

鄭曉欣



大家好！我是Erika，現時在香港大學修讀心理學課程。所謂「一試定生死」，對於很多人而言，文憑試的結果將會決定自己的前途，是人生一個重要的轉捩點，但對於我來說，它更多的是自己成長過程中一場難熬的磨練。

文憑試將近，大家會越來越在意自己學業表現，於此同時需要選定自己未來的志願，另一方面壓力隨之而來，大家難免會覺得迷惘焦慮。

我認為比起沒有目標地學習，定立好自己的志願再按著目標前進很重要。因為這樣除了可以讓自己有一個清晰的目標，了解自己大概所需要考到的分數，減少內心的迷茫之外，還可以把自已與別人「分開」，避免與朋友攀比分數，減輕內心的焦慮，讓自己可以靜下來，專注學習。

另外，至於自己是否需要訂立時間表去溫習就因人而異。以我自己做例子，我沒有訂立學習計畫，沒規定每天的溫習時間，但最後我也能就讀自己心儀的科目。因為我知道，如果我定了一個時間表，但是沒辦法完成自己所預期的工作量，內心就會開始焦慮不安，影響自己的學習效率，最後反而會出現一個惡性循環。相反，有一個安穩平靜的心態，才能讓自己願意去學習，不會因過多的焦慮影響自己的學習進度。所以，只要找到適合自己的學習方法，避免過大的壓力把自己壓到，就可以事半功倍。

最後，希望各位學弟學妹在接下來難熬的一年裡，接納自己的情緒、努力朝著自己目標前進，成功進入心儀的大學。



劉樂怡



不經不覺又九月了，又有一批中六的同學開始要為DSE做準備，不知道同學們習慣開學後的生活嗎？以下將和大家分享關於DSE的一些想法。

心態方面，同學不必把壓力和DSE兩者掛鉤，使自己不知不覺間壓力倍增。對於平日自律學習的同學，你或會因擔心別人追趕上自己，又或擔心自己在考試當天難以發揮出最佳表現，使自己感到焦慮。我想跟這些同學說，你們已經很努力、準備得很充足了，只要以平常心渡過中六、規律溫習就可以，不要讓自己胡思亂想產生的壓力導致自己考試失準。對於平日疏於學習的同學，你可能現在感到迷惘，看看一疊疊的書本和試卷不知從何入手、看着DSE每天逼近，心想還有多少時間，覺得自己不能在考試前溫好所有內容。在此我建議大家

可以取消追蹤跟DSE倒數有關的資訊。你清楚知道DSE什麼時候開考，不必要它們來提醒，這些資訊只會帶來恐慌。DSE只是幾小時的考試，你還有二百多天、幾千個小時，現在開始努力，幾千個小時的準備真的付應不了幾小時的考試嗎？別在沒有付出前為自己找藉口，輕言放棄。

希望大家能保重身體、好好休息！
DSE加油！



譽慧琳



大家好！我是譽慧琳，是2022年將官的畢業生，現時在香港中文大學修讀理學。

對於我來說，文憑試比的不僅僅是能力，更多的是心態上的較勁。疫情洶湧之時，我們就要被迫面對不期而遇的新體驗——網課。相信大家的感受和我當初的感受不分伯仲，會覺得迷茫，焦慮，不安……因此，我希望以一個過來人的身份分享一些疫情下學習的經驗，希望對同學有幫助。

首先，在學習方面。我覺得最重要的是要有自制力。回想起當初一開始上網課時，由於太多外界的誘惑，我總是玩手機、與同學私訊聊天，導致我上堂難以專心，還有上課變成睡覺時間，這使我學習效率很低。後來我察覺不妥，便為自己營造好的學習環境，把學習的書桌收拾乾淨，以確保上課的時候是坐在書桌前，而不是床上。要避免上課睡覺，可以在書桌上貼上警醒自己要專心上課的語句，保證自己看到時可以充滿動力。

其次，在心態方面。很多時候，成敗的關鍵不是因為能力不夠，而是心態不好。心態不好，能力再強也可能變成弱者。還記得離開考前一個月時，政府鑑於嚴峻的疫情為即將開考的公開試制定了不同方案，例如如期開考、推遲開考，甚至取消考試。這令備考的學生焦慮和不安，因為充滿著未知之數，也擔心會因「中招」而被取消考試資格。無庸置疑，在災難面前，大家注定毫無準備。我們該有的是好的心態，抱著平常心，以勇敢的心態面對，然後接受自己的不足，朝著訂定的溫習計畫前進，行動上執著，同時心態放鬆。

最後，與大家分享一句一直激勵我的話：「關關難過關關過，前路漫漫亦燦爛。」希望同學都能把握好時間為艱難且難熬的公開試做準備，願你們在人生的這場衝刺獲得佳績！



梁愷凌

大家好，我是Jojo，現時就讀香港中文大學工商管理一年級。

時光荏苒，流光匆匆，六年中學生涯轉眼即逝，而我們終須面對看似遙遠的DSE。相信在疫情底下學習總面對無止境的停課，與考驗自律的網課，無疑為一試定生死的DSE增添更多壓力與困難，讓大家必然產生挫敗及放棄的念頭，但自強不息是踏進成年的重要人生態度，面對DSE亦如是。

首先，我在中五上學期經已將入大學定為目標，深知讀書的重要性，這讓我慢慢努力重拾知識，於是我先著重於我較弱的科目——數學。在每天放學後，我會溫習兩個小時的數學，以及不停重溫多式多樣的數學公式，把看似複雜的數學題型操練至滾瓜爛熟，漸漸地我看見成績有立竿見影的進步。由此可見，明確的學習目標有助帶來推動力，對學習抱有熱切的心能讓我們堅持讀書及看見進步。

其次，在面對壓力方面，當踏入中六生活開始，大家會漸漸感覺到DSE帶來的壓迫感，操練成千上萬的試卷，看著離開DSE的日子不斷倒數，讓自己開始被壓得喘不過氣來。面對壓力，我會聆聽喜愛的音樂，這不但能緩解心中的疲憊，亦能令溫書的時間過得比較輕鬆愉快；又或溫書兩小時後，吃點零食、看看影片，這都能令自己放鬆。懂得處理壓力，方能面對DSE這漫長的持久戰，只因「休息是為了走更遠的路」。

最後，希望大家可以擁有輕鬆的中六生活，進入自己理想的學府。我相信：寒窗苦讀數十載，方會迎來窗外梅花沁人心脾。



曾璐棋



大家好！我是Loki，現就讀浸會大學修讀社會科學系。相信文憑試對於不少同學來說都是一個噩夢，認為備試期間是一個漫長而又痛苦的過程。作為一個過來人，我希望我的學習經驗和曾遇到的問題，可讓你們在備試期間擁有較好的心態和溫習方法。

首先，文憑試將近，想必有不少同學為了提升成績和增加應試技巧而選擇報讀不同的補習名師課。但希望同學們報讀補習社前先衡量自己的課餘時間，千萬不要覺得身邊許多同學去了補習，就一窩蜂地去報不同的補習班，為的是不讓自己的成績被人遠遠拋離。要知道每個人的吸收能力和理解能力都是不一樣的，盲目的補習可能令你們減少了親身練習和操卷的時間。學習最主要的是上課後或補習後自己再次重新消化，所以希望各位報讀補習班時重質不重量，不要讓身邊的人影響了自己的學習步伐。

其次，我想分享我當時溫習的方法。我是一個比較心散的人，在溫習期間，即使是一隻小小的螞蟻也能引起我的注意。只溫了一小段時間便拿起了手機，一天的時間也悄然離去。如你與我一樣，你可以選擇找一個比較專心的同學與你在網上一同溫習，打開鏡頭，關上音頻，眼前只有他專心致志地溫習的模樣，此時想玩手機的心會蕩然無存，只想連忙拿起紙筆繼續做卷。你們可以嘗試使用這個方法來激起自己學習的心。

最後，希望各位師弟妹面對公開試可以全力以赴，試後就可享受悠長的假期！加油！





Tseung Kwan O Government Secondary School

將軍澳官立中學

Tel電話 : 2704 0051

Fax傳真 : 2704 0777

Address : 2 King Yin Lane, Tseung Kwan O

E-mail電郵 : info@tkogss.edu.hk

地址 : 將軍澳敬賢里二號

Website網址 : www.tkogss.edu.hk

List of Outstanding Students in the HKDSE 2022

Name		5**	5*	5	4	University Admitted to / Programme
6D CHAN Sze-ho	陳思濠	1	3	1	2	PolyU - BSc (Hons) Scheme in Medical Laboratory Science and Radiography - BSc (Hons) in Radiography
6D TSAI Yun-fung	蔡潤鋒	1	3	1	2	CUHK - Professional Accountancy
6D HO Man-ting	何敏婷	1	/	4	2	PolyU - BSc (Hons) Scheme in Medical Laboratory Science and Radiography - BSc (Hons) in Medical Laboratory Science
6D LAU Lok-yi	劉樂怡	/	3	2	1	HKU - Bachelor of Science in Bioinformatics
6D CHOI Siu-tung	蔡兆東	/	2	1	1	HKUST - Engineering
6D TSOI Chi-kai	蔡志楷	/	1	4	1	CUHK - Pharmacy
6D CHEUNG Hoi-wai	張凱惠	1	1	1	2	HKU - Bachelor of Science
6B LEUNG Hoi-ling	梁愷凌	/	2	1	2	CUHK - Integrated Bachelor of Business Administration Programme
6B LI Tung-yung	李東融	/	1	2	2	HKU - Bachelor of Social Sciences
6D CHENG HE Erika Isabel	鄭曉欣	/	1	2	2	HKU - Bachelor of Psychology
6C TSANG Lo-ki	曾璐棋	/	1	1	2	HKBU - Bachelor of Arts (Hons) / Bachelor of Social Sciences (Hons) (European Studies [French/German Stream] / Geography/ Global and China Studies/ Government and International Studies/ History/ Sociology)
6C SIT Tsz-yan Karen	薛紫欣	/	1	/	4	PolyU - BSc (Hons) Scheme in Building and Real Estate



*The awardees of PolyU Entry Scholarship Award must obtain at least one 5** in the HKDSE.

SHARING FROM FRESH GRADUATES 2022 畢業生的嘉言雋語

在黑暗無止的夜晚，街燈像患了病的一閃一閃，寥落深沉無明，心房受著無端的抑壓，讓人有說不出的鬱悶煩瑣；突然，一刻不經意的「丁寧」，挑動了心潮，讓人感到生命有了一絲的搏動。唐代詩人常建曾寫過「萬籟此都寂，但餘鐘聲」，認為鈴聲能予人生之力量，現代人語風鈴帶有祝福的寓意。同學們啊，一眾師兄師姐以過來人的身份，分享他們克服困難迎向成功的方法，細讀一下，或許你會尋找到風雨中的「叮嚀」。

Cheung Hoi Wai

I still remember when I was in Form 5, I was so worried about my DSE, due to the emergence of Covid-19. All of us needed to have Zoom lessons and I thought, 'Can I really do well in my DSE next year?' In fact, it's really hard to be motivated, but you just have to keep faith and you can get over it. As a 2022 DSEer, I would like to share with you how I prepared myself for the DSE.

Before starting to do different past papers, I recommend for you to identify your weaknesses. Then you need to start doing past papers which are sorted by topics and use a notebook to write down what you always get wrong. After finishing all of the above steps, you can start doing the DSE past papers which are sorted by year. Don't forget to jot down the question types or the topics that you got wrong. It really helps to avoid repeating the same mistakes.

In order to study effectively, a 'To-do' list is a must for all of you. Write down the things you need to do throughout the day and try to work to achieve them. It can ensure that you will not waste time and you can have a sense of achievement after doing this.

Also, don't compare yourself to others as this can stress you even more out. There are many apps designed to count the time you spend on studying, study accounts on social media and study chat groups on WhatsApp, etc. If the aforementioned will put a lot of pressure on you, please don't join nor click on them to track your record. Everyone has their own study plan. Some people may study 12 hours a day, while some people may study six hours a day. However, the most important thing is how many things you have learned. You must believe in yourself, don't be influenced by others.



Last but not least, I would like to share my favorite quote. "The only thing we have to fear is fear itself," said by Franklin D. Roosevelt. Just hang in there and everything will be alright! I wish all of you good grades in the upcoming DSE!



Wan Ka Lok

Most students who are studying in Hong Kong really care about their academic performance as they are going to face the terrifying HKDSE.

During the pandemic of COVID-19, I realized that the situation was aggravated a lot as the precautionary measures tremendously affected students' studies, no matter if they were primary or secondary school students.

Although 2022 DSEers are said to be the most affected candidates, when I was preparing for the DSE, I always got a feeling that challenges would certainly come one after another. So, I always told myself, 'Prepare for the worst and hope for the best.'

Under the new normalcy of Zoom and mixed mode learning, distraction, procrastination and laziness are the strongest enemies to your learning progress. Despite all that, you would still have to focus on your lessons and do the work. A good way of doing so is to look for a quiet space for you to do revision alone or with your study partners. Most importantly, mute your phone so that you won't be distracted by social media notifications and try to prepare for your lessons beforehand. Henceforth, it may be easier for you to catch up on all your subjects.

As mentioned above, study partners may be very helpful to you as they might help you in various academic subjects, and you might help them as well. First, you should set your goal as this could help you to find a couple of study mates to weather the storm. Having a clear goal could also give you a glimmer of hope when you are feeling hopeless in this 'war' of attrition. Always think about your goal, and it will be a booster shot in the arm for you to hold onto!



"Everything changes and nothing stands still." In this fast-changing society, you must try your very best to adapt to the changes. As the theory of natural selection stated, only those who can adapt to the changes can survive. May you finish your secondary education and pass the forthcoming DSE with flying colours!

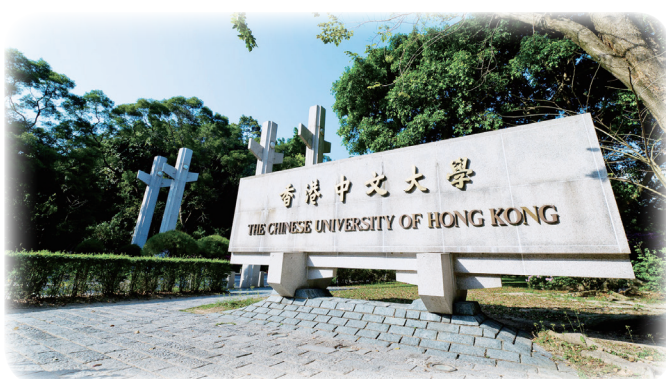


Most of us senior students, if not all, would feel worried about the DSE, and so was I. It can be attributed to several reasons, such as feeling dissatisfied with your current academic results, worrying that you cannot catch up with the curriculum, and most importantly, the DSE may decide your fate once and for all. However, as far as I am concerned, the DSE is a summary of your secondary school life rather than a beast to be defeated. As an English saying goes, 'Rome was not built in a day'. How you prepare for the DSE in your secondary school life is an all-important matter. Your time and effort will pay off. So, the very first advice for you would be "Do your best and prepare for the worst". It was a journey for me and it might be a great way for you to prepare for your public exam mentally.

Mindset apart, there are various aspects that have a huge significance when preparing for the DSE. To commence with, you should pay attention to your time management. Sometimes you may squander a great deal of time on electronic gadgets, having no time to spare for studying. As it is also crucial to take a break if you have worked for a long time. Try the '30-minute method' as it might be a practical idea to deal with it, either XX:00s or XX:30s could be a reminder for you. It is important for you not to procrastinate. You should eventually find the most suitable and comfortable way to spend your time.

A number of study strategies have a profound impact on your journey to succeed in the DSE. For one thing, you should turn to your teachers when facing any difficulties. They are kind-hearted and experienced; our teachers will always lend you a helping hand. What's more, the DSE is a public exam, it would always be instrumental for you to know more about your opponents. For instance, you could have a better understanding of candidates from other schools by joining tutorial classes, thereby estimating your level more accurately. Also, more resources would be available for you, such as past papers, mock papers, exercises, to name but a few. Indisputably, they would be beneficial to you.

The HKDSE is like a milestone in your life. It embarks upon a new passage. It is important to feel no regrets. "Leave no stone unturned," would be a great idiom for those who wish to thrive and fly. I wish all the best for you.



Tsoi Chi Kai



Revisiting knowledge that had been taught years ago; endlessly drilling through piles of past papers; attending tutorial classes which were tightly packed, these are daily routines that all of the DSE warriors had gone through. As a 2022 DSEer, I experienced all of these scenarios. I understand how it feels when we are bombarded by tremendous stress and anxiety. Now, I would like to share two insights to handle issues related to the DSE.

First, some of you may feel frustrated and guilty while resting, while others are working at the same time - imagine that. Let's try to think in another way. When you are studying notes and doing past papers, others are having a rest. So, in fact, it is totally fine to take a short break after an intense revision. We are neither robots nor AIs and it is impossible for humans to remain highly focused for a long period of time. Some researchers even concluded that efficiency and our concentration will drop gradually during studying. Therefore, you don't have to worry about it just focus on yourself and your mental and physical well-being.



Apart from mental issues, it is also important for us to keep healthy. Our health is the sharpest weapon to tackle difficulties. A healthy body allows people to strive for their best in the long term. In contrast, without it, you can do nothing even when you have devised a detailed study plan. I know for a fact that not many of you would be eager to allocate time to do exercise. You may try to eat more vegetables instead and fruits and other healthy foods. Also, drinking more water can refresh your brain and allow you to study longer. Does it sound great? Go and grab a bottle of water now!

Darwin said, "Only the fittest could survive." Only by striking a work-life balance can you be the fittest person to survive the battle against the DSE. I hope that you can enjoy the journey and yield what you want from it.

Ho Man Ting



Hi, I am Ryan! I am now studying for my Bachelor of Arts at the University of Hong Kong.

The pandemic has now been around for almost 3 years in Hong Kong. I would say that the pandemic totally destroyed my school life from Form 4 to Form 6. The pandemic also brought a lot of worries to me. In Form 4, as we had a lot of Zoom lessons which meant we had a lot of free time as well. I did not really plan my time well in both Form 4 and Form 5. I spent most of my time playing video games, watching YouTube clips, and other fun things. I would say that I was totally lost during that period. Luckily, after returning to face-to-face lessons, our teachers at TKOGSS and also my classmates helped me a lot to get on track with my studies.

Pursuing academic excellence should be your priority now if you are a senior form student. If you are still spending most of your time on recreational activities, I hope that you can try to make more efforts into preparing for the upcoming DSE. You could simply make a timetable for yourself or a to-do list. I believe that if you can develop a habit of doing regular revision, you can certainly achieve a bright result in the DSE. I know that it is difficult to learn under the pandemic circumstances and restrictions. However, try to find your friends to study together.



As for Form 6 students, bear in mind that you do not have lots of time left before sitting for the DSE. Make good use of your time! If you do have any questions, just go and ask the teachers concerned and your fellow classmates. They can surely help you to solve your problems. As an English saying goes, "We should go the extra mile." You should spare no effort and put your mind and soul into revision. Also, bear in mind that you should not only focus on revising the content of each subject, but try to practice more by doing past papers.

Last but not least, although doing revision should be your first priority, you should also aim for a work-life balance. Otherwise, the overwhelming pressure will suffocate you and your efficiency of effective learning will drop. You should try to hang out with your friends or just simply scroll on your social media to relax yourself when you feel extremely tired or get some fresh air and do some exercise!

The DSE is only a small phase in your whole life. Just try your best to get a good result. Even if you fail to get a good result, do not give up and keep learning in the future.

Tsang Wa Fung



李東融

大家好，我是Tiffany！現在就讀香港大學社會科學學系。

DSE對我而言，就是令我學習到如何承受壓力和堅持的重要性。我自知並不聰明，而且對未來十分迷惘，但我知道大學對於我來說是一個可以讓我更加容易探索自我和自我增長的地方，所以我有個清楚的目標是考入大學。我明白每個人的志向並不相同，所以高中的我懷着讀書便可以擁有更多選擇的機會而努力。

於是，我便開始計劃我要在DSE得到幾多分數。然後，我便訂定一週計劃的學習內容，務求清楚自己每天需要完成的工作並堅持下去。而且為讀得深入，我每天最多只會溫習三科。同時，我建議重質不重量，例如我原定每天溫習最多7小時，但如果進度理想，完成了所有當日的溫習內容便停下來休息。不過，當然重質又重量最好。

如果你是個不專注的人，我建議關掉電話並待在自修室。而當時我的娛樂時間只在午餐和晚餐的時段，所以不容易分心。當時更因為受疫情影響，我會約讀書專注的朋友網上facetime一同溫書。

備試最重要的我認為是心態。在DSE期間，當我讀書感到乏味而不能堅持時，我會放幾天假；當我眼睏時，我會即時讓自己睡15到30分鐘或早睡早起，我認為這令我之後會更投入學習。同時，適當的娛樂亦很重要，即使在study leave期間我也會「煲」劇，令精神放鬆。當然，要學會控制娛樂的時間！

如上所述，我是一個靠後天努力的人，當時我認為自己定下的目標分數簡直是異想天開的數字，但當我每天按部就班、默念一定會成功地努力，最後便達成了目標。

所以，我認為最重要明白自己想要的是甚麼並坐言起行就可以了。各位師弟師妹，加油！！



大家好！我是Billy，就讀香港中文大學專業會計系。相信各位在應對文憑試時定必感到徬徨無助。自己回想高中三年，受社會運動及疫情影響，實體課的時間少之又少，文憑試成為一場孤軍作戰的戰爭，尤其明白各位的感受。以下我將會為大家分享四個應試錦囊，希望令大家有所得着。

首先為「改善自身不足」。相信各位收到試卷時，最在意的必定是分數吧！但其實在試題上犯過的錯誤，正顯露你對該課題的不足。所以下一次收到試卷時，與其只是斟酌於封面上的分數欄，倒不如打開試卷，細心留意每題失分點，再記錄在錯題簿上，加以修正，讓它成為你下一次的得分點。

其次為「善用學校資源」。學校提供了充足的資源供同學使用，例如按課題分類的歷屆試題、操練試題網站等，同學可以加以利用，勤加練習，從中找出出題規律及概念。若有不明白的地方時，應該立即向師長請教，避免誤解概念，導致失分！

再者為「掌握自身節奏」。當你打開社交平台時，看見其他考生埋頭苦幹，溫習十多小時、完成多年試卷，再反覆背誦一疊厚厚的生字表時，定必怪責自己懶惰，而想加緊追趕他們的步伐。但其實每位同學的學習進度不一，走馬看花亦未必是好事一樁。因此只需要跟從自己的學習步伐，牢牢記住每一個概念/生字，在不同的試題上加以運用，便十分足夠了。

最後為「保持好心情」。文憑試是一場持久的戰爭，若果只持續專注學業，或會感到疲憊不堪，甚至萌生放棄念頭。所以，當感到需要休息的時候，就給自己充足的休息吧！或小睡片刻、或觀賞一節綜藝/戲劇、或玩一場手機遊戲，只要適當休息，並無不可。

當放榜接過滿佈「星星」的成績通知書時，就是高中付出的努力的最大回報，大學見！



Hi, I am Yoyo! I am now studying for my Bachelor of Science at the Hong Kong University of Science and Technology

Without a doubt, these years are the toughest years for DSEers. Due to the pandemic, students had their face-to-face classes replaced by Zoom lessons, or even reduced lesson time. They had to learn everything in a hurry. A lot of self-discipline was needed to keep their studies on track. Being disciplined is easier said than done. Frankly speaking, I'm not a very hardworking person and I often experienced a lack of motivation. I felt worthless and discouraged when I wasn't making any progress. Fortunately, I overcame the hard times and got a satisfactory result. As a 2022 DSEer, I'm happy to share some DSE preparation skills with you to study effectively.

While your willpower can be exhausted easily, an elaborated study plan will help you stay motivated. Before studying, you should get away from any external temptation. Firstly, delete all unnecessary apps on your phone. Study at a quiet place without distractions, like a self study room in a library or at school. Then, it comes to the key point on how to make a feasible schedule.

If you are already in a good habit of studying -that's fantastic! But what if you aren't? Setting up a goal of studying for 10 hours a day is impossible and impractical, because you won't carry on after the first day. All things



are difficult before they get easy. At the beginning, you should divide big and difficult tasks into small and easy tasks. Let's say one hour is your limit, then your goal is

to study for one hour per day. Don't force yourself to study more than that. Make a record of your daily work to see your progress and reward yourself if you have met your goal.

Once you get into a good study habit, self-control isn't strenuous anymore. You can even set up higher goals and more study time. Just keep in mind, rest is more important than you think. Try to install and use a pomodoro timer app. It will tell you when to rest and prepare yourself for a longer journey ahead. For me, I like meditating on the waterfront park, it's a tranquil place to relax.

Having a good study partner also gives you motivation. My friend gave me a lot of support and we learnt from each other. "The sky is the limit." You can achieve anything if you really want to. I hope my advice helps and I wish all of you can achieve your dream careers.



Law Suet Yiu

大家好！我是唐嘉琪，現就讀於香港大學文學院。不知不覺之間，2022DSE 已經結束了4個月。回想起那段準備考試的時間，心裡仍百感交集。整個高中，幾乎有三分之二的時間因疫情被網課佔據，甚至連最後幾個月的時間，都因第五波疫情停課被迫在家溫習。我相信各位師弟妹對以上種種亦有共鳴，但是公開試是一場殘酷的遊戲，無論如何，它都不會因為疫情而對大家手下留情。只有裝備自己，才能在這場決定未來的考試中脫穎而出。

初中時，我的成績不算優秀，甚至可以說屬於下等。我的平均分曾經一度不及格，學習成為了我的一大煩惱。從高中開始，我學會訂定每日學習目標，訂下每天要完成的功課及溫習的內容。在訂定目標時，要勞逸結合，切忌不要訂下過於苛刻、難以實現的目標。這樣反而只會陷入無法完成而產生的自我焦慮，對提升學習能力而言毫無幫助。公開試中，實戰經驗亦十分重要。公開試之前，盡量要將歷屆的試卷完成，並要像置身於試場一樣，認真計時完成。做完卷後，要進行反思，並紀錄下來供日後重溫。關於壓力管理，我亦有一些分享。距離文憑試開考的一個月時，或許是學習壓力太大，我產生了厭學情緒。溫習時，我無法長時間專注，容易分心，並感到不耐煩，這大大降低了我的學習效率。因此，在溫習時，不應過於進取，要適當安排放鬆的時間，否則只會適得其反。

文末向各位分享我很喜歡的一句說話：勤能補拙是良訓，一分辛苦一分才。我從小並不是什麼聰明的人，雖然成績不算出類拔萃，但仍然能夠升讀大學—這是我從未奢想過的高度。相信各位尤其是非精英班的同學亦曾經懷疑過自己，甚至不相信自己的能力。但只要抹走過去，努力現在，放眼看看未來，用勤奮的汗水彌補能力上的不足，終究能夠有所進步。最後，祝願各位師弟妹能夠在未來的公開試旗開得勝，考上自己心儀的院校。



唐嘉琪

