, actively engaging in various activities across academic, athletic, and social spheres. In doing so, she has gained invaluable skills and experiences, fostering her holistic development.

The process of trying inevitably presents challenges, and Eva shared her insights on how she perseveres through difficulties. With strong determination and resilience, she refuses to give up easily, constantly seeking solutions, learning from setbacks, and growing stronger with each obstacle. Looking back on her six years of secondary school life, she recalled facing many challenges, particularly in time management and handling pressure. During her senior secondary years, heavy academic workload made balancing studies with extracurricular activities difficult, leaving her anxious and lost. Initially, the overwhelming stress led to frustration and moments when she considered giving up. Over time, however, she realized that this mindset would not help her overcome difficulties. She took a step back, reflected, and adopted proactive strategies. Through this process, she learned to change her mentality, viewing learning as a journey of growth, transforming pressure into motivation that drove her to conquer the challenges.



傑出畢業生

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這樣的心態無助自己克服困難，於是作出反思，並採取積極的應對措施。從中她學會了調整心態，將學習視為成長的過程，將壓力轉化成為動力，推動她跨過難關。

至於如何保持堅忍不拔的精神，邱同學認為自律至關重要，即使擁有再好的個人見解、作再多的嘗試，只要欠缺自律，當初的抱負也難以實現。自律讓她能夠將想法化為行動，並持之以恆，以達成自己所設立的目標。尤其是現在大學生活豐富多彩，自律能夠令她好好地管理自己的時間，在面對挑戰時堅持不懈，在面對誘惑時保持專注。

磨礪個人意志的同時，邱同學也會走出校園，增廣見聞，關懷社群。她曾參加香港青年大使及香港200，香港青年大使是一項義工服務，讓大家一邊進行義工服務，一邊推廣香港的旅遊及文化。透過駐守不同的景點，如山頂、黃大仙廟，增加文化交流的機會，了解到香港歷史和文化的獨特之處，並透過年度計劃嘗試向廣大的市民推廣香港的文化和特色。香港200則是領袖培訓計劃，她提及計劃提供機會予青年認識及探索一些社會議題，例如樂齡安老、科技創新和多元共融，這個過程能夠培養對社區的感情，從而更加關心社會問題，並加強對社會的責任感。此外，參加這個計劃也讓她接觸到許多同齡的優秀青年，除了擴展人脈網絡，也從他們身上獲得許多寶貴的經驗，見賢思齊，促使她不斷學習和成長。



邱張欣
Qiu Zhang Xin
Eva

When it comes to resilience, Eva believes self-discipline is crucial. No matter how insightful her perspectives are or how many attempts she makes, without self-discipline, her aspirations would be difficult to realize. Discipline allows her to turn her thoughts into action and persevere toward her goals. University life is vibrant and full of possibilities, and self-discipline has helped her effectively manage her time, remain persistent in the face of challenges, and stay focused when temptations arise.

In addition to strengthening her willpower, Eva stepped outside campus to broaden her horizons and serve the community, participating in both the Hong Kong Young Ambassador Scheme and the “Hong Kong 200” Leadership Project. The former is a volunteer program where participants promote Hong Kong’s tourism and culture while engaging in volunteer service. By stationing at iconic spots like The Peak and Wong Tai Sin Temple, she was given opportunities for cultural exchange, gaining insight into Hong Kong’s unique history and culture. Through annual initiatives, she helped promote Hong Kong’s culture and distinctiveness to the public. The “Hong Kong 200” Leadership Project offers youth a platform to explore social issues such as elderly care, technological innovation, and inclusion, through which she developed a stronger sense of community, heightened concern for social issues, and strengthened social responsibility. Moreover, the program connected her with many outstanding peers of similar age, allowing her to expand networks and learn valuable lessons from them, inspiring continuous learning and growth.



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作丘中人：積極求進 堅毅正直 包容關愛

在邱同學心目中，丘中人對成長充滿熱情，在自己感興趣的方面努力求進，因此丘中人會積極參加學校活動，把握機會以提升自己的能力。丘中人既懂得自我管理，對自己的行為負責任，同時亦具備同理心，關心他人，互助互愛。

她期望丘中人可以承傳包容與尊重他人的精神，有廣闊的胸襟，能夠理解及接納不同的觀點、文化和背景。此外亦要注重個人品格，誠實正直，恪守道德原則。最後，亦希望丘中人能承傳堅韌不拔的精神，勇於面對挑戰和困難，學會從失敗中汲取教訓，堅持不懈地達成目標，追求理想。



Be a Hioecian: Striving for Excellence, Integrity, Inclusion

Eva believes that Hioecians show great passion for personal growth and work diligently in their areas of interest, actively participating in school activities and seizing opportunities to enhance their skills. They demonstrate self-discipline by taking responsibility for their actions, while showing empathy and fostering a spirit of mutual support.

Eva hopes Hioecians will uphold the spirit of acceptance and respect, maintaining an open mind to understand and welcome different perspectives, cultures, and backgrounds. They should also demonstrate strong character through honesty, integrity, and moral principles. Above all, she hopes they will exhibit resilience, facing challenges with courage, learning from setbacks, and pursuing their goals with determination.



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寄語：心懷感恩 把握機會 促進成長

在邱同學心目中，丘中人對成長充滿熱情，在自己感興趣的方面努力求進，因此丘中人會積極參加學校活動，把握機會以提升自己的能力。丘中人既懂得自我管理，對自己的行為負責任，同時亦具備同理心，關心他人，互助互愛。

丘中不僅是邱同學學習知識的地方，更是她成長的搖籃，當中的經歷及挑戰，造就了現在的她。因此她對學校充滿感激之情，她希望藉此良機，感謝丘中老師在校園生活點滴中給予自己機會與支持，讓她明白到何謂「教書育人」。邱同學冀望學弟學妹在學術及課外活動方面，都能夠珍惜每一個機會，多作嘗試，樂於學習，勇於面對各種挑戰，並祝願學弟學妹在學校的栽培下，於各個領域均有所成長，前途無可限量。

邱張欣
Qiu Zhang Xin
Eva

With Gratitude, Seize Opportunities, and Foster Growth

HTYC has been more than just a place for Eva to acquire knowledge; it has served as the cradle of her growth, shaping her into the person she is today through various experiences and challenges. She is deeply grateful to the school and her teachers for their support and opportunities throughout her school life. It is through their guidance that she has come to understand the true meaning of “teaching and nurturing”.

She hopes that her juniors will cherish each opportunity, embrace new experiences, stay curious, and face challenges with courage in both academics and extracurricular activities. With heartfelt blessing, she envisions them thriving in the school’s nurturing environment and reaching their full potential.





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邱奕信
Yau Yik Shun

佳績及近況

活躍於校內不同活動的學生會會長邱奕信同學畢業後，加入了中文大學的大家庭，正就讀計算機科學與工程學系，近日加入了宿生會以及需要處理兩個小組報告，故此生活頗為忙碌，沒有餘閒。他覺得中學生大多會為公開試而努力，課堂學習氣氛較為濃厚，而大學講堂的氣氛則截然不同，大學較重視探索研究，給予學生更大的自主及彈性，他坦言需要自我約束，高度自律，才能投入學習。

為學子謀福祉 加強溝通能力及自信

邱同學曾擔任學生會會長一職，談及當年組閣參選的初衷，他希望自己能為學校和同學們作出貢獻。他認為學生會是一個能夠真正改善校園生活的平台，通過這個平台，可以舉辦更多既有意義又富趣味的活動，提升大家的學習動力以及校園生活質素。

作為學生會會長，他憶述最大的挑戰是如何平衡學業和學生會的工作。有時候會感到壓力很大，每晚要工作至凌晨兩點才能睡覺。然而，每當看到活動能夠成功舉辦，同學們樂在其中，

Academic Achievements and Recent Updates

Yau Yik Shun, former Student Union President, is now studying Computer Science and Engineering at the Chinese University of Hong Kong. Recently joining the Committee on Student Hostels and having to handle two group projects, his life has been rather busy with no spare time. He noted that secondary school students mostly work towards the HKDSE, creating a highly focused classroom atmosphere, while that in university lectures is entirely different. Universities emphasize exploration and research, giving students greater autonomy and flexibility, but as Yau frankly stated, this requires self-control and high self-discipline for dedicated learning.

Striving for Students' Welfare, Boosting Communication and Confidence

Having served as the President of the Student Union, Yau recalled that his motivation to form a cabinet for the election stemmed from his desire to contribute to the school and fellow students. He believes the Student Union serves as an effective platform through which more meaningful and interesting activities can be organised to boost students' learning motivation and enrich their school life.

During his tenure, his greatest challenge was balancing academic studies with Student Union responsibilities. The pressure was

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他覺得一切都是值得的。這段經歷讓他學會了時間管理，培養了團隊合作精神，提升了領導和溝通的技巧，積累了寶貴的經驗。此外，學生會會長需要在早會上台向全校師生講話，這個經歷既提升了勇氣，亦磨練了演說技巧，讓他在面對群眾時更加自信，面對挑戰時更加從容，在面試、匯報分享等場合，皆能得心應手。最後，在合作的過程中，亦結識了不少志同道合的朋友，大家共同努力，一起成長。



成功之道： 努力不懈 作息規律 適時紓壓

邱同學談及自己的成功之道，在於堅持和自律。他每天都會制定學習計劃，並嚴格執行。此外，他認為保持積極的心態和良好的生活習慣也非常重要，在文憑試前夕，他規定自己必須十二點前入睡，確保自己有充足的休息，這樣才能在高壓下保持最佳狀態，有利於在考場中發揮平日所學，創造佳績。

面對考試壓力，邱同學會通過運動和冥想來放鬆自己。此外，也會與家人和朋友傾訴，分擔壓力，他們的支持和鼓勵，是抗壓的良方。最重要的是，要告訴自己，做好本份，盡力而為，那就不用給自己太大壓力了。

sometimes overwhelming, with work keeping him up until 2 a.m. However, seeing students enjoy the successful events made all the hard work worthwhile. His time as President helped him improve time management, develop team spirit, enhance his leadership and communication skills, and gain valuable experience.

His role also required speaking at morning assemblies to the whole school, which helped build his confidence and polish his presentation skills. He became more confident in front of crowds and composed under pressure, qualities that now serve him well in interviews, presentations, and sharing sessions. Along the way, he formed close friendships with like-minded peers as they worked hard and grew together.

Road to Success: Perseverance, Regular Routine, Timely Stress Relief

Yau attributes his success to perseverance and self-discipline. He would set daily study goals and strictly adhere to them. He also believes maintaining a positive attitude and good habits are crucial. Before the HKDSE, he disciplined himself to sleep before midnight to get adequate rest, enabling him to perform at his best under pressure and excel.

To cope with exam pressure, Yau relieves stress through exercise and meditation. He also shares his concerns with family and friends, whose support and encouragement serve as great remedies for stress. Most importantly, he reminds himself to simply do his best without putting excessive pressure on himself.

邱奕信
Yau Yik Shun



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同儕學習 互相扶持 共同進步

常言道：「三個臭皮匠，勝過一個諸葛亮」，邱同學深明此理，在文憑試前主持網課，與同學一起溫習。他認為透過同儕學習，可以互相分享學習資源和心得，這樣可以在短時間內更全面地理解學習內容。此外，與同學一起溫習可以互相激勵，保持學習動力，所謂「三人行，必有我師焉」，在教導同學的過程中可以溫故知新，有時還會發現自己對某些課題仍不太熟悉，提醒自己要再努力溫習。除了與同學一起探討、研習，還會進行模擬考試，試後一起檢討不足之處，可以促使大家共同進步。

邱同學覺得同學在他的學習路上扮演非常重要的角色，他們不僅是學習夥伴，還是自己的精神支柱，當遇到困難時，他們會給予鼓勵和幫助，讓他能夠迎難而上，繼續前進。此外，他也從同儕互動中收穫了許多珍貴的友誼和回憶，這些友誼不僅讓他的校園生活更加豐富多彩，也成為了他堅強的後盾，令他勇於面對各種挑戰。



Learning with Peers, Supporting Each Other, Growing as One

Believing that two heads are better than one, Yau hosted online study sessions with his classmates before the HKDSE. He believes through peer learning, students share resources and insights, leading to a better understanding of the subject content in a shorter time. Moreover, studying together with classmates enabled them to encourage one another and stay motivated. As Confucius said, "When I walk along with two others, they may serve me as my teachers." Teaching his classmates not only reinforced his knowledge but also revealed gaps in his learning. Along with discussions and collaborative learning, they conducted mock examinations and reviewed areas for improvement together, which helped everyone improve.

Yau shared that his classmates played a crucial role in his learning journey, serving as both study partners and greatest supporters. When facing difficulties, they offered encouragement that pushed him forward, and through these friendships, he gained precious memories that enriched his entire school life.

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訪問

作丘中人： 品學並重 勇於嘗試 追求卓越

在邱同學心目中，丘中人最重要的特質是「思明」、「俊德」。丘中人積極向上、勇於挑戰自我，不僅在學術上追求卓越，精益求精，還能在言行間展現良好的品德，例如勇於承擔，樂於助人，關懷社群。邱同學希望丘中人能承傳團結互助的精神，在面對困難時，應該互相支持，共同克服挑戰。此外，也應該勇於嘗試新事物，不斷創新，對社會有所貢獻，推動社會進步。



寄語：互勵共勉 全面發展

邱同學認為學校不僅給了他豐富的知識，還讓他結識了許多良師益友，他感謝所有曾經幫助過自己的老師和同學，沒有他們的支持和勉勵，他不可能取得今天的成就。最後，邱同學希望學弟學妹能夠珍惜在校園生活的時光，努力學習，積極參與各種活動，作全面的發展，盡展才能。



Be a Hioecian: Balancing Character and Studies, Daring to Try, Striving for Excellence

In Yau's view, "Think Critically" and "Be Moral" mark a true Hioecian. They pursue academic excellence with determination while demonstrating strong moral character through responsibility, service, and community care. He hopes Hioecians will uphold their spirit of unity and mutual support in facing challenges. Beyond this, they should embrace innovation and drive meaningful change in society.

Mutual Encouragement, Holistic Development

Yau feels the school has not only enriched him with knowledge but also blessed him with great teachers and lifelong friends. He is grateful to all teachers and schoolmates who have supported him along the way, as his achievements today would not have been possible without their encouragement. Finally, he hopes his juniors will cherish their time at school, study hard, actively participate in various activities, develop holistically, and realise their full potential.

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