



聖若瑟英文中學
St. Joseph's Anglo-Chinese School



2020-2021 學校概覽

申請入學須知 Admission Information

每年一月期間接受小六學生報名。

申請者須品學優良，填妥申請表，連同小四至小六成績正副本及有關文件，一併交到校務處辦理申請手續。

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校長的話 Principal's Message

過去的一個學年，是艱難的一年。上半年度我們面對社會的不穩定，學校首次因此要停課；下半年度新冠疫情席捲全球，面授課程亦因此而被迫暫停。即使如此，我與全校老師們均堅持信念：「學生的學習不能停！」。在教育局宣佈停課初期，校方決定用前所未有的網上方式進行中六模擬試，讓中六級學生即使安坐家中，亦能參與考試，積極備戰。即使籌備的過程遇到困難，但在各位老師的協助下，不但模擬試順利進行，各級的學習進度亦較預期好。老師們於試後亦用不同的方式跟學生分析試題，務求讓學生以最好的狀態應付文憑試。即使老師與學生們未能面對面，但我們只是換個方式互相砥礪。雖然文憑試一再延期，但師生們都視之為最後衝刺的機會。結果我們的中六級學生不負所望，取得亮麗的成績，以下總結幾個令人鼓舞的成績：

1. 中、英、數、通識四大核心科目合格比率均高於全港。
2. 中、英、數三科取得5級以上成績較去年增長。
3. 中國歷史、歷史、地理、資訊科技、體育及視覺藝術的5級比率高於全港。
4. 資訊科技、中國歷史、歷史、地理、經濟、體育及視覺藝術的4級比率高於全港。
5. 獲大學聯招取錄的同學數目，較往年增長接近15%。

去年中六級學生在如此艱難的環境下，仍能取得佳績，這都是靠著全體師生努力不懈所得的成果。如今新一屆中六級學生已回到校園，準備迎接新一年的挑戰。正如我院校歌所言：When the road of life is rough up hill, and the skies hang grey and grim; then our steps will be light, and our eyes shining bright, like true sons of S J A C S.

面對未來的風雨險阻，讓我們仍挺胸膛踏實地，摒除障礙邁步向前行。謹以此勉勵所有回到校園的同學。

主佑各位！

潘永強校長



潘永強校長
Principal Poon



The past academic year was a challenging one. In the first half of the year, we had to face the social unrest, which led to a week of school suspension; in the second half of the year, the school was again suspended due to the global pandemic caused by Covid-19. Despite this, our entire teaching staff firmly believed that students' learning should not be halted. Therefore, our school promptly responded to the EDB's announcement about school suspension by switching to online Mock Exams for F6 students, which allowed them to prepare for the exams in a safe setting. To our pleasant surprise, the online Mock Exams went smoothly and students made remarkable progress despite the obstacles during the preparation stage, thanks to all our teachers for their strenuous effort. The post-exam paper explanation was conducted in various ways in order to help students prepare for the DSE exams. The absence of face-to-face lessons only meant a different way for teaching and learning. All our teachers and students deemed the postponement of the DSE exams to be the last opportunity to make preparation for the exams. Our F6 students eventually lived up to our expectations and achieved brilliant results. Here are a few encouraging results:

1. The passing rate of the four core subjects (Chinese, English, Mathematics, Liberal Studies) was higher than the average in Hong Kong.
2. The number of students getting level 5 or above in Chinese, English and Mathematics increased compared to the figure of last year.
3. The percentage of students getting level 5 in Chinese History, History, Geography, ICT, SPE and VA was higher than the average in Hong Kong.
4. The percentage of students getting level 4 in ICT, Chinese History, History, Geography, Economics, SPE and VA was higher than the average in Hong Kong.
5. The number of students being admitted to institutions via JUPAS increased by 15% compared to the figure of last year.

Despite the difficult circumstances, our F6 students managed to achieve such outstanding results. This is the outcome of the unremitting efforts of all teachers and students. Now the new cohort of F6 students have returned to the campus, ready to meet the challenges of the new year, with our school song in mind, 'When the road of life is rough up hill, and the skies hang grey and grim; then our steps will be light, and our eyes shining bright, like true sons of SJACS'.

In the face of the obstacles of the future, let us still stand firm and move forward with confidence. I would like encourage all students who have returned to the campus to stay strong and persevere.

God bless.

Poon Wing Keung
Principal

學校簡介 School Mission

本校於1958年由孫保祿修士創辦，現時為一所政府資助全日制男子中學，隸屬天主教香港教區，以維護天主教五大核心價值(真理、義德、愛德、生命、家庭)為己任，亦將有關價值傳授給青少年，為他們日後立身處世作準備，並以此作為學校的願景與使命，令學生的學行均「臻於至善」，以「力行仁愛」精神服務社會。

St. Joseph's Anglo-Chinese School was founded by the late Rev. Bro. Paul Sun in 1958. Our school is a government-aided Catholic boys school under the direction of the Catholic Diocese of Hong Kong. In order to equip our students with the qualities to be pillars of society in the future, St. Joseph's has always upheld the five core values of Catholic education, namely Truth, Justice, Love, Life and Family. Our mission is to provide students with a holistic education. We hope that our students will strive for the best, be benevolent and meaningfully contribute to society.

學校設施 School Facilities

校舍佔地約7650平方米，樓高七層，共有標準課室30個及特別室27個，其中包括：實驗室、多媒體學習室、學生活動中心、體能訓練中心等。除基本設施外，校內設兩個籃球場，相連可作足球場；亦有攀石牆、三條跑道、空中花園及六個圍園等。校舍遍植樹木，環境怡人，是學生理想的學習環境。

Our millennium campus consists of 7 floors and covers 7650 sq.m. There are 30 standard classrooms and 27 special rooms, including laboratories, Multi-media Learning Centres, a student activity centre and a physical training centre. There are also 2 basketball courts, a football pitch, a climbing wall, 3-lane running track, sky garden and 6 gardens. The greens and fresh air create an ideal learning environment for our students.

教師團隊 Professional Teaching Staff

(全校人數：57)

教師資歷 (包括校長)
Qualifications of Teachers
(Including the Principal)



▼ 中六級惜別祈禱會



教師年資
Teacher's Experiences



教學語言安排 Medium of Instruction

語文微調政策下，本校初中設英文班及一般班別。

除中國語文、中史、普通話、宗教、體育及視覺藝術等科外，全部科目均以英語授課。

Under the Fine-tuning of Medium of Instruction Policy, our school offers both English classes and ordinary classes for junior form students.

English is used as the medium of instruction in English classes except for the following subjects: Chinese Language, Chinese History, Putonghua, Religious Studies, Physical Education and Visual Arts.

	綜合人文學科、綜合科學 Integrated Humanities, Integrated Science	數學、音樂 Mathematics, Music
英文班 English class	英語授課 Taught in English	英語授課 Taught in English
一般班別 Ordinary class	英語授課 Taught in English	母語授課 Taught in Chinese

此外，為協助中一級新生適應以英語作為學習語言，校方提供中一級新生英語銜接課程，協助學生利用英語學習科學、綜合人文科等，適應中學以英語為主的學習。

In addition, English Induction Programme is provided to assist form one students to better adapt to the use of English during lessons. The programme covers skills of applying English in Integrated Science and Integrated Humanities lessons.



▲ 伴讀計劃：高中同學向初中同學推介書籍

全校語文政策 School-Based Language Support

本校向來重視學生兩文三語的能力，為提供一個良好的英語語境，本校推行以下政策：

- ▶ 所有英文科老師不論課堂內外，均以英語跟學生溝通。
- ▶ 每週特設兩天「英語日」，當天的早會以英語進行。英文學會亦會於午膳時間舉辦不同類型的英語活動讓同學參與。
- ▶ 每年的英語週，舉辦如英文寫作比賽或攤位遊戲等活動，以提升學生對學習英語的興趣。
- ▶ 鼓勵同學參與校際朗誦節、英語話劇活動及英語辯論活動。
- ▶ 本校每年均舉辦各類型遊學團，讓學生在輕鬆的環境下學習英語。

Our school emphasises the importance of 'Bi-literacy and Tri-lingualism'. In order to build an English-rich learning environment, the following policies are implemented:

- ▶ English is used as the medium between English teachers and students at all times.
- ▶ There are Two English-speaking every week where morning assemblies are conducted in English. Various English activities are organized at lunchtime for students.
- ▶ Writing competition, booth games and other interesting English activities are held during English Week to arouse students' interest in learning English.
- ▶ Students are strongly encouraged to participate in different events including Speech Festival, English Drama and English Debate.
- ▶ Different study tours are planned every year, allowing students to learn English overseas.

高中學制 Senior Secondary Academic Structure

高中同學將修讀四科核心科目及兩至三科選修科目。學生可從不同的選修科目中，按其興趣及能力選擇擬修讀的科目。

To sit for the HKDSE, students will study four core subjects and two to three elective subjects chosen from different subjects according to their interests and abilities.

班級結構 Class Structure (2020-2021)

Level	F. 1	F. 2	F. 3	F. 4	F. 5	F. 6
No. of classes	5	5	5	4	4	4



▲ 同學領取成績優異獎



開設科目 Subjects Offered (2020-2021)

Chi	Chinese Language	✓	✓	✓	✓	✓	✓
	Putonghua	✓	✓	✓			
Eng	English Language	✓	✓	✓	✓	✓	✓
	Maths	Mathematics	✓	✓	✓	✓	✓
		Mathematics (Module 1)				✓	✓
		Mathematics (Module 2)				✓	✓
LS	Liberal Studies				✓	✓	✓
Science	Integrated Science	✓	✓	✓			
	Physics				✓	✓	✓
	Chemistry				✓	✓	✓
	Biology				✓	✓	✓
PSHE	Integrated Humanities	✓	✓	✓			
	Ethics & Religious Studies	✓	✓	✓	✓	✓	✓
	Chinese History	✓	✓	✓	✓	✓	✓
	History				✓	✓	✓
	Economics				✓	✓	✓
	Geography				✓	✓	✓
Tech, Aesthetic & PE	Computer Literacy	✓	✓	✓			
	Information & Communication Technology				✓	✓	✓
	Physical Education	✓	✓	✓	✓	✓	✓
	Physical Education(NSS)				✓	✓	✓
	Visual Arts	✓	✓	✓			✓
	Music	✓	✓	✓			

測考政策 Assessment Policies

每學期均設一次統一測驗及考試。各初中學術科目亦安排每兩週一次的小測，以檢視學生的學習情況。

A term test and an examination are conducted each term. For junior forms, there are also biweekly quizzes on different subjects.



▲ 一年一度Fun Fair活動

訂立學習目標 Setting Learning Goals

為提升學生學習動機及培養學習自主，本校設有Smart Goal計劃，鼓勵學生為自己訂下學習目標，達標學生將獲獎勵。

學校亦設立「成績預警系統」，研究及分析學生的校內成績與其於公開試表現的關係，讓學生更全面掌握自己的學業狀況，從而訂立個人目標和溫習計劃，及早為公開試作準備。

In order to enhance students' learning motivation and develop their learning autonomy, our school introduces the Smart Goal scheme to encourage them to set their own learning goals. Students who achieve their goals will be rewarded.

Our school has an 'Early Warning System' to research and analyse the relationship between students' school results and their performance in public examinations. This will help students understand their academic performance, enabling them to set their personal goals and study plans for the public examinations.

照顧學習差異 Catering for Learners' Diversity

為照顧不同學習需要，學校設立「資優教育小組」及「特殊學習需要小組」；初中以小班教學方式，加強對學生照顧。

To cater for student's different learning needs, our school has set up the 'Gifted and Talented Students Support Team' and the 'Special Education Needs Team'. In junior forms, small class teaching is adopted so as to ensure our students are being taken care of.

升中銜接課程 Bridging Course

為協助學生順利銜接中學課程及體驗學習生活，本校特別開辦為中一級新生而設的暑期銜接課程，課程內容包括學科學習、歷奇訓練、生命教育等，協助他們更易掌握及適應新的學習環境。

The Bridging Course aims to provide an intermediate stage for form one newcomers to adapt to the school life and curriculum in secondary education. Focusing on subject knowledge learning, adventure training and life education, the course helps students at adapt the new environment.

學生培育 Student Nurturing

設立「做得好獎勵計劃」，向表現良好的學生派發獎勵咭，學期結束時加以統計並給予獎勵。

設立全校參與學生輔導計劃，各級班主任定期與訓輔老師跟進學生情況。

初中訂立「家課政策」，檢視家課類型及數量，培養學生勤奮學習的風氣。

In recognition and appreciation of students' good behaviours, the Well-done Scheme is implemented, with each reward card signifying students' achievements.

As a part of our Whole School Approach to Guidance, form teachers regularly meet with the Discipline Team and Students Support Team in order to provide specific guidance to students in need.

The homework policy in junior forms develops students' diligence and discipline as they can review their work schedule.



生命教育 Life Education

為建立六年一貫的品德教育目標，學校著重發展各德育環節。「生命教育」是其中重要一環，中一及中二級設「生命教育課」，以校本教材，灌輸學生尊重、自愛、守規等品德情意。中三級設有「服務學習課」，學生藉籌辦攤位活動、服務社區，實踐基督愛德精神；中四級學生參與「乘風航」活動，訓練自信與堅毅。同時亦加強班級經營，透過班主任的關懷及活動安排，把品德教育滲透到日常生活當中。

The core value of "6-Year St. Joseph's Nurturing Programme" is moral development, with Life Education the most important domain. Our school-based life education lessons implant the attributes of respect, self-regard and courtesy in F.1-2 students. F.3 students, on the other hand, can grasp the chance to organise booth games and community services as an exercise of Christianity. F.4 students will take part in Adventure-Ship Program as a way to develop their confidence and determination. The school also lays high emphasis on class management, in which form teachers can provide moral education through class activities with students.

STREAM 教育委員會 STREAM Education Committee

為裝備學生應對全球經濟、科學及科技發展所帶來的急速轉變和挑戰，本校推動 STREAM (科學、科技、宗教、工程、藝術、數學) 教育，讓學生通過「動腦動手」的探究活動，豐富其學習經歷，以應對二十一世紀的挑戰。

In order to equip students to cope with the rapid changes and challenges brought about by the development of global economy, science and technology, our school promotes STREAM (Science, Technology, Religion, Engineering, Arts, Mathematics) education, allowing students to enrich their learning experience through "by brain and by hands" exploration, to meet the challenges of the 21st century.



課外活動 Extra-Curricular Activities

為提供更多元化之活動給予學生，學校於2015-2016年度設立課外活動節，由不同老師及學生帶領超過50個學術、興趣、服務及體育活動予全校學生參加，並配合學校六年一貫的發展方針，循序漸進地培育學生潛能，讓每個學生最終都能成為獨當一面的學會領袖。

In order to provide students with diversified learning experiences, a weekly ECA session has been incorporated in the school timetable since the academic year of 2015-2016. There are over 50 clubs led by both teachers and students in the domains of learning, hobbies, services and sports. Aligned with the school's Six-year St. Joseph's Nurture Plan, these activities are structured in a way that allows all students to develop their potentials progressively. It is hoped that every single student will be able to take up a leadership role in a club one day.

年級 Form	主題 Theme	可選學會 Clubs Available
中一級 F.1	一人一團隊 Uniform teams	童軍、交通安全隊、紅十字會、合唱團、管樂團、天主教同學會 Scout, Road Safety Patrol, Red Cross, Choir, Wind Orchestra, Catholic Society
中二級 F.2	外語及藝術發展 Foreign language & art courses	初級日文、西班牙文、話劇、英語話劇、校園電視台、視藝學會、魔術學會 Beginner's Japanese, Spanish, Drama, Campus TV, Visual Arts, Magic
中三至中五級 F.3-F.5	多元發展 Diversified development	可選有興趣的課外活動，或選擇進階外語課程 Taking clubs in the domain of hobbies or advanced foreign language courses
	領袖培育 Leadership training	成為其中一個學會的幹事，或選擇進階外語課程，並發展成文憑試科目 Getting involved as a committee member or taking advanced foreign languages (to be developed as a DSE subject)



▲ 家長教師會委員合照

▶ 麥潤壽先生主持專題講座

做個父母
新一代

「孫保祿修士教育基金」 Rev.Bro.Paul Sun Educational Fund

「孫保祿修士教育基金」於2009年由一群熱心校友成立，是一個政府認可的公益信託團體。主要目的是推動教育發展，延續創校人孫保祿修士熱心教育的精神。基金會設立了不同類型的獎學金，鼓勵學生，例如頒發予入讀大學的聖若瑟學生、設全校第一名獎學金等，惠及後學。

The Rev.Bro.Paul Sun Educational Fund was established in 2009 by a group of passionate and devoted alumni. As a government approved charitable trust group, the Rev.Bro.Paul Sun Educational Fund aims at driving educational development and passing on Brother Paul Sun's passion in education. The Educational Fund awards various scholarships, rewarding students with the best academic performances.

師友計劃 Mentor Scheme

升學及就業輔導組統籌「師友計劃」，邀請投身各專業之校友與學弟結成師友，提供升學及就業方面的協助，舉辦不同類型活動，開拓學生視野及增加對社會的認識。

The Mentor Scheme run by the Careers and Further Studies Team aims at providing students with guidance and support in further studies and careers. Every year, alumni with different expertise are invited to be mentors, giving advice to students concerning careers planning.

家長教師會 Parent-Teacher Association

本校家長教師會成立於1970年。家長教師會作為家長與學校的橋樑，讓家長更有效地支持學校的發展。此外，家教會亦在財政上支持學校的活動，協助參與學校建設及推動課外活動。家教會更定期舉行會議，讓家長們有更多的溝通，並為學校的活動作出籌劃。並設家長委員當值時間，解答家長疑難。

Established in 1970, the Parent-Teacher Association (PTA) has always served as a bridge between school and parents. Apart from that, the PTA has also financially supported school events, actively involved in school development and passionately promoted extra curricular activities. We can never thank the PTA members enough for their contributions, as they devote extra time and effort taking part in regular meetings and duties to provide assistance to parents.

家校合作 Collaboration with Parents

「家長教育委員會」與學校社工定期邀請專業人士主持專題講座；定期出版「家長通訊」，讓家長了解學校最新的情況。

The Parents Development Team and school social workers regularly invite professionals to host talks concerning different aspects. The team also publishes bulletins for parents to deliver the most current news of our school.

獎學金 Scholarship

家長教師會及校友會均設有獎學金，頒贈予公開試及校內試成績優異、品學兼優及品學俱有進步的學生。

Due to the consistent and generous support of the PTA and Josephian Association Ltd., students with outstanding behaviours or public examinations performances are rewarded by scholarships. Such rewards not only recognise students' achievement, but also motivate them to strive for excellence.

聖若瑟校友會 The Josephian Association Ltd.

聖若瑟英文中學校校友會成立於1991年，肩負聯繫及團結舊生的工作，並關注母校發展，支持學校活動。校友會每年均頒發獎學金予每班品學優異的學生，鼓勵學弟努力上進。

The Josephian Association Ltd. was established in 1991, and it has never stopped taking up the mission of unifying alumni, aiding school development and supporting school events. Every year, The Josephian Association Ltd. rewards students with excellent conduct and academic performance, as an encouragement to the younger ones.

▼ 校友們參加陸運會校友接力賽



▲ 家教會委員參與一年一度Fun Fair活動



▲ 獎學金得獎者

傑出校友 Outstanding Alumni

夏志誠輔理主教 (天主教香港教區輔理主教)	Auxiliary Bishop Ha Chi Shing (Auxiliary Bishop of Catholic Diocese of Hong Kong)		
段崇智教授 (香港中文大學校長)	Professor Rocky S. Tuan (President of Chinese University of Hong Kong)		
陳文敏教授 (前香港大學法律學院院長)	Professor Chan, Johannes M.M. (Former Dean of the Faculty of Law of the University of Hong Kong)		
陳家強局長 (前財經事務及庫務局局長)	Professor K. C. Chan (Former Secretary for Financial Services and the Treasury)		
許誠毅先生 (第74屆奧斯卡最佳動畫《史力加》監製)	Mr Raman Hui Shing Ngai (Director of "Shrek" (2001, Oscar's Best Animated Feature Film))		
余啟肇法官 (區域法院法官)	Mr Kent Yee Kai Siu (District Judge)		
趙其珉教授 (香港浸會大學人力資源策略及發展研究中心主任)	Professor Randy Chiu, MH (Director of the Centre for Human Resources Strategy and Development)		
黎鏡堯醫生 (前伊利沙伯醫院深切治療部主管)	Dr Lai Kang Yiu (Former Chief of Services (ICU) of Queen Elizabeth Hospital)		
著名演藝界人士：	Outstanding Alumni in Show Business:		
黃子華先生	林嘉華先生	Mr Dayo Wong Tsz Wah	Mr Dominic Lam
石修先生	谷德昭先生	Mr Chan Shek Sau	Mr Vincent Kok Tak Chiu
陳偉霆先生	王書麒先生	Mr William Chan	Mr Jimmy Wong
郭小霖先生		Mr Alvin Kwok Siu Lam	

優異畢業生 2020 Outstanding HKDSE Students

古智傑

香港大學牙醫學士課程
HKU Bachelor of Dental Surgery

化學 Chem.	5**	通識 L.S.	5*
英文 Eng.	5*	生物 Bio.	5*
數學 Math.	5*		

上課留心尤其重要，因為老師會講解考試要注意的重點，其實只要你肯用心，根本不用出外補習。

同學應以平常心面對考試，即使你做足溫習準備，但壓力太大或睡眠不足，有機會令你忘記已溫習的內容。

梁瑋林

香港中文大學護理學士
CUHK Nursing

中文 Chin.	5**	地理 Geog.	5*
通識 L.S.	5*	英文 Eng.	5

初中同學選科時眼光可望遠一點，除了高中外，更可考慮自己將來大學可能會選讀的學系。

簡豪杰

香港科技大學理學學位課程
HKUST Engineering

數學 Math.	5*
資訊及通訊科技 ICT	5*

對於「揀卷」不應盲目去做，而要審視自己做錯的部分，再加以改善，才可事半功倍。

訂立明確目標，讓自己有清晰方向。

馬澤棋

香港中文大學電子工程學士課程
CUHK BEng in Electronic Engineering

歷史 Hist.	5*	數學 Math.	5
資訊及通訊科技 ICT			5

要自律，要養成良好的生活習慣及有規律的作息時間。

當你溫習到「大腦閉塞」時，應該多放鬆自己，去休息及睡覺，不應硬撐。

吳君皓

香港中文大學數據科學及政策研究學士課程
CUHK Data Science and Policy Studies

地理 Geog.	5*	中文 Chin.	5
通識 L.S.	5		

感恩有學校老師同行，有不愉快時可以向老師傾訴。

要為自己訂溫習時間表以及調整作息時間，早睡早起，使自己在考試時頭腦可更清晰。

方鈺麟

香港大學精算學士課程
HKU Bachelor of Science in Actuarial Science

英文 Eng.	5	數學 Math.	5
化學 Chem.	5	物理 Phy.	5

這場仗其實有很多「戰友」，當中互相鼓勵，困難時互相支持，大家打打氣也非常重要。

盡早準備，多做past paper，可以盡快讓自己進入「作戰狀態」。

► 優異畢業生合影



黎廣寧

香港大學建築學榮譽文學士課程
HKU Bachelor of Arts in Architectural Studies

中文 Chin.	5**	地理 Geog.	5*
英文 Eng.	5*	歷史 Hist.	5*

我本人另外自修視覺藝術科，所以比其他同學多考一科，但最重要是時間分配，例如我要抽星期六上課，另外課餘時間亦要完成視藝科作品，故此好好分配時間相當關鍵。

期望師弟們即使遇到困難，不要輕言放棄，因為只要努力，懷著信心，必可成功。

陳凱銘

香港中文大學翻譯學士課程
CUHK Translation

英文 Eng.	5*	中文 Chin.	5
歷史 Hist.	5*	通識 L.S.	5

感謝老師不辭勞苦去教導我，我曾經於晚上時分問老師問題，她也認真耐心解答，使我能更有信心去應考。感謝班主任好像爸爸般照顧我，也感謝老師對我初中時做得不好有所得罪的事，不計前嫌，沒有放棄我，令我非常感動。

另外，除了用心上課及溫習外，我認為課後多向老師發問亦是一個秘訣。

雖然面對疫情，大家感覺很孤單，好像各自在家裡溫習，但其實想深一層，大家同學確在同時為考試而奮鬥，所以仍可以互相問候和鼓勵，一起努力。

黃煥駿

香港大學工商管理學士課程
HKU Bachelor of Business Administration

地理 Geog.	5*	數學 Math.	5
		經濟 Econ.	5

成績曾經不理想，但感激老師的鼓勵及不離不棄，最終我也盡力考到滿意的成績。

每人有自己溫習的方法，例如我會到coffee shop溫習，因為喜歡它輕鬆寧靜的環境。另外，因為怕悶，我會選擇一天溫習兩科，提高溫習效能。

適量的運動、聽音樂也可以幫助減壓。

容頌禧

香港大學文學士課程
HKU Bachelor of Arts

中史 Chin. Hist.	5**
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感謝老師六年來的培育，使我得到好成績，可以成功考入香港大學。

雖然DSE延遲一個月考，但感恩有老師同學的同行與鼓勵，讓我調整好心情，努力應考。

要及早意識DSE的重要性，應該及早在中四五時要努力發奮。



2020年DSE優異生訪問