



陳婉兒

大家好，我是陳婉兒，現就讀於香港理工大學醫療化驗科學系。

距離應戰文憑試日子越來越近，相信不少同學都被焦慮的情緒籠罩着。在備戰文憑試期間，如果你陷入以下的狀態，該如何應付呢……

若類似的題目、同一份舊試題做了幾次，分數仍停滯不前，因而感到力不從心，可以嘗試轉變操卷的流程。當我們收到改完的舊試題，只會著眼於分數和其相應的等級，潦潦寫下正確答案後便把它放在一旁，從而忽視那些不熟悉、錯誤的概念，它們也隨之累積得越來越多。故操卷最重要的往往不是做卷的過程，而是「發現錯誤、改正錯誤」的過程。若能整理一本錯題簿，分析答錯的原因，例如不熟悉某個課題、忽略題目關鍵字、寫漏考評局要求的關鍵字等。做卷前再複習幾次，便能避免重蹈覆轍，成績或能得到提升。

若你因看見身邊的人比你「努力」，開始焦慮是否自己投放在學習的時間不夠多，可以嘗試改變自己的心態，溫習時長絕非影響成績的惟一指標，其他亦包括溫習策略、效率、應考狀態等。即使是同樣的任務，有的人或需要更長的時間完成，有的則只需較短的時間。而且每個人有不同的升學目標、志向，所以最重要的是根據自身目標和能力調節出最適合自己的溫習時間表，同時加入適量的放鬆時間。或許你會擔心休息會拖慢溫習進度、打斷專注力；但是，適時抽離高壓的狀態有助減壓並提升往後的溫習效率，使自己能以較輕鬆的心態應試，以發揮最佳的臨場表現。

最後，文憑試是入大學的門檻，但並非反映你們的潛力和價值的唯一指標。希望大家在向各自目標前進的過程中有所得着，搏盡無悔，順利入讀自己心儀的大學和學系！



連澤禮

我是連澤禮，現就讀香港科技大學土木工程系。回顧中四至中六，那段備戰DSE的日子，既迷惘又充實。

中四時，我對考大學只有模糊的嚮往，卻不懂如何溫習。一次物理測驗僅得四十分，讓我驚覺「努力不等於成效」。我開始向同學請教，學會整理錯題、規劃每週進度，慢慢找回節奏。中五壓力驟升，M2和化學的難度讓我喘不過氣，加上與人比較，焦慮失眠，物理更跌至歷來最低。那次挫敗反而成了轉機——我明白DSE是馬拉松，不是短跑。於是重新調整時間表，每溫習一小時便休息十分鐘，並與同學組成學習小組，互相講解難題，既鞏固知識，也彼此分擔壓力。在中六的學習假期，我專注操練歷屆試題，嚴格計時模擬，仔細對照評分標準，歸納出題規律。同時堅持規律作息，不再盲目死撐。最終DSE穩定發揮，如願入讀心儀學系。

這三年教會我最重要的事：適合自己的方法勝過盲目努力；每一次失敗都是修正的機會，而非定義你的標籤；照顧好身心，才能走完這場馬拉松。文憑試是重要，但不會定義你的一生。願學弟學妹們找到自己的節奏，穩步前行，搏盡無悔。我在科大，等大家的好消息。



馮雋禮

大家好，我係Cedric，現就讀香港中文大學電子工程學系。

回望過去備考DSE的過程，努力過，付出過，有笑聲，也有淚水，最終也如願以償。相信大家現在對DSE都會感到憂慮和緊張，畢竟從一路進中學便時刻被提醒着要為DSE作準備，仿佛只要一失足便成千古恨，一試定生死。但其實事實並非如此，正所謂「條條大路通羅馬」，DSE只是其中的一關，即使失手了依舊有不同的方法攀上去，只要你想着「天無絕人之路」。

在準備DSE期間，我建議大家能多運用AI工具，不但可以全天候24小時無限問答，還可以叫它訂立不同的小目標和時間表，更能事半功倍。除此之外，不要盲目去做歷屆試題，要深入理解考評局的評分標準和答題框架，才能掌握到DSE的評分標準。

最後，面對如排山倒海般的壓力，大家一定要有足夠的休息，別把自己逼得太緊，要記得「休息是為了走更遠的路」，希望大家能夠迎難而上，發揮出自己最好的表現，考取佳績直入A1！



張汶健

大家好，我是張汶健，現就讀於香港科技大學理學系。備戰DSE期間，我曾連續數小時不休息操卷，結果記憶混亂、焦慮加劇。後來我訂立每日溫習目標，完成後讓自己放鬆一下，效率反而提升；同時查閱心儀學科的計分比重，集中強化弱項，逐步建立信心，不再死記硬背。

記得我考英文說話卷當天，西貢發生交通意外，大幅增加了前往考場的時間，幸好預留了足夠的時間，經另一條路，最後有驚無險地準時到達考場，計劃趕不上變化，大家記得要做足準備、靈活變通。

考完英文說話卷時，自覺表現欠佳，心情低落，但翌日我選擇去打籃球，讓緊繃的神經徹底放鬆，預備考筆試。最終我的英文科成績竟超出預期，證明放鬆心情的重要。當然，充足睡眠與規律運動也是維持狀態的關鍵。

文憑試不過是人生中的一站，絕非終點，成績高低從不等於你的價值，更該拿分數與他人比較。每個人都有自己的節奏與路向，當下全力以赴便已無愧於心；即使失手，也請相信前路仍有無數可能。願各位以平常心應考，沉着冷靜，最終直入A1，展開屬於自己的精彩篇章！加油！



施怡鋒

大家好，我是施怡鋒，現就讀香港理工大學應用社會科學系。

對於即將到來的文憑試，相信大家心中或多或少都會焦慮。我亦與大家相同，在幾個月前因為文憑試而感到頭痛，身為過來人，我也有些經驗分享。

首先，我認為面對文憑試最重要的是需要保持一個有規律的作息。在開考前的一個月應該開始早起，跟從正式考試的時間，令身體能提前適應環境。這樣能夠在早上保持頭腦清醒，迅速適應考試；切勿養成日上三竿才起床的壞習慣。除此之外，吃早餐也是非常重要的，若平時習慣空腹，也可以開始慢慢改變這個習慣，以免出現低血糖的情況。考前保持清淡飲食，也能避免受到意外因素影響。

其次，關於學習策略。若大家有留意大學的分數加成，會發現某些大學更鍾情於偏科但拔尖的學生，多於表現均衡的學生。因此，我鼓勵大家，若有一兩個科目成績比較突出，可以多花些時間於這些科目上面衝刺。當然亦不能過於偏頗，令其他科目出現「跛腳」的情況，而影響入學的機會。

除此之外，制訂溫習時間表也很重要。應屆考生切勿拖到學習假期才開始進行複習，這會讓你付出沉痛的代價。有時候大家或會因校內預測成績而感到恐懼、失望，害怕自己無法取得理想成績。不過，或許這亦能為大家提供動力。最好的學習方式，我認為也是操卷，特別是對於一些文科科目，比起單純背誦，重複操練更容易記得，從而建立長期記憶。

最後，文憑試只是中學階段的一個岔路口，即使一時失利也會有其他不同的選擇，所以同學應做好多重升學計畫。願大家搏盡無悔，祝未來一切順利！



莫孜語

大家好，我是莫孜語，現就讀於香港浸會大學理學系。

回望備戰文憑試那段日子，日日面對堆積如山的筆記與歷屆試題，難免會質疑自己是否準備充足，也會因此感到緊張。不過我相信只要有行動，終能達成自己的目標。

備試期間，我習慣為自己訂立每日複習清單，不求時數長，只要有足夠的複習便可以了，這樣也不會給自己太大的壓力。完成目標後，獎勵自己聽歌或休息片刻，讓大腦放鬆。與其盲目跟從別人的溫習節奏，不如坦誠面對自己的強弱項，集中精力補底拔尖。

壓力大的時候，提醒自己：DSE只是人生其中一個驛站，而非終點。分數不能定義你的價值，亦不能否定你一路走來的努力。各位在衝刺之餘，不要忘記照顧好自己的身心健康。祝大家都發揮出最好的水準，無愧於心，順利向屬於自己的未來邁進！加油！



郭雅怡

大家好，我是郭雅怡，現在就讀於香港大學城市研究學系。

回望中六備戰文憑試的日子，大多數時候埋首於舊試題和模擬試卷之中，偶爾也會倍感迷茫、壓力沉重。但如今回看，那些與同學們并肩堅持、互相打氣的日子，反倒成了最令人懷念的回憶。

備考期間，溫習地理科時我會整理選擇題錯題簿，寫清楚每個選項背後的「伏位」，於考前翻閱，可避開不少常見的失分點；數學科方面，我會反覆操練歷屆試題，務求對各類題型瞭如指掌。另外，學習假期期間我格外喜歡回校溫習。校園內學習氛圍濃厚，大家亦可與「學習搭子」一起備戰，遇到不懂的內容亦可結伴去找老師答疑解惑。不過，學習方法因人而異，及早制定好自己的溫習計劃方為重中之重。

備考途中感到焦慮、遭遇挫折，都是再正常不過的事，不必因為一兩次成績不理想就否定自己。希望大家可以相信自己、堅持到底。盡力而為就不會有遺憾！祝各位考試順利、得償所願！



董芷滄

大家好，我是Katherine，現就讀於香港科技大學理學系。

回望備戰DSE的過程，自己一直於焦慮、迷茫中徘徊。望著做不完的歷屆試題、落後於人的溫習時數，難免會洩氣。大家可能也會經歷同樣的心情，但比來比去，最大的對手其實還是自己，能否拋棄過去的拖延症和懶惰，跟隨自身的溫習節奏，盡最大努力看看自己能站到多高，才是最大的考驗。

同時，別讓自己被沈重的壓力壓垮，適時休息和玩樂，與朋友相互支持和陪伴，也是推動我們繼續前進的燃料。

願大家都化焦慮為動力，在這場與自己的搏弈中，大獲全勝，撥雲見日，DSE加油！



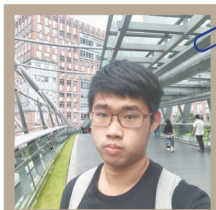
林嘉康

大家好，我是林嘉康，現就讀香港理工大學食品及營養科學系。

說起DSE，不知道你們第一時間會想到甚麼呢？是無窮無盡的操卷地獄？是源源不絕的壓力和焦慮？還是一場「只許成功，不許失敗」的生死考驗？

相信你們為了入讀心儀的大學科系，一直埋頭苦幹地溫習、做歷屆試題。學業固然重要，但生理和心理健康亦不容忽視。除了溫習，不妨抽空去做運動，或做自己喜歡的事去解壓。畢竟健康，才是人生最大的本錢啊！

其實DSE只是我們人生中的其中一塊路腳石，令未來的路變得清晰和完整。但願學弟學妹們都能找到屬於自己的康莊大道，在未來的舞台發光發亮。



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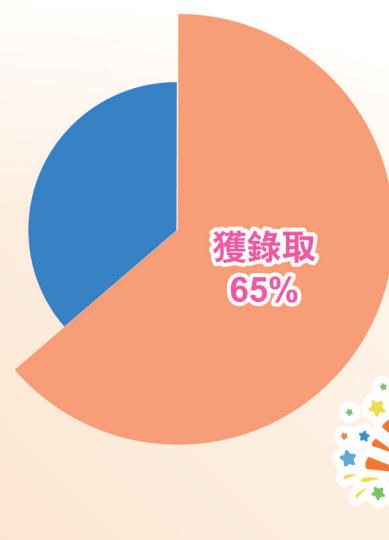
畢業生特刊 2026

List of Outstanding Students in the HKDSE 2026

Name	5**	5*	5	4	University Admitted to / Programme
MOK H.H.	2	2	/	1	HKU - Bachelor of Science in Actuarial Science
FOK H.C.	1	2	1	2	HKU - Bachelor of Business Administration in Accounting and Finance / Bachelor of Business Administration in Accounting Data Analytics
CHENG S.W.	1	2	1	1	HKU - Bachelor of Science in Actuarial Science
CHAN K.H.	1	1	2	1	HKU - Bachelor of Arts in Urban Studies
WONG C.Y.	1	/	4	1	PolyU - BSc (Hons) in Speech Therapy
WU H.K.	1	/	1	3	CUHK - Journalism and Communication
YUNG Y.C.	1	/	1	3	CUHK - Geography and Resource Management
SZE Y.F.	1	/	1	1	PolyU - BA (Hons) Scheme in Applied Social Sciences (Social Work / Social Policy and Social Entrepreneurship)
LEONG M.Y.	/	4	/	2	HKU - Bachelor of Science in Surveying
KWOK N.Y.	/	3	/	2	HKU - Bachelor of Arts in Urban Studies
LAU Y.W.	/	2	2	1	CUHK - Science
NG W.S.	/	1	3	1	HKUST - Science (Group A)
HO S.H.	/	1	2	3	PolyU - BEng (Hons) Scheme in Electrical Engineering (Electrical Engineering / Transportation Systems Engineering)
FU K.X.	/	1	2	2	CUHK - Mechanical and Automation Engineering
LAM K.H.	/	1	2	2	PolyU - BSc (Hons) Scheme in Food Science and Nutrition (Food Safety and Technology / Human Nutrition and Health)
CHEN Y.Y.	/	1	1	3	PolyU - BSc (Hons) in Medical Laboratory Science
CHEE T.Y.	/	1	1	2	CityUHK - BBA Marketing (Streams: Global Marketing / Marketing Analytics)
FUNG Y.Y. * Winner of the AS Watson Group 185 th Anniversary Hong Kong Outstanding Student Sports Awards	/	1	/	1	PolyU - BSc (Hons) Scheme in Hotel and Tourism Management (Hotel Management / Smart Tourism and Hospitality / Event and Experience Management)
FUNG C.L.	/	/	5	1	CUHK - Electronic Engineering
LEUNG H.K.	/	/	5	/	HKUST - BSc in Biotechnology and Business
CHAN C.K.	/	/	4	2	HKUST - BBA in Information Systems
LIN C.L.	/	/	4	1	HKUST - Department of Civil and Environmental Engineering
CHENG P.Y.	/	/	3	2	CityUHK - Electrical Engineering (Majors: BEng Computer and Data Engineering / BEng Electronic and Electrical Engineering / BEng Information Engineering / BEng Microelectronics Engineering)
CHEUNG M.K.	/	/	3	2	HKUST - Science (Group B)
LEE Y.C.	/	/	3	2	PolyU - BSc (Hons) in Physics with a Secondary Major in Artificial Intelligence & Data Analytics (AIDA) / Innovation and Entrepreneurship (IE)
TUNG T.Y.	/	/	2	4	HKUST - Science (Group B)
LEE C.K.	/	/	2	4	PolyU - BSc (Hons) in Nursing
LIN P.Y.	/	/	2	2	CityUHK - Electrical Engineering (Majors: BEng Computer and Data Engineering / BEng Electronic and Electrical Engineering / BEng Information Engineering / BEng Microelectronics Engineering)
CHENG T.Y.	/	/	2	1	CityUHK - Electrical Engineering (Majors: BEng Computer and Data Engineering / BEng Electronic and Electrical Engineering / BEng Information Engineering / BEng Microelectronics Engineering)
KEUNG C.N.	/	/	2	1	HKBU - Bachelor of Arts (Hons) in Business Administration (Global Entertainment)
MOK T.Y.	/	/	1	4	HKBU - Bachelor of Science (Hons)



獲得大學學位錄取



SHARING FROM FRESH GRADUATES 2026

畢業生的嘉言雋語

準備文憑試的過程，與其說是盲目死記硬背，不如說是一場講究策略的旅程。其實，通往成功的道路本來就有很多條，最重要的是找到適合自己性格與學習習慣的方法，這樣溫習起來才能事半功倍。

為了解大家打氣，學校特別邀請了多位優秀的畢業生，分享他們寶貴的備考心得與學習策略。學長學姐們也曾和大家一樣，經歷過考前的緊張與壓力，但他們最終都迎難而上，取得了優異的成績。如今，他們大方公開了自己的溫習秘訣、主動回憶學習技巧以及調整心態的方法。這些經驗非常實用，大家不妨細心閱讀，並嘗試融入日常學習中，找到最適合自己的節奏。

請相信，你們同樣具備創造佳績的潛力，而實現夢想的關鍵就在於踏實的行動。讓我們以優秀校友為榜樣，調整步伐、汲取智慧，在接下來的備考路上全力以赴，一起把夢想化為現實！



Mok Hang Hei

Hi! My name is Carson. I am currently studying for a Bachelor of Science in Actuarial Science at The University of Hong Kong.

I firmly believe that consistent effort and a clear sense of purpose carry students through the DSE. Many focus only on memorizing content, yet real progress comes from actively engaging with the material and seeking feedback. Don't hesitate to approach your teachers with questions or drafts - whether for essays, practice papers, or unclear concepts. Their advice highlights weaknesses you might miss, and working through them week by week builds both skill and confidence.

Equally important is a sustainable rhythm. Endless hours with textbooks often lead to burnout. Include rest, light exercise, and genuine leisure in your routine. A balanced schedule keeps you sharp and resilient. Remember, the DSE is only one chapter; the habits of discipline and self-care you form now will last far beyond results day.

Finally, leave no regrets. Put in the work your future self will thank you for. When motivation fades, reconnect with why the subjects matter - or explore beyond the syllabus through extra reading or personal projects. Effort driven by interest turns preparation into something purposeful. Face the exam with determination, look after yourself, and trust that steady progress will take you forward.



Leung Ho Kwan

Hello everyone! I'm Hugo, currently majoring in Biotechnology and Business at HKUST.

I truly understand how stressful and grueling the road to the DSE is for you, as I've experienced it before. So, I hope I can offer you some useful tips.

Speaking of achieving decent results in the DSE, I firmly believe that it doesn't merely depend on how many papers you've done, how many tutorial classes you've attended, or how many hours you've studied per day - rather, it's your mentality that distinguishes you from the rest.

Now you may ask, what do I mean by mentality? For me, it's the way you mentally approach the DSE. Try not to treat it as a life-or-death verdict, but as a challenge you can grow from. Each mistake on a paper is an important fertilizer that catalyses your growth. Every tough question is an opportunity to stretch your thinking, not a wall.

More importantly, please remember that you'll never walk alone. When the stress starts to pile up, don't bottle it up inside. Go for a run, take a quick nap, or just hang out with a friend and have a casual chat. Trust me, you will be surprised by how much lighter you feel after a 15-minute break or a good laugh with someone who truly gets what you're going through. Sometimes, the best revision isn't flipping through notes—it's giving your mind the space to breathe.

The DSE is just one chapter. Write it well, then turn the page with pride. Good luck!



霍衍彰

大家好，我是霍衍彰，現就讀香港大學工商管理學士（會計與財務）。

DSE可說是各位同學目前人生中最擔心、最擔心的事，作為過來人，我明白各位準備DSE的日子可以說是充滿壓力及不安的，但不妨嘗試珍惜當下，珍惜與朋友、同學共同「作戰」的日子。

在DSE這場長跑賽中，找到自己步伐、保持心態是至關重要的，比起一味操卷、溫習，適當的放鬆反而有助提升學習效率，不必追隨別人的步伐、也不要因為一時失利而自怨自艾，唯有接受自己的問題所在，改善問題，方為良策。

讀書壓力大時，亦不妨向身旁學友傾訴，相互鼓勵，在這備戰的過程，找到同行的人，互相請教，與朋友走過中學的最後一章，往往能夠為自己帶來學習的動力及理由。

最後，祝願各位在公開試取得佳績，亦能在回憶中學生涯時，不帶任何遺憾。



Yung Yat Chim

Hello! My name is James. I am currently studying Geography and Resource Management at the Chinese University of Hong Kong. Today, I'm excited to share with you my journey regarding the HKDSE.

Indeed, preparing for the DSE was a once-in-a-lifetime experience - spending numerous hours mastering not only my question-answering skills, but also my data interpretation skills. Having worked through huge piles of past papers, I firmly believe that the combination of determination and endurance is the crucial part of achieving success in the examination, as well as in one's academic life.

Take me as an example: I spent countless hours doing Geography past papers during recess time and study leave. By jotting down important notes and correcting my mistakes right after finishing past papers, I felt like I was getting a bit closer to achieving Level 5** in Geography. Most Geography students have a fear of writing essays, not only because they don't know what to include, but also because they frequently receive low scores. Who would have the motivation to write more essays when they keep receiving low scores? Here's a tip for you: learn from others' work by comparison. Spot what points you've missed and jot them down in your notebook. Moreover, your teachers are always there for you. Got questions? Ask away, and they will make sure you get all the answers you need. They won't ignore you and walk away.

Last but not least, never underestimate yourself. With your endurance and determination, you might harvest unexpected results. Don't forget to create unforgettable memories with your friends during your final year in school. I wish you all good luck in the DSE!



Cheng Tim Yau

Hello, my name is Timmy, and I am currently studying for a Bachelor of Science in Electrical Engineering at City University of Hong Kong.

The DSE is a challenging examination that can be intimidating. I would like to share my experience to help you prepare and manage your anxiety.

Firstly, it is important to remember that the DSE is only one of many milestones in your life. Your life is not solely determined by this exam.

Here are some tips that may be helpful:

- When doing past papers for other subjects, you should treat them just like Mathematics past papers. After completing a question, review the answer. If you get it wrong, note the question and proceed to the next. After completing all the questions, revisit those you found challenging and practise them until you get them right.
- For elective subjects, complete all by-topic past papers before beginning by-year past papers. This will help you memorise key concepts.
- Prioritise your health by ensuring you get sufficient sleep, maintain a healthy lifestyle, and engage in physical activity for relaxation.

Finally, believe in yourself. As the Mother Abbess said, "When God closes a door, He opens a window." Failure is merely a step towards success. Be confident and persevere.



黃靖怡

大家好，我是黃靖怡，現就讀理工大學言語治療學系。

在迷惘、焦慮、看不清盡頭的日子裡，最重要的，便是有清晰的規劃。

路上難免有人快有人慢，不要因比較而亂了陣腳。語文科需時磨練，一要重複性背誦文言、單詞，建議多用碎片時間；二要保持手感，多作文，可以按自己的需求，例如一天寫一段練英文、一天一份大綱練扣題，或者一個星期一篇完整的作文，再交予老師批改。

至於其他科目，除了多做試題外，錯題本也不可或缺。直視難題，不要逃避，不懂就請教師長，或者善用AI，錯了三次五次後，就能牢記了。

拿一本子，記下每天的待辦事項與學習任務，好好分配時間，切忌妄自菲薄，祝萬事順遂！



Keung Chi Ning

Hello, everyone. I am Ding Ding, and I am studying for a Bachelor of Arts (Hons) in Business Administration (Global Entertainment) at HKBU.

As a student with dyslexia, I faced a lot of challenges throughout my studies, especially in language subjects. Words in textbooks would jump lines. Therefore, many didn't expect me to achieve good grades. However, I didn't let my SEN define me, and neither should you.

It is important for you to find a way of learning that suits you. Given my condition, my learning method is certainly not about memorizing all the materials from tutorials. Instead, I use colours to break down major ideas into digestible bites and keep a personalized book of vocab and ideas. I first understood myself, then adjusted my studies. Everyone is built differently, and so should be your learning method.

Chilling out occasionally is not a virus that will poison your studies, but rather a vital part of achieving good grades. A peaceful mind receives information better. Studying ten hours in a row isn't always the best idea. So try to take breaks by doing something you enjoy. I personally am a writer and TV nerd. Moreover, this sort of enjoyment also helps you learn. Writing articles or stories spurs your creativity, critical thinking, and choice of words, while watching TV shows improves your listening skills and language fluency through the natural tendency to mimic the characters. Stress can destroy your studies, whereas joy can enhance your performance.

In this game called the DSE, everyone will have different struggles: SEN, self-doubt, and stress. Just remember, struggles are a blessing, helping us blossom to our fullest potential.



Leong Man Yiu

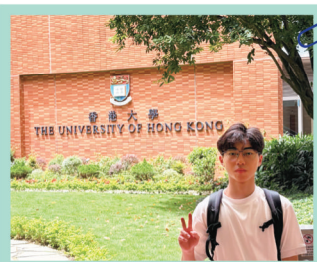
Hi everyone! My name is Matthew, and I'm currently pursuing a bachelor's degree in surveying at The University of Hong Kong.

I just finished the DSE and got into university. Looking back, the whole journey was really tough, but I want to share some of my experiences to encourage all of you.

When I was in S5 and S6, the pressure was huge. Every month, I had to complete so many past papers, tests, and mock exams. When the results came out and I saw those red marks, I felt completely defeated and wanted to give up. But I'm a big NBA fan, especially of LeBron James, the G.O.A.T. (Greatest of All Time). He has worked hard for more than 20 years and has never stopped improving. He failed again and again but still kept coming back. That "never give up" spirit really inspired me. Whenever I felt stressed or failed a practice paper, I just told myself that if even this guy can keep bouncing back after so many losses, then I have no excuse to quit studying.

My advice is simple. Don't be afraid of failure. In basketball, even the best players miss shots. In the DSE, you will also make mistakes in practice papers. Just learn from them and keep going. Make a clear study plan, take a rest when you need to, and believe in yourself.

The DSE is hard, but it is not the end of the world. Work hard, stay positive, and you will get through it. Keep fighting!



吳浩權

大家好，我是吳浩權，現就讀香港中文大學新聞與傳播系。

回望上年十一月份的自己，看著手中的預測分數只有20分，心中充滿無限焦慮，那時的我就像現在的你們一樣為自己的未來躊躇不安。不知看著「待做事項」上還沒做的歷屆試題、手中的筆停留在答卷的第一條橫線上不知從何下手的你，是否感覺自己的人生要完蛋了？但是，我希望你不要被一時的氣餒影響你的備考狀態。你並不需要盯著過去的成績否定自己的一切，因為考試的那個人是充滿無限可能的你。

至於如何應付整個DSE，其實只有一個字——穩，心態要穩，狀態要穩。你不需要因為一時的低分難過；亦不需要因別人的進步而焦慮。正如2018中文閱讀卷「跑道」一文，我們只需要按照自己的速度跑即可。其次，朋輩的陪伴其實也非常重要。我常常在一個人學習的時候感到沒有效率，我會在週末或放學的時候，約上同學一起學習，這樣會使整個溫習過程不再感到孤單，互相也能監督彼此學習。另外，我建議大家在study leave衝刺階段把近年試卷重做一次，幫助自己找到做卷子的手感。

最後，我希望在備戰的時候，大家也要有適當休息，也要在最後的幾個月裡面奮筆疾書、不負年華，相信更光明璀璨的未來正在前方向你們招手。祝願大家一切順利，得償所願！



符開鑫

大家好，我是符開鑫，現在在香港中文大學就讀機械與自動化工程。

在備戰文憑試的過程中，溫習與操練試題固然是核心環節，但適當的休息和合理的學習規劃同樣不可或缺。若能善用各種學習資源，並為自己訂立清晰的時間表，自然能提升效率，達到事半功倍的效果。

考試時緊張到腦筋空白是常見的狀況，與其狂翻筆記，不如告訴自己「已經盡力了」，考前早點休息，早上吃頓早餐再進考場。DSE難免讓人心慌，但別否定自己付出的時間，放輕鬆，當作一場終極模擬考就好。最後祝大家穩穩發揮，拿到理想分數，順利入讀心目中的科系！加油！



Chan Ka Hei

Hi everyone, I'm Hayden, an urban studies major at HKU. The DSE is a long road, but it's not as scary as it seems. Here are four tips from my experience:

First, don't worry too much. Instead of viewing the exam as a high-stakes gamble, focus your energy on practising past papers and reviewing the content.

Second, don't underestimate yourself. During study leave, I wasted time worrying despite having prepared thoroughly, but my results turned out great. The time and effort you've put in are real. Believe in your progress.

Third, avoid setting rigid grade targets. Aiming for a specific number like a 5 or 5** can create an artificial ceiling, leading to unnecessary pressure that backfires. Instead of getting obsessed with fixed aims, just focus on doing your absolute best without letting a number hold you back.

Finally, don't blindly copy someone else's study plan. Everyone learns differently, and rigid schedules or techniques that work for others may not suit you. Find what fits your personal learning style.

I hope all of you achieve fruitful results in your DSE and get into your dream A1 programme!



鄭世榮

大家好，我是鄭世榮，現就讀香港大學理學士精算學課程。

如今回想備戰DSE的日子，就像一場與自己對話的馬拉松。我的方法很務實——操練香港中學文憑考試歷屆試卷，在二手平台搜羅名校模擬試卷，以及出版社的額外練習，讓自己接觸更多題型，提升應變能力。

一個人溫習難免有懈怠的時候，所以我找了一位學習搭檔，互相監督溫習進度與過程。我們會互相檢查對方是否按計劃完成，也會交流不懂的概念，這種陪伴讓沉悶的溫習變得有動力。此外，我會用手機應用程式記錄每日溫習時數，並在書桌前貼上每日事項，每完成一項就打勾，那種逐步推進的感覺，令我踏實不少。

然而，讀書以外，放鬆心情同樣重要。中六時，我每個月會特意抽出一整天外出玩耍，徹底放空自己，遠離學習壓力；平日也會適當地玩遊戲，作為短暫的喘息。我深信，有規律地努力，有意識地休息，才能走得更遠。

應付文憑試沒有捷徑，但只要有適合自己的節奏、可靠的同伴，以及容許喘息的空間，便能穩步前行。願大家都能在努力過後，獲得屬於自己的成果。



李焯琪

大家好，我是李焯琪，現就讀於香港理工大學護理學系。

文憑試對同學來說是踏入成年獨自面對困境的第一道難關，大家必定感到焦慮和迷茫，在此我希望分享一些自己的學習心得，以緩解大家的擔憂。

相信大家肯定對「一份耕耘，一分收穫」耳熟能詳吧，但備戰文憑試不是盲目付出努力就能得到成果，而是要努力得「精」，找到適合自己的學習方法。比如操練歷屆試題，同學不應著重試卷的數量，最重要的是操卷後的反思，我建議同學不應只核對答案，而是要研究考評局的評分指引，找到當中的秘訣。而做完試卷後同學應把錯題整理成一本錯題簿並定時溫習，理清概念，才能避免自己再犯下相同的錯誤。

DSE除了是知識的考量，也考驗考生的臨場狀態，所以維持健康十分重要。努力溫習固然重要，但也要勞逸結合，我建議完成一套卷就定一個時間休息，可以做運動提神醒腦，亦可聽歌放鬆心情，短暫逃離高壓環境。我知道大家肯定會因操卷成績的高低起落而感到挫敗，但換個角度想，錯處很多，代表我們能重新學到很多新的知識點，進而知道如何令自己進步。因此我們應保持平穩的心態，不要過分焦慮和緊張，才能在文憑試上發揮自己最好的表現。

另外，我建議大家利用碎片時間溫習。以前的我坐車只會不斷滑手機，但高中發現只要有效利用車程的時間，便能完成許多溫習的小目標，例如單詞造句和聆聽英文電台節目，令溫習事半功倍。

最後，希望大家相信自己，搏盡無悔地溫習，不要放棄，在文憑試考得理想的成績，入讀心儀的大學，加油！



吳永深

大家好，我是吳永深，現就讀香港科技大學理學A組。

文憑試是各位同學第一個、也是最令人印象深刻的人生挑戰。除了一些大家耳熟能詳的技巧，學校提供的各種資源，如圖書館的試題副本和當年考生的試卷副本，都是能減省不少溫習時間的寶物。知己知彼，自然百戰不殆。認清自己的目標，合理制定計劃，也是有效應試的一大策略。

試前準備固然重要，但是我也認為需要有良好的心態，才能有效「打勝仗」。找到一個讓自己不斷努力、持續進步的目標，能夠讓不放棄的想法萌生。一個十分重要的心態是「認清局面」，把時間花費在能夠掌控的事上。假若你走在冤枉路上，換來的只是徒勞無功，何不善用時間呢？

最後，希望大家在文憑試能考到理想的成績、入讀心儀的大學。將官的師兄師姐，會在你們心儀的大學等著你！

