



新會商會中學

2020—2021 年度文集

薈萃

新會商會中學  
2020-2021年度文集

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《薈萃》封面設計比賽優異作品巡禮



5A 彭銘曦

《薈萃》封面設計比賽優異作品巡禮



5B 麥振輝



5A 藍祖慧



5B 李凱妍



5B 廖巧瑤



5B 劉好

# 序

2020年是一個不一樣的年頭，面對新冠病毒肆虐全球，改變了我們不少習慣，各人在生活、社交及學習上都面對著「新常態」！這個突如其來的疫症帶給我們很多功課，跟學校本年度的學年主題不謀而合。

首先，我們深深領會到人的有限！只是一粒細小的病毒，足以令不少人病倒、社交生活近乎停頓、全球經濟受到嚴重衝擊，科學家都要扭盡六壬才研發出疫苗對付，完全是我們不能預計的。這疫症讓我們明白到人要學懂謙卑，不斷去自我增值，擴闊視野，樂於學習新知識，才有信心去迎接未來不同的挑戰。

另一方面，要遏止疫情，各人必須各司其職，在衛生官員規劃防疫措施、醫護人員照顧病者和科學家研發疫苗的同時，我們必須要保持個人衛生、配合防疫措施及照顧好家人鄰舍，只有各人願意承擔起自身的責任，抗疫才能成功。

「擴闊新視野，學習樂承擔」是本年度《薈萃》的主題，同學們藉此透過文字分享他們的心路歷程，我盼望讀者能細味這文集中的每一篇文章，享受閱讀的樂趣，同時對「學習和承擔」有更深的體會。

陳慶冲副校長  
2021年1月

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## 從這個人身上，我看到「勇於承擔」的美德



生而為人，我們都有着該承擔的責任。

看着書桌上的相架，在一群老人中的我，與旁邊比我高大些少的男生手搭肩開心地笑着，那是一個難忘的經歷。

那一天我作為活動實習生，到了屯門老人院參加活動，我還依稀記得當時的情形。

當時，我一踏進老人院便嗅到一股讓人有些許討厭的味道，旁邊的一心告訴我這是「老人味」，這使我心中生出少許厭惡的感覺。可是礙於這次實習是關乎考試分數的學習計劃，我不得不拖着對老人院萬般厭惡的身子走進去。

走到大堂，便看到旁邊有好幾張又大又圓的桌子，有好幾位老人圍着桌子在聊天。當我們正在觀察環境的時候，有一位女士走了過來。「你們好，我是這裏的主任，今天我會陪伴你們的實習計劃，旁邊的這位是允行，他也會和你們一起，指導你們實習，你們有什麼不懂的也可以向我或者他請教。」這是我第一次見到允行，他長得高高大大，一身黝黑的皮膚，一雙盛氣凌人的單眼皮眼睛，看着就像是運動健將。這樣我百思不得其解為什麼這樣的人會出現在與他格格不入的老人院？

當時我也沒想太多就專注於實習了，正好我被分到允行的組裡。我們首先要做的就是從旁協助一位伯伯進行物理治療。雖說這是我們的實習，但我們這群新手卻無從入手，只好在旁邊看着允行的示範。只見允行細心地攙扶伯伯的手臂，慢慢地帶他走到欄杆前，過程中還不忘小心留意伯伯的腳是否有乏力的情況。「陳伯，我現在慢慢鬆開手，你試着扶着欄杆走到對面，如果實在不行就馬上告訴我，我會好好扶着你的。」旁邊的陳伯看着也很信任允行，臉上掛着似是在說「知道了」的笑容。只見陳伯每走一步，允行就跟着前進一步，這般小心翼翼的樣子讓我十分佩服他的認真。



過了一陣子，陳伯的物理治療就結束了，當允行打算把陳伯扶回房間時，只見陳伯說：「小行啊，你先去吃午飯吧，你扶我的時候我都聽見你的肚子咕咕叫了幾次了。」正當允行想要拒絕時，「行了不用拒絕了，你看我不是好好的嗎，我自己走回去就可以了」，允行正打算繼續說服陳伯時，「咕……」允行不好意思地把拒絕的話語吞回去。「好吧，謝謝你陳伯，有什麼需要記得叫我。」我們便打算到旁邊的茶水間休息了

走着走着，「啊！」突然一道悽慘的聲音在走廊裏迴響，正當我和一心驚愣時，只見允行丟下了他手上的麵包，他於下午五時才開始吃的午餐，像支箭地跑到了陳伯的房間前，我們也迫不及待地跑過去，只見陳伯躺在地上抱着膝頭痛得啊啊叫。允行見狀便馬上扶起陳伯帶他到床邊坐下，又小心翼翼地捲起陳伯的褲子為他輕輕按摩。

主任到來才得知原來是允行沒有把陳伯扶回房間就走了，這使主任雷霆大發，不斷嚴厲地指責允行；只見允行低下頭，把眉頭皺起，像是在責怪自己的疏忽。在旁的一心忍不住說了句：「主任，不是這樣的，是陳伯讓允行先走的，這只能說是意外，大家都不希望發生的。」「謝謝你一心，但這的確是我的疏忽，我不應該讓陳伯自己走回房間的，是我沒有盡到自己的職責，才會發生這次的意外。對不起主任，從今以後我會更加注意對院友的照顧，若是陳伯有什麼痛症留下來，我也會負責的。」

旁邊的我看得百思不得其解，正打算在旁勸主任兩句，可是映入眼簾的是允行堅毅的眼神，這才發現他肩膀的堅實，他的肩膀上承擔了照顧好院友的責任。最後我還是打消了為允行說話的主意，但允行那個堅毅的眼神卻深深地烙印進了我的心裏。

在他的身上，我學會了什麼叫承擔，且勇於認錯。也是他讓我學會我們生而為人便應承擔好因身份而得來的責任，從允行身上，我學會了什麼叫勇於承擔。

最後實習結束時，我們和一群和藹可親的老人拍照後便離開了。謝謝你，允行，以身作則地為我上了一課。

六穎 麥子朗

## 從這個人身上，我看到「勇於承擔」的美德



經過那件事之後，我明白了「勇於承擔」的重要性。昨天晚上我約了朋友一起到海邊釣魚。我們到了碼頭，風平浪靜的海面只聽見很小嘩啦嘩啦的海浪拍打聲，其他的聲音再也聽不見，前面一片漆黑天際沒有月光，唯獨隔壁小碼頭散發出了一點點光，那光線的亮度好像傳統的火油一樣，我們坐在海堤邊只看到離我們不遠海面上模糊的反射了碼頭的燈光。

魚鉤已經放下去了，就正在等著小魚大魚們上鉤了。內心充滿了期待，加上今晚那麼安靜，一定會釣到好魚。不久天空下起了小雨，小雨叮叮咚咚的打在海面上，安靜的海在碼頭傳來了一聲：「同事們麻煩快點搬，不要讓貨給雨淋濕了。」就因為這一聲引起了我對碼頭的注意，一眼望去碼頭上面有三四個人正在忙著搬一箱一箱的貨進去倉庫了。看著看著一個熟悉的背影、動作出現了在我眼前。

他一拐一拐的走著，瘦小的身子正在彎腰搬著東西。他的動作行為非常像我的父親，我的父親以前是一個富豪的私人司機，當時父親的收入是非常不錯的，家裡條件也挺好的，所以沒有幹過體力活。但是父親他就在五年前不小心出了車禍，把他右邊腳給撞斷了，家裡花光了所有儲蓄，和把房子賣了，才留住了父親的腳。但是富豪擔心父親的腳這樣確保不了行車時的安全，所以不讓父親繼續當他司機了，所以我們一家四口現在搬了劊房，父親重新找了一份文員的工作，我們一家人好像由高峰跌倒了低谷似的。他雖然像我父親，我看這個時候父親應該還在公司加班吧！加上當時距離太遠了和弱小的燈光，我也不敢確定是我的父親。

慢慢的雨愈下愈大，碼頭又傳來了一聲：「你們都快點搬啊，動作那麼慢！你這個癩子給我快點，還想不想來上班了，想上班就快點搬。」內心想：這個老闆真的不懂得尊重和體諒別人，別人身體都這樣了，還這樣稱呼他。當然他也沒有了理會別人在講什麼，繼續的工作去，可看瘦小的他力氣肯定比別人小，在遠處看他搬每一箱都用盡了全身的力氣。他搬到一半時停下來紮高了褲腳，原來他真的是我父

親，左腳上紋了一個很大的紋身。雖然看不清楚紋身的圖案，但是從顏色上我確定紋身的是我父親。確認那是父親後，我不停的問自己：「父親不是在公司加班嗎？怎麼會在這裡？」

當時內心的感受無法描述，拋下了手上的魚竿，拿著手上的雨傘跑過去小碼頭邊，大喊了一聲：「爸爸！」他放下手上的工作，一拐一拐的走了過來。全身濕透的他，頭髮上不停的有水珠滴在臉上，他冰冷並且濕透的手抓著我的手，對我說：「孩子，你怎麼來了？快回去吧，爸爸在工作。」我當時也不知道應該說什麼，只說了：「爸爸你把雨傘拿去吧，不要淋病了。」爸爸搖了搖頭說「爸爸工作間不可以拿雨傘的。不說了，等一下被領導罵了。」轉身一拐一拐的，身影一步一步慢慢的離我遠去。

最後我沒有回家，在碼頭門口等他。過了一個小時，爸爸終於出來了。他看見了我，微微一笑說：「傻孩子還沒有回去。」他慢慢的走到我身邊，一隻手搭在我肩上，這時一股強烈的汗酸味和淋濕身體後的味道傳到我的鼻腔。我們一邊走，他一邊跟我說：「不要跟你媽媽說，爸爸在這裡打第二份工哦！爸爸這是跟媽媽說，爸爸公司最近有很多文件要處理，要經常加班，爸爸不想讓媽媽擔心……」。

回到家後，爸爸看到媽媽後在身上拿出了一疊錢，對媽媽說：「拿去給孩子們買好的吧」。聽完後鼻子酸了酸，我才明白爸爸為什麼那麼努力那麼辛苦，原來他就是勇於承擔作為一家之主的責任，為了想我們一家過上好生活。我再看看我身上美麗的衣服，還有餐桌上的大魚大肉，我才明白了勇於承擔的重要性。

## 花莖承托的是美麗



二月的傍晚，冬日的寒冷還未完全消散，可現在阿水已是大汗淋漓。她解下護目鏡，由呼吸吐出的霧氣在鏡面上凝結成密密麻麻的水珠。接著她摘下口罩，長時間的佩戴令口罩裡用以定位的鐵索在她的鼻樑和面頰上嵌下了烏青色的深深印痕。

脫去防護服的阿水像一灘爛泥癱軟在座椅上，疲倦從四肢鑽入皮肉裡、骨髓中。霎那間，她的肢體和骨骼都軟綿綿、輕飄飄了，就像失重的感覺。她的眼神充滿疲憊，紅血絲連成一片，整個眼球通紅而腫脹，她已經兩天沒有好好合上眼。這來之不易的小憩終於能讓她放鬆片刻，支撐不住打架的眼皮，她迷迷糊糊地掩上雙眼。

她夢見了兒時的自己，身穿白色連身裙，把白色紗巾圍住口鼻當作口罩，手裡拿著媽媽買的玩具聽診器，似模似樣地為公仔娃娃看病，悉心照料這些「公仔病患」們。若是有人問起她長大之後想做甚麼，她一定會斬釘截鐵地說：「白衣天使！」再後來，大學畢業，阿水順利成為一名醫生。初出茅廬，她還根本不會周密地思考這份職業究竟要經受怎麼樣的磨煉，和承擔怎麼樣的責任吧？如今，她臨危受命，加入前線抗疫團隊。在身邊一些同事紛紛辭職逃離這沒有硝煙的戰場時，她成為了逆行者，與看不見的敵人以命相搏。

睜眼間，阿水穿戴好防護服，又轉身投入治療工作中。她的步伐稍顯沉重，但她明白壓在她肩頭上的並不是恐懼和絕望，而是救死扶傷的責任與承擔。

五月，初夏時節，阿水在醫院裡渡過了整個春天。當新增確診人數降低至零，她才恍然——原來春風已經吹走了這場世紀疫症。彷彿剛從混沌未開的世界中掙脫出來，這是她靈魂的重生。毫無生氣的城市在陽光的籠罩下重新散發出光輝。阿水去看她最喜歡的荷花了。花莖那麼細小，無枝無葉，它是怎樣從淤泥中挺拔出來，又承擔著雍容而沉重的朵朵紅荷？阿水以前不知道，現在卻心領神會。正是因為花莖頑強地承托起荷花，才有了滿塘幽香。

## 承擔責任



隨著年齡的增長，經歷過的過程也在增長。每個路程都在催促著我們懂事，懂事的過程中也開始學會了承擔。我也開始意識到承擔的存在和重要。

年少時，不懂得責任，更無從承擔。那時父母就是替我們承擔的人。做錯事，只需躲在父母寬廣的後背，就可以像無事發生一樣，逃過多劫。但我們在不斷地成長，父母寬廣的後背也慢慢的無法把我們遮蓋，我們必須開始自己學會承擔，並考慮做事的後果。責任有大有小，責任有輕有重，在承擔的時候要三思而後行，否則一發不可收拾，到以後才後悔已太遲。對於現在我們這個年紀，努力讀書是責任；如果現在沒有好好讀書，以後就會面臨著更多需要你來承擔的重責。

成長，要承擔起成長後的責任，比如幫父母分擔、供養父母，就是你成長後需承擔的責任。父母以前為你承擔過責任，成長後我們也當明白父母不易為的道理，想想如何為父母分擔。其實每個人都要承擔起相應的責任，知道別人為我們的付出，明白他們的不容易。

承擔形形色色、承擔無處不在，它貫穿著我們的生活。你做的每一件事，都會影響你日後需承擔的後果。我們因在這美好的青春時期，該以更加積極樂觀的心態去承擔屬於我們這個年紀的重任！雖然有時候責任可能很大，導致壓力不少，但我們不應氣餒，總要撐過去，才會得到更好的結果。即使結果偶有不滿，但捫心自問，自己已經承擔了百分百的責任。

每個人都擁有各自的責任，只有勇擔重任的人，才能有所作為。

五穎 胡苗妙

## 承擔

前段時間，在網上看到了不少大一新生發佈了充滿趣味的軍訓生活照。看到這些照片，我也不禁想起了自己以前的軍訓生活。

那年冬天，我們到市區的軍校基地參加模擬軍訓。到達基地時，已看到數位教官站在大門前，教官們個子高高的，髮型是標準的平頭，濃密的雙眉下一雙纖長的雙眼折射出狡黠的目光；高高的鼻樑下搭配著凍得發紫的嘴唇，似乎在他們眼裡我們不是一群學生，而是一隻隻待宰的羔羊。但望著他們身上薄薄的襯衫，在寒風吹送下，心裡又不禁讚嘆他們。

進入基地後，教官直接帶我們去安排宿舍，放置自己的行李，然後跟我們說午飯後進行訓練。他臉上靦腆的笑容讓我們覺得他無比地和藹可親，但在下午我們徹底打翻了這個認知。我們班分配到的教官姓羅，我們都管他叫小羅。他作完自我介紹之後，便跟我們說今天會進行齊步走的行進與立定的訓練，晚點會依次進行測驗。練習的時候，我們出奇地步調一致，就連抬腳的高度、手臂的擺幅都像是完美進行復刻一般。教官進行兩輪訓練後，還誇我們合作得很好，沒有出現任何差錯。

轉眼間，便輪到我們測驗了。不知道是否緊張的緣故，我們頻繁出錯，不是有人出錯腳就是有人喊完立定後仍在前行，有的人還從第一排落後到第二排的位置。因此，我們成為了測驗中表現最差的一班。我們望著羅教官氣咻咻地站在旁邊，眉毛怒氣沖沖地向上挑起，嘴角卻向下低垂。教官罰我們抱頭蹲下繞操場跳兩圈；我們響起一片哀怨聲，但無人動身，全都抗拒受罰。教官咬得牙齒「咯咯」作響，眼裡閃著一股無法遏制的怒火。他吼道：「不服氣嗎？你們恁甚麼感到委屈？明明有能力做好，卻又不肯合作，只顧著走自己的，沒完成好又不肯負責、還要不肯承擔！」被教官痛罵的我們啞口無言，默默蹲在地上，低著頭，腦海裡回想剛剛的景象。的確，明明訓練時配合得如此有默契，可到了測驗時，卻又像無頭蒼蠅般，只顧著自己往前衝……

承擔是一份責任，我們每個人都只是小小的個體，力量有限；只有團體合作，各盡一己的責任，才能發揮更大的力量！

五穎 劉曉盈



## 堅守自我



人生就像道路，有人喜歡選擇已經萬人踏過的寬闊大路，有人則偏愛無人問津的偏僻小徑。事實上，由意氣風發到白髮蒼蒼，隨波逐流還是逆流而上的問題一直圍繞著我們。

人道「少年最易從眾」。青年時期的我們似乎極之重視別人的看法。猶記中三選科時，許多人云亦云，說何科有前途，將自己心儀已久的科目拋諸腦後，實在令人唏噓！原來自己的興趣，在紙醉金迷的社會氛圍下，已如此一文不值？我很欣慰有人不顧世俗之眼，堅定不移地選擇了少數一族。正如莊子《逍遙遊》的微言大義，世俗人的想法令我們囿於所謂「大勢」，如此一來，若缺乏了那個「堅守自我」的聲音，社會只會是單一而枯燥乏味的。若我們追隨所有人的步伐走萬人之道，怎能發現無人之徑的萬千世界？

人到成年，便要踏入社會，開始工作。可社會終究良莠並存，下屬的奉承，上司的送禮在各大新聞平台已層出不窮，可在這淌污水中，我們應選擇同流合污，還是清者自清？答案不言而明。相信長大後每個人都會受到不同的大眾之言——「你身材怎麼那麼胖！」「女人要以家庭為重！」「大家都……你怎麼……」可始終有人在芸芸眾生選擇所謂的「正確」之時，不顧傳統之論，不管眾人之議，不理大眾之為，在以瘦為美的時代健康之上，在將女人與家庭綑綁的社會追求事業，在燈紅酒綠的城市中尋找被遺忘的野草鮮花，成為「出淤泥而不染，濯清漣而不妖」之人。

其實，堅守自我亦是守護自由。如今的社會像是一台複製機器，一批批莘莘學子的肚子裏裝著相同的墨水，它將大家從有稜有角的不規則圖形磨成光滑無稜的圓，毀壞了每個人的獨特之處，但也有人勇氣逃離社會的「克隆」荼毒，在芸芸眾生之中堅守自我，在萬人皆圓之時閃耀自己的光芒，捍衛自己的想法和行為的自由，而不是成為一隻失去方向的羊，在茫茫羊群之中迷失自我，甚至成為一隻一隻被人牽著走的羊，失去自由。

願每個人都能堅守自我，在大眾之言中，於社會趨勢前，堅持守護自己的內心所想，不隨波逐流，而是逆流而上。

五勇 李凱妍

## 承擔

你們在玩什麼？一心膽怯地問了一下從他身邊跑過的男孩，聲音細小得似乎只有他一人能聽見，但那個男孩像是聽見了一樣，揮了揮手示意遠處的朋友等一等，徑直走向他來。「他們要是不讓我加入怎麼辦」一心心裡擔憂著。「玩嗎？」小男孩爽朗的說著。「只要跑得夠快就可以了，來啊，正好缺人。」還不等他回答便拉著他到了公園中心。在那裡六七個孩子聚集著。「現在人齊了」其中一個高興地說道。另外幾個則圍在一心身邊告訴他玩法。不一會兒，一心就完全融入了其中。他們在公園裡忘我地奔跑著，彼此的叫喚聲充滿了整個下午。天色漸漸暗下，孩子們一個接一個離開了，一心也依依不捨地道別了，並約定好明天再一起玩。

剛踏進家門，一心就聽到一聲責問聲，「怎麼今天這麼晚，平時早就到家了。」「補習老師拖了一會兒。」這是一心在回家的路上想到的應對母親的辦法。但是話從口中說出後便覺得渾身難受，這是他第一次欺騙母親，但是如果讓母親知道他玩得那麼瘋的話，也許今後就不許他再玩了。所以還是硬著頭皮說了出去，母親便沒再問什麼，這也讓他鬆了口氣。第二天，一心覺得如果只按補習的下課時間，根本不能和朋友玩太久，甚至還會使得母親懷疑，於是便向老師提了個請求，自己如果可以寫完老師給的當堂作業便可以提前回家。老師答應後，一心便利用課餘時間把作業做完，為的就是多騰出時間與他的朋友玩。後來他如願以償地獲得了提前下課，他以百米衝刺的速度衝向自己家附近的公園，當看見那群夥伴在公園穿梭的身影後，渾身的疲勞感似乎都消失了；在遠處便迫不及待地打了招呼，他們在公園又飛奔了很久。玩得正盡興時，一個男孩突然停下腳步，笑著向站在一旁的婦女跑去；過了一會小男孩回來告訴大家自己要走了，隨後便牽著那個婦女的手，有說有笑地離開了。望著他們的背影，一心心裡有些難受，自己令母親擔憂還撒了謊，與同齡人相比，自己的確是玩得瘋。想到這裡，他拎起書包，與朋友道別。

回到家後，一心望著母親切菜的背影，站在一旁支支吾吾地說出了自己這兩天在外面玩，以及自己為了玩而向老師提出提早下課的事，令得母親深感意外。隨後

母親放下了手中的活，彎下腰說道：「媽並不是不讓你玩，而是怕你玩得太瘋而忘了自己應做的事。你不也為了自己想做的事而付出努力了嗎？」聽到這裡一心才明白到自己的責任，既要好好學習以回報家人，又不能要他人因自己而擔憂，這就是他所要承擔的。

五勇 周世鴻

## 勇於承擔



人是會成長的，也意味著他必須承擔自己的責任。

——題記

我打小就是全家的掌上明珠，從小到大都是被外公外婆寵著長大的。爸爸媽媽雖然很少在家，但經常抽時間來陪我，給我帶很多好吃的好玩的，有時間就帶我到處去玩。

小時我仗著家人的寵愛經常在家里調皮搗蛋，昨天把外公種的盆栽連根拔了，今天就把客廳的燈給拆了，把家裡弄得雞飛狗跳的。外公外婆捨不得打罵，每次都只是無奈說：「你還小，不懂事。等長大了，就不能再這麼淘氣了。」。有一次我又闖禍了，他們還是這樣說，我不明白，「長大是什麼呀？」「就是你以後會慢慢長高長大，變成像爸爸媽媽一樣的大人啦。」外婆摸了摸我的頭，「那為什麼長大以後就不能玩呢，長大好麻煩，我不要長大！」「唉，傻孩子，人總是會大的。你現在不明白，以後你就明白了。」那時我還小，正是最懵懂的年齡，對外婆的話也是轉眼就忘。

就這樣我在家人的寵愛下活蹦亂跳到五歲。我原本以為我會一直在家人的庇護下無憂無慮的生活，直到媽媽懷上了弟弟。

當時嚴禁二胎，媽媽又不願拋棄他，爸爸不得已只能帶著媽媽到香港的親戚家養胎。外公外婆又不放心，隔三差五的往媽媽那跑，經常不在家。唯一能照顧我的小姨又忙於學業，我無奈一手承擔家事。那時候我第一次自己生活，總是弄得手忙腳亂，別人在家已經吃過飯，坐在桌前做功課時，我還在為晚飯發愁。

一開始非常辛苦，畢竟那時我才五歲，個子不高連灶台都夠不到，再加上平時也很少做家事，連飯也不會做，這讓我做家務時十分吃力。爸媽不在身邊，外公外

婆也忙得許久不著家門，我感到既難過又孤獨，也讓我對還未出生的弟弟毫無好感。不過時間久了適應了，也讓我想通了不少，「既然爸爸媽媽回不了家，那我就要在他們回家前好好照顧這個家」年幼的我如此想道。

爸爸媽媽帶著弟弟回來的時候，我過來幫忙把帶來的行李打理好，把弟弟安頓好後，爸爸對我說了一句話，「你長大了，是個大姑娘了，以後要當一個好姐姐哦。」，那一句「你長大了」瞬間讓我憶進了過去的零碎片段。

某天去買書時書店老闆說了一句：「喲，有段時間沒見已經長高這麼多了，真是長大了。」

放學後去買菜，菜攤的張大嬸邊說：「長這麼大了！要多吃蔬菜才行」邊給我塞了幾棵菠菜。

回家時碰到了鄰居陳阿姨，陳阿姨感慨道：「以前的小搗蛋鬼長大了啊！都這麼懂事了。」

不知甚麼時候，身邊的人都跟我說我長高長大了。這時我突然發現，我長大了，有一個弟弟了，我不再是那個懵懂幼稚的小孩了，我是一個姐姐，是這個家除大人外年齡最大的人。我要擔起一個姐姐應該負起的責任，照顧我的弟弟和我的家。

我長大了，我必須承擔自己的責任。

## 勇於承擔



他是一個不學無術、喜歡吃喝玩樂的男孩。在十五歲前，他每天都是過著一樣的生活，不論同學和老師在背後如何議論他，他都無動於衷。直至，十六歲那年夏天，發生了一件事情令他整个人生翻天覆地，他變成了另一個樣子……

他一生最敬重的人，在十六歲生日前一晚，逝去了。他得知消息後，手頭上的東西猛然掉落，時間彷彿停在了那一刻，只見他瞳孔不斷放大，腦海浮現的是那位老人家的慈祥面容、溫柔的話語。在所有人對他表示不滿時，唯有她老人家，不斷告訴他自己是優秀的，鼓勵他不要放棄，而自己卻因為任性……回神後，衣服沒來得及換，穿著睡衣，急匆匆趕到醫院，卻只看到她躺在病床上，無聲無息的。

他的心一下子空了，腦子一片空白，嘴裡說著：「不可能，一定是假的，不可能！」「砰」的一聲，跪在堅硬的地板上，哭叫著說：「外婆！你回來啊！你怎麼就走了啊！不是說會陪著我的嗎？我不鬧脾氣了，你回來好不好，你回來啊！你回來啊！我什麼都聽你的。」他最敬愛的人離開了。所有人都默默低下頭，只剩他在一旁哭泣，如何勸也不聽，只是哭……

「小志啊，你長大啦，不再是小朋友啦，外婆希望你能夠照顧好自己呀，不要顧著玩樂，不要把現有的青春都浪費掉咯，外婆希望你呀，能夠出人頭地。」他驚醒說：「外婆！」可怎麼喊也得不到回應。這次，他沒有哭了，只是默默把桌上的玩具等都收了起來。

如外婆所願，他開始肩負自己的責任：學業、照顧自己、未來的人生……他帶著外婆的心願完成外婆對他的期望。對著鏡子，他整理儀容，身形看來十分挺拔……

## 勇於承擔

經過那件事後，我明白了勇於承擔的重要性。

從小學五年級起我加入籃球隊，一開始我甚麼都不會，老師就安排隊長來教我打籃球，我一開始覺得打籃球很辛苦，但是想到是自己喜歡的，我便沒有怨言，看到隊長辛勤帶領隊員練習，我心想：「隊長肩負的責任是這樣沉重。」

記得我五年級的第一場比賽，對手又高大又有實力，隊友盡力得分，到最後還是輸了比賽。我們比賽後回到學校，大家垂頭喪氣地坐在操場，不想訓練。雖然隊長也不開心，但她仍然強忍失落，安慰我們，堅定地說：說「這次輸了不要緊，只要我們努力訓練，下次便可以打敗對方。」

到了六年級，老師覺得我這一年表現不錯，所以就選我做隊長，帶領隊員訓練和比賽。有一次和上一年的對手打邀請賽，當時我們隊員實力仍舊不足、欠缺默契，被對手打得如落花流水。看到隊友悶悶不樂地離開賽場，我想起上一年隊長如何鼓舞我們，於是我擔起身為隊長的責任，安慰隊友，看著他們士氣大振，我不禁期待下一場比賽！

三個月後，學界比賽抽籤分組，我們的對手又是「他們」，但我們不怕，因為我們是最後一年，隊員之間已經有足夠的默契，我們一定會全力以赴打敗對手，在小學生涯不留遺憾。比賽就開始了，隊友們都很努力訓練！比賽那天，我們在前三節分數落後，隊友有點洩氣，於是我在休息時不斷鼓勵他們，重整士氣！在最後一節，我們憑着決心和默契，終於贏下了這場比賽。

隊友蜂擁而上，把我緊緊抱着，他們哭着說：「幸好有隊長不斷鼓勵我們，才可贏下比賽！」我心想：「原來『隊長』肩負的責任可以甜蜜的！」



## 勇於承擔



說起「勇於承擔」四個字，你又會想起什麼呢？

小學五年級時，老師挑選我作為班級話劇的導演，那時我欣然接受了這個挑戰，心想這只是一個小小的話劇，怎麼可能難倒我呢？放學後，話劇的負責老師便叫我和另一位同學一起到休息室討論。老師叮囑我在討論的每一部分都要認真、詳細地計劃，不能有半點馬虎，這是會影響輸贏的。雖然我表面是在認真聽老師說，但是心中依然沒把它當回事，只是想快些結束。

我錯了。

當老師要求我提出意見時，瞬間我的腦海裏根本想不到任何點子。我開始著急，不停轉弄手上的筆，心也跟著顫抖起來。我望向旁邊的男同學，他抬頭，也回望了我一眼：我知道了！他也想不到！天啊！我不想毀掉這次的表演！我連忙找來其他同學，希望集思廣益，但作為導演的我毫無頭緒，使話劇沒有進展。終於我的自信和自大被「導演」這個職責打垮了！

在我茫然、不知所措之時，我望了一望我旁邊貼著的一行字，「敢於放手做事，也敢於承擔責任」。

我明白了！

我不能一味逃避事實、逃避責任，更不能因為小小的挫折而讓老師的信任毀於一旦！我開始冷靜下來靜心思考，想不到就問老師和前輩，去詢問同學的意見想法。於是，在我用了兩天半的時間修改和整合，我做了一份讓老師和同學滿意的稿件，我也為我感到驕傲自豪。

比賽當天，同學都十分緊張，甚至有人冒起汗來。我在幕後鼓勵大家，給予他們信心。功夫不負有心人，我們贏得了比賽，也贏得了同學和老師的信任，更是贏得對自我的肯定。

經過了這次的經驗，我學會了勇於承擔責任，不能承擔事情的人是不會順利的，懂得承擔責任後，我們才能在錯誤中學習，他人也會更加信任你，更能獲得豐碩的成果。

**三勇 王韋瑋**

## 勇於承擔



相信大家都認識岳飛，岳飛有着勇敢擔當的品質，是非常值得我們學習的。但勇於承擔不是輕易說說那麼簡單，而是需要勇氣、毅力你才能承擔的了，而岳飛他做到了，他可以承擔起責任，為他人、為國家付出，所謂「精忠報國」。

岳飛在國家有危難之時，面臨亡國，他勇於承擔站出來。北宋末年時期，發生了靖康之變，金人南下，國家在面臨滅亡。是岳飛站了出來，帶領著自己的兵，走上戰場作戰，毫無畏懼，衝上戰場！從這裡可以看出岳飛已經承擔了自己的責任，是輸是贏，他從沒有怕過。

除了這件事，岳飛還經常幫老百姓除害，當有人出來搶東西、殺人、放火，讓老百姓無法安寧過日子，岳飛知道這些事後，便準備去參軍，保家衛國。在隊伍裡他一開始是一名小兵，他用自己的實力從小兵到大將軍，正因為他的勇敢、勇氣，才有及後的成就。

後來，岳飛因為經常打勝仗，秦檜嫉妒岳飛越來越厲害，於是開始陷害岳飛。於是岳飛最後被判以「莫須有」的罪名殺害。在這個過程中岳飛很堅強，沒有一絲絲怨言。雖然岳飛隨後死了，但是老百姓仍然記得他是一位忠臣，他的勇敢、善良、勇於承擔起責任、不會知難而退的品質。

因為岳飛，我明白了如何勇敢承擔起責任，不怕畏懼！因勇於承擔才使我們在成長的過程中更精彩。

三信 歐陽彩穎

## 勇於承擔



在日常生活中，人們對承認錯誤懷有恐懼感。為甚麼呢？因為承認錯誤往往連接着懲罰。一旦出現了不好的問題，人們首先會把問題歸罪於其他人，總會尋找各種各樣的藉口和理由讓自己在不好的事情裡開脫。我也曾是這樣的一個人。

記得在我小學的時候，我將爸爸最喜歡的音箱摔壞了，在我有爸爸生氣的舊經驗下，急中生「智」將哥哥變成了我的替罪羊。因為我在家裡是大人口中的乖乖女，所以哥哥毫無疑問的為我擋下了一頓痛打痛罵。在大廳外聽着哥哥嚎啕大哭，我在害怕事情敗露的同時竟感到有些僥倖。在那之後的每個夜晚，因為害怕而逃避，我並不能心安理得的睡上好覺，閉上眼便開始回憶。爸爸怒髮衝冠，哥哥的眼睛紅紅的，眼淚像斷不了的線一樣看了就令人心疼。我好像承擔了一千個罪過，讓我不禁泣不成聲。

第二天，我終於向爸爸坦白了所有的一切，並向哥哥鄭重的道歉。哥哥對我的道歉顯得不屑一顧，但在行動上接受了我的道歉。事情雖然過去了很久，但我心中卻有一道永遠都無法抹去的痕跡。

自己犯下的錯誤也得自己承擔，這是對個人負責也是對他人負責。儘管責任有時使人厭煩，但不履行責任，只能是懦夫，不折不扣的廢物。

三信 鍾燕妮

## 承擔責任

古語有云：「人誰無過，過而能改，善莫大焉。」這句話是提醒我們，在任何的情況下，我們都不應逃避責任，反而應該勇於承擔責任。

然而，在日常生活中，人們往往對於承擔責任、承認錯誤懷有恐懼感。在我的同學一心身上，我真正明白了承擔責任的重要性。那天是平凡的上課天，同學們一如既往上學去，然而教室裡的電腦卻突然損壞了。同學們給老師發現時，都是好奇着此事怎麼發生，可是過來很久，仍沒有同學指出事件的起因，或是承擔責任。因此為課堂帶來了不便，更使老師變得憤怒。老師最後提出種種方案，就是要求同學每人都需要為損毀賠償，而且必須在未來的日子留堂。這事的告終就是因為一心向老師指出了損毀是由於一心和其他同學嬉戲時不慎所致，一心因為不希望無辜的同學們要為他的自私而一同負上責任，因而便向老師認錯。

此事當時可見，一旦出了問題，人們總是尋找各式各樣的藉口和理由為自己開脫。如果我們犯了錯，首先想到的肯定是顧全面子而逃避責任，如果不勇於承擔責任，最後吃虧的還是自己，甚至令一些無辜的他人與自己一同受罰及承擔責任。

我們在做事時難免會出錯，重要的是如何在失誤的時候去面對失誤，若然是自己的責任，便不應否認、隱瞞或推卸。

只有學會承擔責任，群體才能夠和睦相處、建立真正的信任，個人而言亦能得到他人的尊重。

三信 鍾卓淇

## 安貧樂道



回想起初中那時，只有我一個人升上這間中學，因為是陌生的環境，難免有孤獨的感覺。

直至我遇上了他，我最要好的朋友，一心，從此改變了我對人生的想法。

他是中二時轉校的外來插班生。起初，只見他骨瘦如柴，就似兩三天沒吃飯一般。班主任把他安排到我旁邊的座位。

「你好！我叫一心，請多多指教！」

我只對他點點頭，並沒有多加理會。

我的性格孤僻沉靜，他卻是個活潑好動的小孩。本來就不會有共同話題的兩人，卻漸漸地成為了好朋友：他在堂上會不斷找我跟他聊天，起初我覺得他十分煩厭，轉過頭來便不會理睬他，可是他卻不斷找機會跟我閑談。而且，他的性格很快使他成為了班上的風雲人物！

相比起我，一心擁有很多朋友，令我開始羨慕他，也想和他打好關係。慢慢地，我和他便成為了好朋友！

雖然一心是個健談的孩子，但我經常把注意力放在他的身上，最矚目的是那殘破不堪的筆袋，袋中只剩下一支短小的鉛筆、一把看不清數字和距離的量尺、一粒像芝麻般大小的橡皮膠，這便是他上學是擁有的文具。

每天上學，他都會因為沒有攜帶計數機而給老師責罵：「都什麼年代了？連計數機也沒有錢買！」對於老師的說話，他只是一笑置之，並不會放在心上。為此，

我決定他生日時送他文具，希望他畢業後會成為歷史上的大人物了！

那年一心生日的日子，他邀請了我到他家中玩耍。我與他在大型商場逛街，並主動帶他往看文具，送他文具。還記得他一面驚訝，滿面笑容地感謝我！

到達他的家中，原來他住在面積僅有數十呎的唐樓劏房單位，與我家的居住環境成了強烈的對比。一心的家擠壓得連呼吸也喘不過氣來，既沒有窗，卻有無窮的壓迫感。他一直都是在這樣的環境長大；沒有大魚大肉，只有粗茶淡飯的生活。

一心未曾去過旅行，甚至連香港、九龍也沒有到訪過。每天過着節衣縮食的生活！

我問他：「這樣生活，你愉快嗎？」他笑着說道：「每個人生來的命運，都不一樣，有人天生就與你一樣大富大貴，從未知道貧窮是什麼；亦有人天生就貧窮，從未知道富是什麼！」他又說：「如果想改變現狀，我相信就只靠後天努力，一直埋怨也不會有什麼改變，既然如此，那為什麼不積極樂觀面對？！」

聽完他的說話，不禁令我感到慚愧！也許正如他所說，世上有不同命運的人，每個人都想生活過得更好。

但見一心未曾抱怨半句，只是想着報答父母的恩情而努力讀書，真令人佩服。

**六勇 劉穎禧**

## 知足常樂



「知足常樂」是當今社會人們經常提倡的心態。生於富有時代的我們，衣食住行往往不需操心，任何時刻都可以購買自己想要的物品；有時可能會想，我們何必要委屈自己、力爭上游、堅持自己不切實際的理想呢？

但若果我們細心思考，古往今來，歷史中能作出貢獻的人物，他們為了爭取人類美好的生活，沒有一個不是擇善固執，不知滿足，才可以令社會進步，為後人扎根鞏固的基礎，共創美好的未來。

以下我將從幾個例子論述我這方面的見解：

首先，人類貴為萬物之靈，思考能力自然重要。古時高僧六祖慧能，他原是一個文盲，卻能開拓禪宗，不立文字，教外別傳。年少時的他，常被認為不學無術，將來難以成功。可是慧能沒有因此感到自卑，反而發憤圖強，為了昇華思考，他甚至多次拜訪名僧。由於他不甘心目前的自己，因此佛早獎勵了他不服輸的精神，教導他，造就了日後流芳百世的成就！

這個故事告訴我們，即使自己心有餘而力不足，也能透過堅毅、不服輸的精神，由技進乎道，傳揚萬世，永垂不朽。而甘於平淡的人可以嗎？

相傳才華超卓的諸葛亮，讀到月英的詩句，便毫不在乎她的醜貌，一心一意的跟她一起，成為夫婦。月英的相貌甚醜，但她透過寒窗苦讀，努力提升自己的能力。就是因為月英不甘於平淡，不屈服於自己天生的缺陷，才得到諸葛亮的傾心。堅毅的心態，令我們提升潛能，才能超拔，吸引同道中人，而這就是現今競爭激烈的年頭，交淺言淺的社會中不可或缺的能力！



「站在巨人的肩膀上，才能看得遠。」民國時期的胡適，早年從外國歸來，他不甘心於自己的學術成就，繼承自少崇拜的梁啟超，不斷推動新文化的白話文運動，成為推動五四運動的一員猛將。胡適本是滿腹經綸，但他不甘心現狀，在學術上追求一番理想，為日後中國文壇奠定了光彩的功績。

綜合上述所論，甘於平淡是美好人生的敵人，世界上所有舉足輕重的人物，無一不是憑着自己堅毅不屈的精神，才能改變社會、造福世人，為我們帶來美好的生活！

## 六勇 梁柏瀚

## 油紙傘

行李箱的車輪在凹凸不平的石路上滑動，「咕嚕咕嚕」的聲響打破了雲南一個寧靜的小村落。化著精緻妝容的中年女人向著一座老屋的方向揮揮手，踏上了去城的路。老人凝望著遠去的背影皺皺眉，又在低頭看看孫女後露出笑容。

夏日的陽光格外耀眼，照在女孩手中玩弄的油紙傘。「媽媽這麼又去城裡了？」「油紙傘賺不到錢，媽媽也要擔起這個家呀。」老人擺弄著待乾的油紙傘說道，「我們也是時候承擔起祖宗留下的任務啦！」老人挺起半彎的腰板自言自語道。女孩似懂非懂地點點頭，跟在老人身後步入老屋。

老人在矮木凳坐下，把經刀削水浸日曬的竹拿起，鑽孔、拼架、穿線、串連傘柄傘頭製成骨架。華髮蒼蒼的老人就這樣目不轉睛地專注著手中刀斧和竹木形成的切口，一個，兩個……三十個。傘頭被老人平均切成三十個開口，複雜的工藝在老人手中早已滾瓜爛熟。幾十年來，老人經歷了油紙傘遍地開花和雨後春筍的年代，到受現代工藝衝擊後油紙傘被機械化生產的金屬骨架傘代替的現在，他日復一日地做著這件事。但年輕人的不願從業使得曾風靡一時的油紙傘到了消失的邊緣。想到這兒，老人站起來，在門口收回一把經上傘面的曝曬後的傘，拿出顏料，孫女最愛的繪畫程序又到了。她坐在老人旁，銅鈴般的大眼睛在爺爺的油紙傘和身前的油紙傘間來回徘徊，握著畫筆一筆一畫，跟著爺爺的動作學得像模像樣。或許女孩也逐漸明白了爺爺承擔的一份責任和託付在自己身上的一份重擔。

在雲南西雙版納，傣族製傘傳承人從還有兩三人到只剩一人在默默堅持。每個人都有需要承擔的責任和使命，醫生救人，教師育人，父母養子，學生學習……而這群昧昧於一隅的手工藝人，承擔著一份文化的流傳，還有一份民族的情感。

五勇 李凱妍

## 這句話，我會記一輩子



這句話，我會記一輩子。還記得四五歲認識的一個姐姐，她很聰明，辛苦考上了大學，是我們一群小朋友的榜樣。那天我去找她，碰上了她的父母。我躲在大門後，探出小腦袋望著她的父親對著她破口大罵：「知不知道大學要花多少錢！女孩子讀那麼多書有什麼用！」

我聽到這句有些疑惑，難道女孩子讀書是不對的嗎？門突然打開，叔叔大步流星的離開了，把門狠狠摔上，還瞪了一眼站在樓梯邊上的我，我嚇得不敢動作，看到他離開後我才跑進去。姐姐還站在那裏，「難道女孩子讀書就沒有用嗎？」她的聲音輕得幾乎聽不到，像在自言自語。女孩子讀書沒有用嗎，我思來想去也想不到答案。

這個問題一直縈繞著我，但我沒有過去去想，直到再長大一點後隨著家人去吃飯，又一次聽到了這句話。我們在酒樓裏很湊巧的遇到了幾位鄰居，就坐在隔壁。

突然就聽到鄰桌的鄭婆婆說：「哎呦女孩子讀那麼多書有什麼用？以後不還是要嫁人，趕緊趁年輕再生個兒子吧。」我皺了皺眉頭，打心底覺得這話不對勁，加上她那可以說是有點陰陽怪氣的語氣，讓我覺得很難受，更讓我想起了那個姐姐。我用餘光瞟了壹眼隔壁桌，梳著馬尾的女孩子低垂著頭，抬起手輕輕抹了一把眼睛，還沒等我想太多，服務員將菜端了上來。

我咬著筷子盯著眼前的茶杯，心裏還是在想著那句「女孩子讀那麼多書有什麼用」。我餘光看了一眼鄭婆婆，默默在心裏想：她也是女性，為什麼會說出這種話？忽而又想到了婆婆的年紀，是了，傳統老舊的觀念許是在她腦海裏根深蒂固，但現在的社會明顯不適合這種觀念了呀。我嘆了口氣不敢言語，搖搖頭開始吃飯。

再到後來，我再次聽到這句話是中二時候的暑假，跟著爸媽去吃他們同學的喜宴。席上有一個男人，四五十歲的樣子，正在與我爸媽閒聊，話題漸漸扯到我身上。「讀初二？成績怎麼樣？」我沒打算開口，沒想到男人壹看我不回答，帶著壹點嘲諷意味的說：「成績不好沒關係，反正女孩子讀這麼多書也沒什麼用，嫁了人之後不還是家庭主婦。」

我一聽見這話，頓時有點生氣，但沒急著開口，而且直起身子後再對他說：「成績嗎？年級第壹而已，女孩子讀多點書還是有用處的。」頓了頓，又說：「成績好學習好當然有用了，女孩子讀書是為了讓自己更優秀，更強大，不用依附著婚姻而活。」他一時之間啞口無言，我索性不再理他。

是的，我在心裏暗暗對自己說。就是這樣的，該是這樣的。女孩子讀這麼多書是為了什麼？是為了豐富自己的知識，擴寬自己的視野，讓自己成長為更加優秀更加自信的自己；是為了改變這種對女性的刻板印象，讓他們知道女孩子也可以勝任不同職位，也可以靠自己而活得多姿多彩；是為了讓自己知道女孩子不需要依靠別人和婚姻來獲得什麼，我們可以用自己的雙手和努力換來一切我們想要的。

做自己吧，沒有任何定律可以規範種子發芽。如果將方向盤交給了別人，才會發現最熟悉這條路的人原來一直都是自己。所以「女孩子讀這麼多書有什麼用」這些固步自封的思想，該消失了。女孩子也是可以撐起一片天的，女孩子也可以很強大很獨立，女孩子也是有無限可能的。

我悄悄的將這句話記在心裏，提醒自己，要繼續努力，然後驚艷所有認為女孩子讀書是無用功的人。看吧，女孩子讀這麼多書用處可大了！

## 這句話，我會記一輩子



這句話，我會記一輩子。小時候，每逢過節都特別開心。因為我家裡有個習俗，每逢過節都會去伯父家吃飯，並且表兄弟們也會來。

某一次又要去伯父家過節，那一天，很久不見的大表哥回來了。當大人們準備食物的時候，我和表兄弟們就會特別無聊，所以我們提出玩捉迷藏，並不約而同的看向在客廳玩手機的大表哥。他無奈的看了我們一眼，微笑著放下手機：「那我就當抓的那個咯」，我們異口同聲的說「好！」我藏在一個剛好可以看見大表哥，但他卻很難發現我的小角落。過了幾分鐘後，他仍在玩手機，我不耐煩的出來問他：「你怎麼不來抓我們吶？」他一邊看著手機，一邊不耐煩的說：「我為什麼要去抓你們啊？你們自己藏的開心，我又不用費力，不挺好的嗎？況且誰想和你們玩這種遊戲啊。」我剛想反駁他，大表哥之後的一段話影響了我往後的餘生。他說：「說到底，節日的習俗無非就是一個正當的理由，不管你開心與否都得遵守的潛規則。」我頓時呆在了原地。

大學時我轉去了外地讀書，離家很遠。那時候，由於只有我去了外地，父母總是打電話過來噓寒問暖，漸漸的我開始敷衍他們。掛電話的理由只有一個，我現在很忙，下次再聊。慢慢的我覺得與他們聊電話每一秒都是一種煎熬。每逢過節，我與一群好友就聚在一起，因為每個人都不想回家。原因？只因一句話節日的習俗無非就是一個正當的理由，不管你開心與否都得遵守的潛規則，也正是這句話，我受到了同輩中的吹捧。

又是新的一年，今年的春節我決定留在寢室裡過，但無聊的生活卻闖入了兩個不速之客，便是我的父母。他們質問我為什麼不回家過年，不知是朋輩的崇拜而給我的勇氣，還是內心長久的不滿爆發了出來，我與父母大吵了一架，我們也斷了聯繫。

再後來我出去找工作，把放假閒下來的時間用來加班，生活還算不錯，還有一個女朋友，但身邊的朋友不知道為何卻越來越少。又是一個無聊的新年，本來六人的擁擠寢室，卻變成一人的豪華房間。我望向窗外，這座繁華城市，外面車水馬龍，通往的方向各有不同，但目的地只有一個地方，那便是家，我不經感歎家的想念原來有那麼大。一把聲音打斷了我的思考，「你不回家過年嗎？」是女友。我繼續望向窗外回道：「我上一次跟他們說話還是五年前，他們是不會讓我回去的，我早已沒有家了。」正當我回過頭來看她時，我的臉上多了一道巴掌印，我錯愕的看向她，她說：「永遠想念你的地方是家，怎麼會沒有家？我走了，你看著辦吧。」我呆在原地，一股莫名的想法驅使著我行動。

五年，足夠一座城市變了一副面孔，陌生又熟悉的街道，引起我內心一陣感慨。來到伯父家門前，一個身影瘦削的人拎著兩袋東西正找著鑰匙，我大喊了一聲：「爸，我回來了！」那人愣了一下，轉過頭來，他與這座城市一樣變了許多，但他還是他，「節日的習俗無非就是一個正當的理由的下一句應該是，但總有人等著你回來過節。」兩袋東西掉在泥地裡，他跑過來抱著我說「人的成長就是戰勝自己不成熟的過去，你長大了，歡迎回家！」我帶著哭腔的回道：「嗯，我回來了！」

「故事完了，一心，這就是我唯一惹你奶奶生氣的事哦。」一心看著我說道：「我懂了，爺爺。不過，節日的習俗無非就是一個正當的理由，下一句話也可以是，雖然這是個人人都可以看穿的笨理由，但因為這個笨理由，卻牽連世界各地的人不約而同的回家，笨人也有笨人的幸福呢」我頓了頓，眼含淚花道：「你可比爺爺聰明的多呢，快去吃飯吧。」望著她的背影，我躺在躺椅上想著，每個人的看法都不一樣，一句話也可以有很多個含義，就好像看一部電影一樣，有的人看到了愛情，有的人看到了財富，有的人看到了友誼，但其實是看到了你的心，你的心是怎樣，你看到的就是怎樣，身由己動，每個人對待一件事物的想法都不同，相對應的舉動也有所不同，不變的是這件事情本身，變的只是經過時光洗禮的人們。

## 這句話，我會記一輩子



入到房間，打開充滿着灰塵的抽屜，順手打開發黃了的盒子，盒子裏面充滿了我小時候和奶奶的合照，望着她的樣子，想起往事，又不禁掉了幾滴眼淚。想起她在我耳邊說話，每一段的聲音都浮現在我腦海內，在我腦海裏，只記得，「別怕，還有我在」這句話。

還記得，當時發高燒，身體熱得像火一樣，面色蒼白，不停地冒汗。很快，我就進去醫院了。當時我很害怕，我不敢亂動，只好乖乖地等待奶奶的出現。很快，我一掙開眼就看見我最深愛的奶奶來了。奶奶坐到床邊，幫我抹身子，不知什麼原因，我哭了出來。奶奶知道我，她用溫暖的小手拖着我，之後跟我說了一句「別怕，有我在」這句說話。這說話可能微不足道，但對於當時的我，這句說話是多麼暖人心呀。

轉眼，我升上中學了，也搬到較遠的地方，中學的我只顧打遊戲，讀書又不太好，在學校裏記了不少缺點，不停給老師，家人責備。壓力非常大，甚至有人注定我是一個失敗者，這種感覺，就像被針刺了一樣，那麼痛。我決定打給我的奶奶傾訴，記得當時，我在電話裏痛哭了很久，跟她說了我的痛苦後，她又說了一句「別怕，還有我在」這個話仿佛跟我說，不論你變成怎樣，我也會陪在你身邊。這句說話，給我很多力量，令我知道，原來還有人是這麼愛我，支持我，陪伴我。

一年前，突然收到一個電話，是醫院打來的，醫院說我的奶奶的病已到了末期，已經醫治不到了，陪伴她渡過最後的時光吧。我立刻像火箭一樣衝去醫院，一進到病房，望到奶奶面孔蒼白，身體比上次差了很多，看到她那無助的眼神，我又不敢失聲痛哭，我的眼淚像瀑布一樣不停地流出，不能制止。我捉住她冰冷的手仿佛像小時候一樣，從內心裏說了「別怕，還有我在」這次，是我陪伴你了。

奶奶，你這一句說話給了我很大的力量，你在我人生低潮的時候陪伴我，感謝你對我無私的付出，雖然你已經不在我身邊，但我仍然會記住你以前在我背後陪着我，支持我的時候。我仍然很掛住你說這句話，很掛住當初跟你生活點點滴滴，很想你還在我旁陪我一起成長。雖然這短短一句話平平無奇。但當中的力量遠超你想像，或許有一天，我會再用這句說話，來給別人溫暖。奶奶，希望你會記住還有我在，你說的這一句話，我會記上一輩子。

四穎 楊沖熙



## 兒時心愛的玩具



今早我收拾房間時，竟然找到這件兒時心愛的玩具，它讓我想起一件令我既慚愧又感動的往事。

它是一只黃色的小狗玩偶，大約長 1.3 米，高過我。小時經常一起入眠伴著奶奶的入眠曲，想到這兒，我無意間哼起了那首曲兒——「蟲兒飛，花兒睡。」它有一雙黑色的眼睛，臉上的神情十分俏皮。大腮幫子處有一個黑焦點，那是爺爺抽煙時，我在一旁玩鬧釀成的。它的手細細的，腳也是。裏面填充的棉花已經東一團西一團，那是我與朋友們爭搶時扯的。

它好像沒變過，只是灰塵鋪滿了毛絨。它好像變了，變得憔悴變了沒了生機。

我的童年很快樂，爺爺奶奶給予我許多的愛和關心，但我卻十分叛逆，一直與他們唱反調。現在的人總說：「在無知的年紀裏沒有多少人會去反省等長大以後才懂得……」事實的確如此。

我家庭不算小康，爺爺奶奶只是收著爸媽給的小筆錢來生活，包括養我。奶奶給我織的小狗玩偶一直是我的最愛，因為奶奶知道我「饞」隔壁鄰居的小玩偶，那段時間奶奶不舒服，但我依舊纏著她。她總是拖著沉重的身軀，踏著沉重的步伐，儘管她很瘦弱。

爺爺燙傷我心愛的玩偶時，我哭鬧，說著不堪入耳的話。爺爺並不嚴厲，他只是皺著眉頭向奶奶喃喃道：「嘖，我太不小心了。」我得寸進尺，將碗隨手往地上扔，鐵碗，沒壞。飯「跌」了出來。我並不理會爺爺是否故意或無意，只知道他燙傷了我的玩偶……

我兒時算是「男子漢」，總以一種強勢的態度去面對朋友，但這種時候只會出現在我的玩偶被他們拿走時，也許是佔有欲在作祟。我高興地分享我的玩偶，他們扯著玩偶的頭，我扯著腳，卻生怕一分為二，只好松手，坐在地上哇哇大哭，等著奶奶趕到，他們才丟下玩偶，玩起屬於他們的玩具。當然正如大家所說的年少無知，現在想去十分有趣。日復一日亦是如此，玩偶內的棉花害怕的縮成這一團，那一團。

身在異地我十分慚愧也十分感恩他們對我的包容。時光荏苒，過去有十年，十年裏四十個季節變更，仿佛一切還在昨天。爺爺溫柔的喃喃細語，奶奶踏縫紉機的嘎吱聲，朋友打鬧嬉戲的追逐聲，縈繞我身邊。只剩下坐在角落的玩偶，已物是人非。

四勇 鄭晴雨

## 一場沒有失敗者的比賽



現實的社會，往往只在乎勝負，只要你輸了，你就是失敗者，但是，沒有失敗者的比賽，你聽過嗎？或有人說：「比賽有分輸贏，怎可能沒有失敗者？」從某種意義上來講，有的人雖然輸了，但是他的優秀精神影響了很多人，那他就不是個失敗者。

1986 年的墨西哥奧運會馬拉松賽，坦桑尼亞首位參加奧運會的選手阿赫瓦裡，在 19 公里處被擠到又遭踩傷。但他仍然拖著被踩穿孔的膝蓋和脫白的肩膀，一瘸一拐地獨自跑著。由於劇痛，他的慢跑比平常人散步還慢，他的膝蓋不斷流血，嘴角痛苦地抽搐。一名記者同情又不解的問：「為什麼明知毫無勝算，還要拼命跑下去？」阿赫瓦裡顯然毫無準備，默默地跑了一會兒，突然堅定地回答：「我的祖國將我從 7000 英里外送到這裡，不是要我開始比賽，而是讓我完成比賽。」夜幕降臨，最終阿赫瓦裡拖著傷腿，頂著滿天星星，一步一步蹭到了終點線。這一刻，在場所有的觀眾和工作人員全體起立，雷鳴般的掌聲經久不息，這一幕後來被人們奉為「奧林匹克歷史上最偉大的一幕」。雖然阿赫瓦裡並無煊赫成績，但作為坦桑尼亞歷史上首位參加奧運競技的選手，他沒有辜負國家的厚望，成為「最美的墊底者」。

馬拉松比賽永遠沒有失敗者，只要參與了比賽，完成了比賽，就是戰勝了自己的英雄。

水不撩不知深淺，人不拼怎知輸贏。不僅是馬拉松，還有和生命的比賽。人只有擁有了挑戰自己的信念，才能使自己更加投入工作和學習，擁抱更美好的明天。挑戰是石，擦出希望之火；挑戰是火，點燃鬥志的燈；挑戰是燈，點亮人生的路；挑戰是路，引你走進成功殿堂。挑戰成了心中的目標，只要肯付出，無論是失敗了，都會在人生道路上鋪下墊腳石。

1995年，法國記者多米尼克鮑比突然心臟病發作，導致四肢癱瘓，幾乎喪失了所有的運動機能。被病魔襲擊後的鮑比躺在醫院的病床上，在他所有的器官中，只有左眼還可以活動，但他頭腦清醒，並沒有被病魔擊倒。雖然口不能言，手不能寫，但他還是決心要將自己在病倒前就開始構思的作品完成並出版。出版社便派出一個叫門迪寶的筆錄員來做他的助手。鮑比只會眨眼，所有唯有通過眨眼的方式來與門迪寶溝通，這樣的工作是艱難且困苦的。剛開始合作時，他們兩個每日用六個小時默錄詞語，每日只能錄一頁，後來慢慢增加到三頁。歷經幾個月的艱辛，最終鮑比完成了自己的著作《潛水鐘與蝴蝶》。據粗略估計，為了寫這本書，鮑比的左眼共眨了二十幾萬次。

雖然最後鮑比去世了，但他的作品《潛水鐘與蝴蝶》永駐人間，還被拍成了電影。

魯迅曾說過：「有缺點的戰士終究是戰士，寶貴的蒼蠅也終究不過是蒼蠅。」不是說失敗者不會有人同情，而是根本不願拼搏的失敗者不會有人同情，而勇敢的戰士明知不敵對手，也敢於亮劍，雖敗猶榮！

四勇 黃若言

## 記一次遲到的經歷和感受



記得那一天，我因為賴床而遲到，當時我十分緊張，因為是開學的第一天。我立刻把桌上的暑期作業放進了書包，換上了還未燙好的校服，頭也不回地衝出了門口。我很害怕我因為第一天上學就被訓導主任教訓，害怕被老師貼上壞學生的標籤。當我快到輕鐵站的時候，卻被站內人員告知鐵路要維修暫時不能通車，要去其他的輕鐵站，我還沒有等他把話說完就跑走了，當我去到其他車站時，發現都要等三分鐘以上，所以我一路狂奔到學校，只見門口的校工已經關上了大門，他們看見我又立即打開了大門，他告訴我以後不要再遲到，聽了這句話我就明白到，我遲到了，我氣喘吁吁地回應了他。

我狼狽地衝進了大門，大概這次遲到實在太嚴重了，連訓導主任都離開了平時當值的地方。我氣喘吁吁地跑到了課室，一瞬間，我耳邊傳來了同學們的嘲笑聲，頓時，我尷尬得滿面通紅。

自從那天起，我心裏總是忐忑不安，覺得大家都不喜歡我，不願意跟我合作做小組的工作，我覺得自己像一個被遺棄的小孩，心裏有點寂寞，又充滿慚愧，令我十分難堪。

經過這次遲到的經歷，讓我下定決心要戒掉遲到的陋習。

二穎 朱翠瑩

## 記一次遲到的經歷和感受



經過這次遲到的經歷後，我以後都不會重犯這次的錯誤了。

昨天晚上，我因為功課太多做不完，導致我捱夜做功課，大約在凌晨兩時的時候，我終於可以睡覺了。

第二天早上，我被鬧鐘吵醒了，由於昨晚睡得太晚，於是我神志不清，看到的東西也一片模糊。洗了個臉，刷了牙，吃了個早餐，然後我看了看手機，發現上學的時間還有十五分鐘而已，此時我便手忙腳亂起來，我把襪子和鞋子拿出來穿着，匆匆趕下樓，然後飛奔去乘車。

上車後，我看了看手機，時間只剩下十分鐘，我很心急，上車再開返，上完車直接沖到良景站，不想中途有任何的停頓，我看了看車窗外的風景，發現情況不對，於是我看車的號碼，心想：「天啊！原來我乘錯了車啊！」我立即在下一個站轉車。轉車後我有看了看時間，心想：「完了，遲到了，還遲了十分鐘！」到站了，車門打開時，我馬上拍八達通，我跑呀跑，跑得我上氣不接下氣，但我還是要繼續跑，校門快關掉時，我立即用我的手把門擋着，並把它推開。

最後，我看見了一位印度老師走過來，並問我遲到的原因，我把事情的經過告訴了他，入到課室後，老師說我違反了班規，要我罰抄十次，我後悔極了，從此之後我不在捱夜做功課，會好好地認真規劃好自己的時間，不會再令自己如此狼狽。

二穎 王業彰

## 記一次遲到的經歷和感受



在小學六年級的某一天，那一天是我的隆重的畢業典禮，那天的早上七時我已經起身吃了早餐，梳洗完成，之後我就在家的梳化上坐了一會看電視，預計好時間剛剛十分鐘才出門口。十分鐘過了，我便剛剛出門上車。

在乘車的途中，我聽見了在我巴士的前面突然有一聲巨響，原來前面有五輛私家車連環相撞，我那時還不知道那聲巨響發生意外，司機便大聲叫道：「乘客有沒有受傷？」幸運的是司機及時把車子停低。那時已經剩下五分鐘，我當時跑下車，巴士距離學校還剩下一公里，我下車的時候用盡我全身的氣力朝學校的方向跑去，那時我的心情已經心急如焚，而跑步的途中我的手機還不小心掉了出來，手機的螢幕保護貼又不小心爆了，那時我心想：今天真是禍不單行！到了最後我還不能及時趕到回學校，最終還是遲到了，要在畢業典禮的日子，竟然遲到了。

這次遲到的經過，令我明白到永遠都應該要提早出門，做好充足準備，不應該預計時間預計得剛剛好，因為很多時都可能會有意外，意外就是意料之外我們往往不能預計的。

二穎 尹展翹

## 記一次遲到的經歷和感受



原來遲到是一件嚴重的事。

記得有一次冬天，因為被窩太舒服，所以我打算賴一會兒床。但沒有想到第二次開眼已經是八點了。我用最快的速度梳洗後，便出了門，早餐都來不及吃。

但我住的地方離學校遠，要 45 分鐘才能到達。在車上我一直想會不會給老師訓話、班上的同學會用什麼眼神看着我、爸媽又會不會對我失望……

終於，我在九點前回到了學校。我氣喘吁吁地跑上課室並推開了課室的門。那一刻，彷彿有上千對，上萬對眼睛在看着我。我十分尷尬地遞上遲到紙並返回座位上。

放學後，我的好朋友跑來問我：「你為什麼會遲到，你平時不是很少遲到的嗎？我還以為你今天生病，不會回學校呢！」然後我便一五十地向她娓娓道來。她也安慰我說不要太愧疚，每個人都遲到，知錯能改便能得到原諒。

最後，這次的經歷令我很難忘，我保證我以後不會再遲到。

二勇 曾嘉瑤



## 記一次遲到的經過和感受



今天早上，我跟平常一樣上學，雖然發生了一些事情令我遲到，但我也感到非常開心。

就在今天，我在回學校的路上，遇到了一個小朋友坐在地上哭個不停，因為我的時間不是很多，所以我本來也沒有打算理會她，但是我走到一半發現她的哭聲越來越大聲了，於是我還是掉頭去問她究竟發生了什麼事。

我回去問那個小朋友：「小朋友啊，你怎麼一個人坐在地上哭啊，你的爸爸媽媽呢？」那個小朋友看着我，一邊哭一邊說：「媽媽不要我了！媽媽不要我了……」我心想這個小朋友可能是跟她媽媽走失了。我摸了摸她的頭說：「乖呢，小朋友，你媽媽不會不要你的，我帶你一起去找她好不好？」小朋友點了點頭，看她滿臉都是淚水，我便遞了一張紙巾給她。我們大概在周圍走了十分鐘，我就聽到一個女人叫着：「宛詩，你走去哪裏了啦？嚇死媽媽了！」那個女人連忙向我道謝，我看了看手錶發現已經遲到了，我跟她們道別後馬上跑回學校。到了學校門口，我回頭一看，看到那個女人跟小朋友跟着跑了過來，我問了問，原來她們是來幫我跟老師解釋。最後，老師不但不記我遲到反而還給了我一個優點。這次遲到真是令我感到非常滿足！

二勇 周凱圻

## 記一次遲到的經歷和感受



我是一個品學兼優的學生，從來沒有一次遲到的經歷。但今天，我竟然遲到了。

在昨天晚上，本來想早點睡覺，明天一大早回到學校。可是沒想到我太興奮睡不着了，到了凌晨才睡得著。第二天我八點才起床，我早餐也沒吃就出門了。那時候因為覺得公共交通工具太慢了，所以叫了計程車，可是車子剛到高速公路的時候就堵車了。那個時候剛好是繁忙時間，而且又在下雨，路變得滑了。因為下雨，能見度變得很低，很模糊、前面的路不是看得這麼清楚，結果車子行得很慢。

終於到了學校附近的商場，司機他說不駛進學校去，我求了他很多次但他依然不肯。我只好打著傘跑回學校。雨雖然不多，但地上的水坑多得很，而且我一心只想快點回校，根本沒注意地上的水，所以弄得我下半身全濕了。

幾經波折，我終於回到學校。我衝進了學校，老師看到我，就叫我到教員室和她談談。我將事情的一切告訴老師，她說：「雖然這次是意料之外，但還是要記遲到，沒辦法。」

我聽到之後很難受，因為我從未遲到。所以，我決定每晚睡前喝牛奶助眠，還有提早出門，避免突發事故。希望經過這次的教訓，我能夠減少遲到的次數。

二勇 孔德翹

## 一位最細心的人



人生中總有一兩位令人留下深刻印象的老師，其中令我最深刻的就是我中一班主任——鍾老師。

他是一個高大而骨瘦如柴的老師。他本有一雙圓滾滾的大眼睛，只不過眼鏡把他的眼睛變小了。他每天穿着西裝，而且永遠都是黑色的。他的樣貌加上衣著，令他給人一種難以接近的感覺。還記得第一天上學，全班都被他那副嚴肅的樣子嚇得不敢說話。

在某一天的上課日，我感到很頭暈，便趴在桌上休息。他見我這樣，便跑過來問：「你怎麼了？不舒服嗎？」我輕輕點頭，他立刻說：「班長出來維持秩序，有同學不適，我要送她到醫療室。」話落，便帶我乘升降機到一樓的醫療室。還記得小息的時候我還是不太舒服，他怕我悶，就過來看我了。他見我的狀態還是不太好，便問我媽媽的電話號碼，讓她來接我回家休息。在等待的期間，他一直陪我聊天，讓我沒有那麼悶，他也能了解我多些。媽媽終於來接我回家，在臨走前，我還見到他在跟我揮手大喊：「好好休息！明天精精神神回來！」那時我還覺得是在做夢，直到我拍了自己一下，我才知道這是現實。因為我真的不敢相信一個外表那麼嚴肅的人，內心竟然溫暖。他的言行舉止令我非常感動，現在回想起，仍覺得非常溫暖。

還有一次，我中文考試拿了很低的分數，整天悶悶不樂。中文是我的強項，而且過往每次都能拿到好成績，但昨天因為要照顧生病的弟弟，所以累得忘記溫習。中文老師在派發試卷的時候，我彷彿能看到她對我失望的神情。回到座位後，我不斷回想起老師失望的樣子，心裏不斷責備自己。想着想着，淚水在眼眶內不停打轉。我為了不讓其他同學取笑我，我一直憋住不讓眼淚流下來。此時要準備放學了，鍾老師看我神情憂傷，便把我叫到一個安靜的地方，讓我說說為什麼那麼難過。此刻，我終於忍不住了，眼淚像河流一樣嘩啦啦地流了下來。我邊哭邊說，待我說完後，鍾老師安慰我：「不要難過了。成績不是一切，最重要的是態度。若果你下次還需

照顧你弟弟，你可以嘗試邊照顧邊溫習，這樣就可以節省時間了。加油啊！我知道你可以的！」聽到了這句話，我感到十分感動，因為從來沒有人這樣安慰我，又給我鼓勵。他拍了拍我的肩膀：「還有不要給自己太大壓力呀！盡力便好。」他這句話讓我再次充滿了信心，亦讓我感受到老師對我的關懷。

他是一個對每個學生都細心的老師。起初隔壁班都說我們班很可憐，因為有一個這麼嚴肅的老師，那時我也很不開心。但當我經歷過這兩件事，讓我明白到不可以貌取人的道理，亦讓我學會了對所有事物都要無微不至，這也是他成為我印象最深刻的老師的原因。「細心觀察是為了理解，理解是為了行動。」他就是一個這樣的人，一個非常細心的人。

二勇 孔德翹

## 一位最尊敬的人

她是我的班主任兼中文老師，亦是我最尊敬的人。她姓陳，帶著一副方框眼鏡，眼眸深邃，一頭烏黑的短髮，很漂亮。她經常面帶微笑，十分平易近人，給人一種親切的感覺。她經常穿著黑色襯衫、外套或深藍色連衣裙。

陳老師對我很好，她知道我是內地來的同學，臨近口試時，她犧牲自己的休息時間幫我溫習，還去書店借來廣東話口語書讓我練習。在我累時，她會鼓勵我：「子龍不要半途而廢，很快就要口試了，加油啊！」聽了這些話，我又重新燃起鬥志。

除了幫我溫習廣東話，在我剛剛來到香港，人生路不熟的時候陳老師給我帶來了希望：先是安排會講普通話的熱心同學作我同桌，讓我更好的融入香港的上課環境，又讓我多和同學聊天，和他們打成一片。我想如果沒有陳老師，我不會這麼快就融入群體，所以我很慶幸遇到她。

陳老師是黑暗中的蠟燭，燃燒自己，照亮我們的前路；她是燈塔，為迷失的我們指引方向；她是園丁，培育我們茁壯成長。試問這樣對同學無私奉獻的老師，誰又會不喜歡呢？

二勇 郭子龍

## 一位最敬佩的人



人的一生總會遇到令其刻骨銘心的人，或只因些瑣碎事，而對那個人留下深刻的印象。對我來說，那個人就是志明，他是一位令我十分敬佩的同學，他為人處事的態度和非凡的領導能力值得我敬重。

他的身材偏中等，眼光清澈得像小鹿般炯炯有神地看着你，無論做什麼事情都能感受到他的努力認真。他的談吐得體，對老師和同學都是彬彬有禮，同時又不缺乏幽默感，平易近人。穿着校服的他衣冠整齊，更顯得他儀表堂堂，舉止大方。

一次專題課堂上，我和他被分配到同組裏，老師需要我們用現有材料制成四架飛行器，然後測試它的飛行時間和距離。而志明的能力大家都有目共睹，所以馬上被推舉為組長，起初一切都進行得很順利，各自做著自己的工作，期間有一位組員因為不太明白飛行器的結構而請教志明，只見他馬上放下手中東西，有耐心地一遍又一遍用清晰易明的思路講解給他聽。

直至課堂進行到一半，另一個組員不小心損毀了材料而導致無法製成飛行器。大家不由得懊惱並開始指責他，但志明卻沒有。他冷靜地重新思考應該如何解決，最後想出了用其他飛行器剩餘的材料在拼砌出一個新的，沒想到這個重新組裝的飛行器所測出來的結果竟然是最優異的，也算是因禍得福。

我常常暗自感嘆，他無論什麼事情都做得很好，上課總能積極參與回答老師問題，而且待人寬厚受到同學擁戴，令內向的我明白想結識更加多人需要主動向人交流，踏出第一步。他就是一座燈塔，為陷入困境的人指導方向，面向光明。這令我想起《周易》的說話：「天行健，君子以自強不息。」他就是我的榜樣，令我不斷努力，加強自我的修養，朝着未來奮鬥。

## 記一次遲到的經過和感受



人人都說，一些小細節最能體現一個人的品德，準時！應該是最常聽的吧，準時上班、上學、準時交作業，等等。媽媽從小就說：「做人一定要有時間觀念。」但就算再小心，生活中也會有意外，而且往往都是在自己在意的重要事情上。

可以跟許久不見的朋友一起去玩，一起去回憶小時候真的很開心，但人總免不了分別。我有一個從小就認識的朋友，但自從我跟家人去香港後，就再也沒了聯絡，我們兩個的母親是好朋友，所以我和她可以說是從媽媽的肚子裏就認識，最近聽媽媽說，他們一家來香港玩了，我開始擔心，時間這麼久了，大家成長的圈子又不一樣，可能會沒有話題，但種種的想法在看到他們一家後都不見了，媽媽帶他們到酒店安置後，便把我帶回家，也許是許久不見的原因，我倆都互相分享著自己的生活，但她卻告訴了我一個我不太喜歡的消息，這次遊玩後她便要和父母回鄉居住，因為以前居住的小區要拆卸了，以後不會再來香港了！雖然我很傷心，但生活還是要過的，第二天我們一起去了海洋公園，她說熊貓很可愛，她也想要一隻。第三天，第四天過去了，我答應她一定會送她上火車，她不太相信，笑着說：「你從小就是一隻貪睡蟲，早上六點的火車，怎麼可能趕得及？不需要送行，我們一直都是好朋友。」

這天晚上，我怎麼都睡不着，可能是擔心，早上四點才睡，醒來的時候已經十一點了，我突然一驚，跳了下床，一下就清醒了，衝往客廳，媽媽說他們已經走了，我回了房間，自責自己為什麼那麼貪睡，而錯過一次重要的離開，也許我再早一點睡，就不會錯過火車開出時間了吧。

小鳥的叫聲不再出現，秋風吹過的沙沙聲也不復存在，一瞬間世界好像不再運作。也許這一次是最後的再見，但我連一聲再見的機會都沒有了，心中牽掛的老朋友跟着火車一同離開，但我卻不能陪伴，不知道長大後再見是否會像小時候一樣……

## 記一次遲到的經過和感受



相信大家都有遲到的經歷吧！有人認為遲到可大可小，有人因為上學晚起而遲到，有人因此遲到錯失了一次重要的機會。明明可以擁有，但卻失去了。

那時，我是個六年級的小學生，那天是小學的畢業旅行。

叮，叮，叮。鬧鐘響起，我又按照平常的習慣把鬧鐘關了，在睡夢中的我感覺到反常，於是起來看了看鬧鐘，已經八點了。我慌忙地叫了句：「媽你為什麼沒叫我起來」，但卻沒有回應，我趕快下床看了一下，家裏根本沒有人。忽然我隨腦海中想起媽媽的話：「明天我要早上出去買菜，你自己醒了就別再睡了。」

我趕緊洗漱，換衣服。咬住一塊麵包，把書包拿起就跑。剛好出門後看見一輛巴士。我連忙揮揮手，就停下來了……

我以複雜的心情趕回學校了。我向保安叔叔打了個招呼，他用疑惑的眼神看著我說：「你是幾年級，為什麼會在這？」我連忙向他解釋，我是去畢業旅行的。忽然有一輛校巴在我眼前掠過，我看見熟悉的臉孔向著我打招呼。我慌張的問保安叔叔，能不能讓他停下來，但過了幾秒還是沒反應，我就只有眼睜睜地看著它開走了……

就這樣我因為遲到而失去了一段回憶。

二勤 黃明珠



## 記一次遲到的經過和感受



星期五早上，我還在睡夢中，忽然，聽見媽媽晴天霹靂的叫聲：「已經七點半了！還不起床！」「什麼？」我鯉魚彈跳地坐了起來，像箭一樣沖向衛生間。我胡亂的刷好了牙，隨便抹了把臉，走出衛生間，背上了書包，接過媽媽遞的牛奶、麵包，邊吃邊下樓。

我快步走到車站，快速的上了車，心想：「一定不能遲到，一定不能遲到。」到了學校，門口已經沒有學生了。「哎呀！不好，已經上課了。」我向教室快步跑去，坐到自己的座位上。唉！我下次不能遲到了。因為我遲到了，老師看著我，同學的眼睛齊刷刷地向我瞄來。

這樣不僅影響了自己，也影響了別的同学，還影響了老師上課。下次一定不能遲到了！

二勤 曾詩雅

## 記一次集體遊戲的經過和感受



記得在小學五年級的聖誕聯歡，老師提議在班房裏面玩大風吹，全班都贊成。

規則是圍一個圓圈，需要移走一張椅子和一個人站中間，中間的人說：「大風吹。」坐在椅子上的人說：「吹去邊？」。中間的人需要想出一個特徵，例如：穿黑色衣服的人，穿黑色衣服的人需要走，走去坐空了的椅子上，如果有一個沒有坐下來，便需要懲罰。

最深刻的一次，老師叫我站中間，遊戲開始了。但我每次都太慢，別人都比我快，搶不了椅子，終於有一次，我說了全班都有的特徵，就是頭髮顏色是黑色，全班都開始大換位，場面一度混亂，最後我搶到椅子，能休息一會。經過一個半小時的遊戲，有一個同學站中間太多次了，需要接受大懲罰，就是清唱一首歌，畢竟他唱歌有一手，所以他從容的唱了整首歌，全班都讚他唱得很好聽呢！

時至今日，仍然回味當年這個遊戲，很好玩；其實輸贏並不重要，最重要是遊戲過程中大家建立的那份友誼。友情第一，比賽第二。我很感恩我的同學們，因為即使玩累了，也願意跟我們一起玩下去，直至最後大家都跑不動了才結束。

一穎 陳巧凝

## 我的好友

我最好的朋友叫李梓顥，我們在小學四年級認識，那年四年級全部班的同學也換了，他是個轉校生，他重讀了一年小四，所以他比我大一歲，我第一眼看見他的時候十分怕他，因為他十分高大，在小四已經有一百六十多厘米，他還很瘦。

他的成績很好，上課十分專心，小息時做功課。

他的運動能力十分強，進了學校的所有球隊，我只進了籃球和足球校隊，籃球是我的弱項，我在球隊中是小前，他是分衛；足球我一直都有踢，但也不夠他強，我是中場，他是前鋒。他小五的時候當了足球和欖球的隊長，經常帶領球隊贏比賽。

他十分好人，在小四，我第一次在足球的學界比賽中當正選上場，我卻忘記了帶球衣，他借了給我，自己坐在後備席，上半場完了還是零比零，教練把他換上場，他上場後十分鐘就入了一球。

在籃球比賽中我只是在後備席觀賽，他一場入了十多個三分球，之後球隊所有人都叫他阿神，即是神射手的意思。

我經常和他一起練球，我的功課不會做的時候他會教我。

我十分喜歡這個朋友，不過我們很快就畢業了，我又搬到屯門，不能讀同一間中學，畢業後一直也沒見過他了。

一勇 范昊德

## 我的好友

我有一個關係很好的朋友，她叫陳小欣，我們認識了五年了。

她有一雙大大的眼睛，高高的鼻樑，白白的臉蛋，短短的頭髮。她待人有禮，非常有愛心，常常參加慈善機構舉辦的活動，也常常拉我一起參加。

我們是非常好的朋友，每天晚上我們都會有視頻通話，有一天她打給我的時候，我一點開通話就看到她有點情緒失控，我就立刻跑到她家樓下的公園安慰她，原來因為最近學習壓力太大，而導致情緒有點失控，最後，我到她家裏聊了一整晚的天。

我覺得朋友真的非常重要，可以互相扶持，互相分享生活的大小事，還好我身邊有一個，在她面前，可以放下包袱，也可以放下防備，可以在她面前暢所欲言，很高興可以認識到你——小欣。

—勇 紀呈昕

## 記一次集體遊戲的經過和感受



又是一個風和日麗的星期天，我和朋友們一起玩遊戲——捉迷藏。

遊戲規則是：選出一個捉的人，大家都要藏起來，捉的人要在牆角數五十秒後，就來找大家。遊戲開始的時候，我們通過猜拳方式去確定誰找人誰躲藏，小志成為了「獵人」。

遊戲開始了，一瞬間，大家都消失得無影無蹤。小志數完數後瞪着大眼睛，注視着院子的每個角落，他一會兒看看花園，一會兒看看草叢。他就像一隻正在找食物的小鳥，東張西望。忽然，他那明亮的眼睛好像看見我了，這時我的心跳聲就像小兔子不停地跳舞，「怦怦怦」。我像旋風一樣迅速地向牆角跑去，不幸地，最終還是被發現了。其他人也陸陸續續被發現了，他們有的藏在車底，有的藏在樓梯間，有的藏在草叢裏……

火紅的太陽已經落山了，愉快的一天也要結束了，我們也依依不捨地回家了。

一信 胡卓然

## 記一次集體遊戲的經過和感受



在小學畢業後的某一天，我因為無聊所以就打電話給同學，約他們到景峰的籃球場去打籃球。我們約了在下午一時半在麥當勞集合。

在一點三十五分左右，全部同學都到齊了，我們就出發前往籃球場。到達後，我們就馬上開始打籃球。在其中一場比賽中，我因為被很多人圍住，感到四面楚歌，隨即做起了本能反應，把球傳給某一個同學。但他因為一時的不留神，不但接不到球，還被丟中了額頭，腫了一個大包，頭暈目眩，差點跌倒。所以我們隨即上去扶他，以免他跌倒。他休息了一會兒後，已經沒有大礙，可以繼續比賽。

在最後一場的比賽中，有一個同學因為每一場比賽都落敗，所以他已經忍不住了，大聲地哭了起來。還罵他的隊友，說他們太坑了，不但不傳球給他，更胡亂射球，令他不正常發揮，還和他的隊友打了起來。看到這樣的情況，我和其他同學馬上前往制止。在混亂之中，我還被打了幾拳。當我們成功緩和當時的氣氛，我們便告訴他「友誼第一，比賽第二」這個道理，然後他便誠心地向朋友們道歉。

在這次的集體遊戲中，我學習到就算比賽的時候輸了，你也不應該埋怨或是罵你的隊友。

一信 蔡穎健

## 我的好友



我有一個好朋友，她經常梳馬尾辮，戴一副藍框的眼鏡，喜歡穿白色的衣服，是老師的小助手，亦是我的好朋友。她就是子君。

她做事認真負責，是我們班準備用具的負責人，同時也是紀律委員。上課鈴聲響時她會提醒我們坐好，保持安靜。如果有人談話，她會提醒他一次，如果不聽勸說，子君就會堅決果斷地把他的名字寫在黑板上或直接報告給老師聽。下課了，她也會站在講台前，提醒大家把下節課的用具準備好，如果有人沒有準備好，她就會提醒他。下節課是體育堂的話，她就會站在體育委員的旁邊協助他整頓紀律。

她愛幫助他人，她的朋友是個學習有困難的同學，每次幫助朋友時，子君都會耐心地教導他，一邊講題目，一邊耐心地問他是不是真的明白了。每一次都是一兩個小時，但她都沒有怨言。其他同學問她題目，她也會耐心地講解。

子君做事認真負責，愛幫助別人的好品德真值得我們學習。

一勤 袁梓語

## 我的好友

我有一位好朋友，她的名字叫梁子奇，她的個子矮小，瓜子臉兒，水靈靈的眼睛，小小的鼻子，笑的時候會露出潔白的牙齒。

我們會經常相約一起參加課外活動，例如足球、跆拳道、游泳班等等。記得剛剛學游泳時，我十分害怕，一至四堂我都不敢在水中閉氣，是她每天放學後都鼓勵我，陪我去泳池練習閉氣，最後我都因為她的鼓勵能夠克服閉氣的恐懼，最後都成功了。

她除了喜歡運動，還是一個天資聰敏的人，她的成績很好，每一次考試都是名列前茅，平日在家也好學不倦，周年在輕鐵站等車都會把書背得滾瓜爛熟，手不釋卷，真是我學習的好榜樣。

這就是我的好朋友，一個體育、成績都很好的人，我也要以她作為我的榜樣，努力地令自己更加進步。

一勤 張嘉軒



## 我的好友



他有圓圓的頭，他的眼神十分呆滯，他的體質十分虛弱，身型瘦小。他就是我的好朋友——張凱弦。

他的性格溫文有禮、和藹可親，所以他很受班上的同學歡迎，但他常常會做出一些不明所以的事。例如有一次收功課的時候，因為他的功課要交給老師，但又不告訴收功課的同學，於是被老師當成欠交功課，我知道後令我捧腹大笑。

有一次我們相約去沙灘一起游泳，他去了小食部買水，而我就去了游泳。游泳的途中我突然腿部抽筋，他就奮不顧身條下海來救我。這一次的經歷令我們的友誼加深了。還有一次我的成績太差了，所以我先決定問他如何令成績提升，他只說了一句「虛心好學，不恥下問」於是令我有所啟發。

這就是我的好朋友，一個虛心學習、樂於助人，我從他身上學了很多東西，令我獲益良多啊！

一勤 張浩賢

## *I'm in Charge of My Success*

This year, I have become a secondary school student. I want to be successful, so I have set some goals for myself.

My goal as a good student

To begin with, I want to be a good student. I set this goal because I would like to get better grades. Also I would like to help others. Moreover, I want to be a good girl. I set this goal because I would like my family to be happy.

My goal as a volunteer

In addition, I want to be a volunteer. I set this goal because I would like to help old people in need. I also want to be a caring friend. The reason is very simple. I will share with my friends and help them when they are in need.

I know I will succeed as I have plans to reach my goals. I need to work hard to achieve my goals in secondary school.

**Chan Hau Ying (F.1A)**

# *I'm in Charge of My Success*



This year, I have become a secondary school student. I want to be successful, so I have set some goals for myself.

To begin with, I want to have good grades. I set this goal because I would like to be the top student in the class.

Moreover, I want to be a good boy. I set this goal because I would like my parents to be happy and relaxed at home.

What's more, I want to be a volunteer. I set this goal because I would like to help people in need. Also, I will visit homes for the elderly.

Last but not least, I want to be a caring friend. The reason is very simple. I will help with their homework.

I know I will succeed as I have plans to reach my goals. I am confident that I can achieve my goals!

**Chan Shing Yin (F.1A)**

## *I'm in Charge of My Success*

This year, I want to set new goals for me to become a person who care about society.

To begin with, I want to be a good student. I set this goal because I would like to have better academic performance. Also, I will join the basketball team because I would like to learn more skills about the sport.

Moreover, I want to be a good girl. I set this goal because I would like my parents to be happy.

In addition, I want to be a volunteer. I set this goal because I would like to take part in community service and help people in need.

Last but not least, I want to be a caring friend. The reason is very simple. I will share with my friends and help them when they are in need.

I know I will succeed as I have plans to reach my goals.

**Wong Lok Yen (F.1A)**

## My goals

This year, I have become a secondary school student. I started my secondary school life in San Wui Commercial Society Secondary School. I want to be successful so I have set some goals for myself.

To begin with, my goal is to study hard. I set this goal because I want to prepare myself for the future. I want to become a successful person. I will listen to the teachers and pay attention in lessons.

As a daughter, I want to help do more housework. I will do the housework diligently. I set this goal because I want to reduce the burden of my family. Also, I can improve my physical strength.

What's more, I want to stay away from drugs. I set this goal because I want to be a good girl and I don't want to do things in vain. I will not touch or do drugs.

Last but not least, I want to improve my drawing skills. It helps me to relax. I will join some drawing classes to improve my drawing skills.

I know I will succeed as I have plans to reach my goals. As long as I work hard, there will be good results.

**Wong Sum Yi (F. IB)**

## My goals

This year, I've become a secondary school student. I want to be successful so I have set some goals for myself.

### **My goal as a student**

To begin with, I'm determined to get better results. I set this goal because I want to make my parents happy. I will make time every day to learn English.

### **My goal as a daughter**

Moreover, I hope to be more sensible. I set this goal because I can understand my parents more and make them stop worrying about me. Also, I will be more obedient.

### **My goal as a teenager**

What's more, I hope to make more friends. I set this goal because I want to play with them and learn to be more sociable.

I hope these goals can be achieved. If I work hard, I can get better results, be more sensible and make more friends.

**Cheung Hoi Shan (F. IB)**

# My goals

This year, I've become a secondary school student. I want to be a better person so I have set some goals for myself.

## **My goal as a student**

To begin with, I'm determined to get better results. I need to concentrate in class. If I concentrate in class, I can follow what the teachers say. Then, I can get better grades in exams. Also, I am not going to talk with my classmates when my teachers are talking. Of course, I need to do revisions at home every day.

## **My goal as a daughter**

Moreover, I hope to help my parents relax at home. I set this goal because my parents feel tired after work. I am planning to help my parents relax by massaging their shoulders and necks. I will learn to do massage from the Youtube. Also, I will take care of myself and will not let my parents clean up my room or things.

## **My goal as a teenager**

Last but not least, I hope to travel around the world to learn more new things. I set this goal because I love travelling. I also want to go to as many concerts as possible. All these can help me learn more knowledge.

I know I can achieve the goals. I can do it! Fighting!

**Mahima (F. IB)**

Trevor is my name. My favourite colour is

Red. I have a friend called

Earl. He is very nice. He often

Visits elderly homes. We always play

On-line games and do voluntary work at

Red Cross. We are good friends forever.

Li Chung Fung IC



**A**manda is my name.

**M**y dream is to be a social worker.

**A**my is my friend. She

**N**ever fights with me. I have a cute little

**D**og. It has big round eyes. It is

**A**dorable, too.

**Wong Po Yi IC**

# My goals

This year, I've become a secondary school student in San Wui Commercial Society Secondary School. I want to success so I have set some goals for myself.

## **My goal as a student**

I want to get at least eighty-five marks in every subject in the examination. I set this goal because I want to study in the university after graduation. When I finish university, I will have a nice job. Now, I am going to read more books and study harder so as to get good results in the coming examination.

## **My goal as a son**

I should love and respect my parents. I set this goal because they have raised me for twelve years. Therefore, I will help them to do housework. When I grow up, I will give them a lot of money.

## **My goal as a teenager**

I should help my mum to do more housework at home. I should do homework and study by myself because I am a teenager now.

## **My goal as a good citizen**

I should not break the law. I should keep the city clean because I am a good citizen.

**Fung Chun Hai (F.ID)**

## Being responsible

Do your parents require you to share the housework? Or they just want you to get good marks in your study?

To begin with, my parents made me to share the household chores. For example, I need to sweep the floor, wash the dishes and go to the market with my mum every week. Although I hate doing these things because it makes me feel very tired. I will keep doing the housework because this is my responsibility and I am a part of my family.

Moreover, my mum and dad require me to be a great student. For example, they want me to get high marks in the exam and never go to school late. Although it makes me feel hard, I will do my best because having a good academic result will make my future better.

Furthermore, my parents ask me to take care of my brother. Teaching my brother homework and playing games with him are my responsibility. When I have arguments with him, my parents will punish me. They said that taking good care of my brother is my responsibility. Even if I don't want to do these, I still have to.

Lastly, my parents want me to be healthy. They remind me to eat lots of fruits and vegetables every day. I also have to do sports every week. When I get sick, they will feel upset. So, I need to stay healthy because I don't want to make my parents feel upset.

My parents have high expectations of me. Although I feel tired sometimes, I will keep doing the tasks as they just want me to be a more responsible person. I will work hard and never let them disappointed. How about you? Do your family need you to be responsible?

## *A responsible person*



Do you need to share the housework at home? Or you just need to do revision only?

To begin with, my parents made me share the household chores. For example, I need to do the cleaning every day. I have to sweep the floor, wash the dishes and do the laundry. Although I hate doing these tasks, I will not stop doing them as I understand it is my responsibility. I am one of the members of the family.

Moreover, my mother has made me to be responsible for my study. For instance, I need to do lots of exercises and revision for Chinese and Maths. Although I like these subjects, sometimes it is too much for me. However, I still keep doing revision as it is my responsibility to work hard on my study.

Furthermore, my parents have made me to be honest. For example, they teach me to be an honest person and ask me not to lie to anyone. Although it is difficult to be honest sometimes, I will try my best to do it as being an honest person can make my life better.

The last thing my family has made me to do is to take care of my sister. I need to teach her to do her homework and do revision. I will try my best to help her since I am the oldest child at home. I need to help my parents take care of my sister.

My family means a lot to me. It is very significant. I will cherish my family members for the rest of my life. I hope to share my parents' burden as they are very busy. I believe a responsible person can have a better future.

**Shahzadi Madiha (F.2B)**

## *A responsible person*



Will your parents ask you to share the household chores at home? Or you just need to focus on your study? As a part of the family, I need to bear some of the responsibility.

To begin with, my mother has made me to share the household chores. For example, I need to do the dishes every day. I have to sweep the floor at weekends. Although I hate doing these tasks, I will not stop doing them as I understand it is my responsibility. I am one of the members of this family.

Moreover, my parents have made me to be responsible for my studies. For instance, I need to attend tutorial lessons after school. My mother wants me to get full marks for every test. Sometimes, I really feel tired but I never stop as I know it is my responsibility.

Furthermore, my parents have made me to be honest. For example, they teach me to be honest to myself and never lie to others. This made me become a reliable person. Although it is difficult to be honest sometimes, I will try my best to do it as being an honest person can make my life better.

Finally, my family helps me set goals. My father wants me to set goals. The goals are not too hard to achieve. I always achieve the goals on schedule.

My family means a lot to me. It is very significant. I will cherish it for the rest of my life.

**Yu Kin Ho (F.2B)**

## How to be a good student

Being a good student is what every student wants. What should we do if we want to be good students? What skills are needed if we want to be good students? The following information may be helpful.

The first thing that we need to do is to improve our academic performance. We need to always pay attention in class and take useful notes so that we can improve our academic performance. Also, we can find some information that we need to learn from the internet. There is a lot of useful information which can help us learn more new things and knowledge. We can do many things to improve our school results.

Secondly, we should take responsibility for our learning. Learning different generic skills is important. We need to have communication skills so we can communicate with others more easily. Leadership is also important because we may lead some teams or groups in the future. We should try to take up some responsibilities to acquire these generic skills. For example, we can be captains of teams or committee members of school clubs to learn more generic skills. We can be responsible learners if we try.

It is also important for us to learn to be moral and self-disciplined. As a good person, we should be self-disciplined. We should follow rules and regulations. Also, being good-tempered is needed. If everyone is always angry or bad-tempered, the society will not be peaceful. Although some people who have violated rules may not be punished, we should do the right things. We ought to be self-disciplined and moral so that we can be good students.

In conclusion, there are many ways helping us to be good students.



## *How to be a good student*

Being a good student is what every student wants but only few students can do it. Although it is not easy, many of us still want to be good students.

The first thing that we need to do is to improve our academic performance. We can take notes during lessons and write down the key points so that we can review them later. Also, we can ask the teachers if we do not understand the materials taught. We can also surf the internet or download apps to seek help. We can do different things to improve our academic performance.

Secondly, we should take responsibility for our learning. If we become prefects, we could learn many generic skills. For example, we can learn communication skills, leadership skills and time management skills. We need to help monitor the students' behaviors and check their uniforms. If there is a violation, we should tell the teachers immediately. We should take up different responsibilities in different clubs or teams. We learn to manage our time and get things done. Through taking part in the activities, we learn various skills and become better students.

It is also important for us to learn to be a moral student. We should get along with others well and keep good relations with classmates and teachers. We need to be self-disciplined and follow rules to develop good morals. A good student not only has good academic performance but also has good personalities.

In conclusion, there are many ways that can help us to be a good student. I hope the above suggestions will be helpful for us. What are you waiting for? Let's try to learn to be a good student.

**So Shuk Yi (F.3A)**

## *How to be a good student*

Being a good student is what every student wants but it is not easy. Some students do not listen to teachers attentively and some do not do revisions, resulting in unsatisfactory results.

The first thing that we need to do is to improve our academic performance. What we can do is to listen to teachers in class. When the teacher talks, we must listen and write down important points. We need to do revisions every day. Also, we can read more books so that we can learn more knowledge which is not taught in class. To improve our academic performance, we can do many different things.

Secondly, we should take responsibility for our learning. We can try to acquire some generic skills. To begin with, we need to have communication skills because it is something that everyone must know, whether inside or outside the school. Also, we need to learn to have collaboration skills. After all, there will be opportunities in the future for us to have contact with different people. At that time, collaboration skills are needed. Having the skills can help us become better students.

It is also important for us to learn to be a good citizen. We need to be ethical and moral. If we litter, our home will be harmed. The people who help to clean up will find it hard. We need to abide by the laws and know that we are wrong if we litter. We should not do things that should not be done, such as murder or robbery. We may be arrested and sent to jail if we do bad things. We should do the right things to make the world a better place. A good student should have good school results and morals.

In conclusion, many ways can be used to help us to be a good student.



# How to be a good student

Being a good student is what every student wants but it is difficult for us to do so.

The first thing that we need to do is to improve our academic performance. First, we need to finish our homework every day. If we do not finish it, we will be punished. When we do not know how to do some homework, we can ask teachers or classmates to help us. Then, after we have finished our homework, we can spend some time studying different subjects. Knowledge can be accumulated if we study and do revision every day.

Secondly, we should take responsibility for our learning. We can learn different generic skills, such as leadership skills, communication skills and collaboration skills in different places. We need to use communication skills when we talk with different people. We use our leadership skills when we need to lead a group of people to do activities. Also, we need to collaborate with others to achieve a goal. In different clubs or teams, we have different responsibilities. These generic skills will help us develop better personalities and become better students.

It is also important for us to learn to have civic awareness. As a good person, we need to behave rationally. We should be good-tempered and moral. I think everyone will do some wrong things every now and then. We should find the errors and correct them as early as possible. Also, we should try to get along with others. Being a person with civic awareness and morals, we can be good students.

In conclusion, there are many ways helping us to be good students.

**Cheng Pui Chun (F.3C)**

## My Goals This Year

'Student Accountability' is the theme of this academic year, together with 'Broaden Horizon and Enjoy Learning'. This year, I want to be successful in school. I want to improve my health and my studies.

Being responsible for my own learning is very important. I will prepare for class. When my teacher gives me preparation homework or reading assignments, I will do it. This helps me to have a better understanding of what the teacher will say in class. I can learn more effectively. Also, I will take notes in class. I will write down what the teacher says so that I can do revision later. I am accountable for my learning. I feel happy because I am in charge of my learning.

In addition to preparing for class, I will try to create the best learning environment for myself. I think it should be a quiet place. Then I can focus on my studies without being distracted. For me, studying at home is the best. Sometimes, I like to study with a friend. But that would lower my learning efficiency. Anyway, if I want a positive learning atmosphere, a friend can also help me study effectively.

Moreover, I will have a plan every week. That will give me a target to reach. This plan is not only for my study time, but also for my healthy eating habits and exercise. I will eat more vegetables and eggs, but less junk food. Then I will have a strong body. I will also do exercise such as jogging. Sweating after exercising gives me pleasure. I hope I can be healthier than before.

I don't blame others when I fail. So when I encounter any difficulties, I will do my best to overcome them. My success is in my hands. I hold myself accountable for my success.

## *I am Accountable for My Success in Learning English*



I read an article about student accountability and it says everyone should take responsibility for their actions. I think that's true. We are in charge of our lives. I want to improve my English and I know I can do it. I am accountable for my success. The following things are what I am going to do.

First, I need to have short term goals. My short term goals will be specific and are easy to reach. For example, I want to improve my vocabulary, so I will first set a short term goal—by the end of the week, I will be able to learn twenty vocabulary words and use them to write a short paragraph. I will keep this practice every week. The good thing is that when I have finished a short term goal, I feel proud of myself. After finishing a few mini-goals like reading online magazines or speaking practices, I will get closer to my final goal—improving my English results. If I want to accomplish a big goal, I should start with short term goals.

I will also make a to-do list. I will manage my time to do different things to upgrade my English. If I follow the schedule, my time will be used effectively and I won't waste it elsewhere. I plan to study English for two hours every day. I can relax myself with games for an hour after I have finished my homework. But before making the list, I will think about what the most important thing for me is—the priorities. The to-do list can be changed depending on the situation. When carrying out the tasks on my to-do list, I will make sure I work efficiently.

Moreover, I will find an accountability partner who can help me. I can share my goals or plans with him or her. If I have such a partner, we can supervise and encourage each other. When I want to give up, my partner will stop me. If I reach a short goal, this partner will congratulate me on being successful. My partner and I

may share the same goals, or they can be different. That's not a problem. Anyway, he or she will motivate me to do my best to achieve my goals.

Last but not least, I will review myself. I review how I have done every once in a while. This will allow me to understand myself better and how to set the next to-do list. In addition, I can know whether my progress is fast or slow, and how much I understand what I learnt before. I may review myself once a month, or after I have reached each mini-goal. Although I may not be capable enough at the moment, I hope by reviewing myself, I can become better.

I won't blame any obstacles I face. I'll do whatever I can. My success is in my hands. I am in charge.

**Zhong Jiahui (F.4A)**

## My English Goals

I have a learning goal this year—I want to improve my English grades. My success requires perseverance and commitment. If I can do it, everything will go well. I should hold myself accountable for my success.

In order to improve my English, I have the following plans. First of all, I will motivate myself with short-term goals, in other words, mini-goals. Why mini-goals? A long term goal is something I want to do further in the future. It may be something too far away and may seem unreachable. Mini-goals are more achievable. In order to reach my goals, I need to improve my learning efficiency by allocating my time wisely. I don't have much time left after school. Although half-day schooling seems to give students much spare time in the afternoon, we still have tuition and homework. So with limited spare time, I need to accomplish a lot. One of my mini-goals is to be able to learn 15 English words every day. This will give me a solid foundation to explore other English skills such as writing, speaking, and reading.

Next, I will set a timetable for learning English. With this time-table, I won't have any excuses for being lazy and not carrying out my plan. For example, I will learn English words every Monday and Friday, and listen to English songs every Tuesday and Thursday. Many students, including me, do not have self-discipline. I think a timetable helps me to take the responsibility of learning. If I follow the timetable regularly, I can improve my English.

What's more, when I face problems, I will seek help. Many students are timid, so they do not dare to seek help from teachers when facing problems. As a result, their doubts cannot be resolved and their grades may decline. So if I have any questions, I will seek help from the teacher so that the problem will be solved and

my grades will improve.

Finally, I will look back at myself and ask myself if I have the confidence to achieve my goals, continue to work hard and improve what I did not do well. This helps me understand my abilities. If I am making progress, I will further implement my plans. If I am not making enough progress, I may have to change my priorities and set extra time to do better.

To be able to achieve my goal is important. But what's more important is whether I can persist to the end and take on more responsibilities. I will overcome any obstacles I face when learning English and surpass myself. I believe success is in my hand.

**Chen Yuguo (F.4B)**

## *My Plans to Improve My English*



I am learning to take responsibility for my action. This year, I want to improve my English grades. I have plans to carry out. I am accountable for my success.

To begin with, I will set some short term goals. A goal helps me to identify what I need. Why do I want to improve my English? I want to improve my marks. I think listening, speaking, and vocabulary are more important. I will see English movies, watch English TV programmes and listen to English radio shows. I will also talk with my classmates, friends, and teachers in English as much as possible. I know they won't laugh at me. I heard that the best way to achieve a goal is to devote 100% of time and energy to it. But is it realistic? So I think a short term goal is more achievable. For example, by the end of term 1, I will be able to improve my English marks by 5%.

Moreover, I will stick to an English studying schedule. I have to develop a good reading habit. A good reading habit will help to improve my English. I will read English every day for 30 minutes before going to school. I need to be realistic. I must not plan to study English for too long every day. Otherwise, I will lose interest in English. For example, I plan to learn a few English vocabulary words every day. A week later, I can use the new words to write a paragraph. Or I can communicate with someone in my daily life after a few weeks.

Last but not least, I am willing to ask for help. One of my practices is to write a 200-word essay every week. Another practice is listening to English songs. That won't be easy. So when I have difficulties, I will ask my English teacher for help as soon as possible. Also, I can search for information on the Internet to solve the problems I encounter.

To conclude, my path to success will not be easy. But I won't blame any obstacles

I face. In fact, my success is in my hands. I will keep working hard to study English. I am sure that my English will become better and better.

**Lai Sin Yan (F.4B)**





## *Your Share, My Share!*

This year's sudden outbreak of Covid-19 has caught us all off guard. In the face of this pandemic, all of us must do our part. Doctors assume the responsibility of saving lives and we students should also do our share.

What is our share as students in this pandemic? I think we should check our temperature at home every morning before going to school. If we have a temperature, we should seek medical advice at once instead of going to school. Once we feel unwell, we may be infected with the virus. So, it is significant not to go to school to stop it from spreading. What's more important is that everyone has to wear a mask at all time at school to avoid becoming infected or infecting others. It is equally important to disinfect your hands on time. Whenever you get to school, you should use sanitizer to rub your hands. Frequent disinfection can avoid the risk of getting Covid-19.

In this special period, we all have to assume such responsibility, not only for the health of others, but also for your own sake. Let's act together. You do your share and I do my share!

**Lai Lai Ying (F.5A)**

## *Your Part, My Part!*

With COVID-19, everyone has a little more responsibility to stay safe and to avoid being infected. All of us have to do so, students and even children are no exception.

As a student, I have to check my body temperature at home before going to school so as to make sure that I am well and not infected. Of course I wear a mask at all times when outside home. When we get to school, we have to check our body temperature, keep social distance, wash hands often and do all sorts of precaution measures to stay away from the virus. Return home as soon as possible after school and don't hang out any more with friends.

When we get home, again we wash our hands and wipe all our belongings with disinfecting tissue to make sure we don't take any germs from outside. And if you want to reduce your risk, never take your shoes inside. Add some disinfectants when you mop the floor or wash clothes. The most important step is no more parties and gatherings. View your family and friends when chatting on phones.

All in all, we have to do our part. If we all fight the virus together, I'm sure we will win soon.

**Cheung Ying Ching (F.5A)**



## *My summer job in a theme park*

My summer job last summer vacation was at Disneyland. The work experience is very unforgettable. I applied for the role of Cinderella. There were 100 people applying. Just when I thought I failed the interview, Disneyland actually informed me that I was accepted. I looked forward to my new job, but it wasn't as simple as I thought.

The most basic thing to do at the beginning of a job is to train. There's a lot of training that goes into being a Cinderella unlike other characters. More than seven hours of training a day. After that day, I always felt very tired. It is so hard to learn to be a Disney princess. In addition to imitation training, we had to participate in team training and how to avoid mistakes in the program. Working at Disneyland, I learned a lot of things such as singing, dancing and communication skills. I am very honored that I can work in Disneyland. I also made a lot of friends.

Besides the advantages, there were also disadvantages such as working at Disneyland can be really tiring to be honest. I usually woke up before 6:00am to go to work. I worked about 9 hours a day – singing, dancing and walking. The schedule was packed and there was very little time to rest. We only have 30 mins for lunch. The princess dresses for the performance was also a little small for me and quite uncomfortable. After a few months, I lost some weight because I was too busy to eat regular meals.

I learned after working at Disneyland, I really appreciate my work. It was a valuable experience. This experience was an eye opener to the working world.

## *A welcome speech to F. I students*



Good morning Principal, teachers and fellow students,

On behalf of the Student Union, I'd like to welcome all of you to our school. I'm sure we all want to achieve success and have an entertaining school life, so this morning I'd like to give you some advice.

Firstly, I want to share a story with you. It is about a normal writing test. It was the first test since I joined my new English group. Before the end of English class, the teacher told us that a writing test would be arranged for us the following Monday. She asked us to prepare for it. She didn't want us to give a blank paper. Nevertheless, most of us just forgot having any preparation. The teacher was disappointed with us. "You didn't prepare, so you got such a low score. No one will pay for your behavior except yourself...." I was lost when hearing her words. At that moment, I realized everyone should take responsibility for his own actions.

Student accountability is an important trait to develop. It helps us take responsibility for our actions, learning, and leads us to improve our academic performance. As a student, how can we fulfill our due responsibilities? Learn to be responsible for yourself! Only when a person is responsible for his own life and establishes his own life goal, can he start from this and take responsibility for others and society, so as not to make his life become mediocre. Besides, if you do something wrong, you should understand that your mistake has caused troubles to others and yourself. You should take the initiative to take responsibility and make up for it as much as possible instead of trying to find a way to exonerate yourself from having responsibility, which only makes you more wrong. For instance, if you forget to do homework, just be honest to tell the teacher that it's your fault instead of using different excuses to "escape" from being punished. Moreover, be

responsible to others. Each of us is a member of the big family, and no one can be separated from the family and exist alone. We should learn to appreciate and accept others, learn to understand others and communicate with others. Only when people have a collective concept and team spirit can they consciously take responsibility.

On the other hand, school is also a place to make new friends. Establishing a good interpersonal relationship brings various benefits to our studies and life. Friends are the people who help you the most when you need them. When you are called by the teacher to answer questions because of your distracted look, your friend will remind you quietly. When you are sleepy in class because of not having a good rest, your friend will wake you up immediately. When you have trouble with homework, they will help you finish it. I believe that countless years later, when we look back to this period which belongs to our student age, we will always remember those unforgettable moments with a smile and the faces of friends who may become blurred in memory.

To end my sharing, I'd like to emphasize again that we should be accountable to ourselves and others. I believe you will enjoy the life in our school after getting used to the new environment. Thanks for listening and hope you have a fruitful year!

**LIU XIAOYING (F.5A)**

## What Brings Out the Best in You



“Only 20 marks...” Jimmy flung up his hands in despair when he got the failed test again.

Just like many problem students, calling in sick without acceptable reason, under-achieving and spending all day playing computer games was Jimmy’s normal life. He used to envy other classmates who could get rave reviews on their school report cards. But teacher’s comments on his report cards often was, “Slow learner. Easily distracted. Short attention span and never really gets into his work.” And it got worse in later grades. The same sort of comments appeared again and again.

Certainly, Jimmy was so-called a bad student in school. He had no sense of accountability for studying. Learning was the last thing in his mind as he was busy with playing computer games. Being addicted to computer games, he always slept in class, did not hand in his homework and even skipped lessons. He thought that learning was meaningless, so he never fulfilled his duty as a student. But this uniform test result was unexpectedly poor, he only scored an embarrassing 20/100. “If I keep the poor academic performance in the final exam, it may block my promotion to the next grade.” Jimmy was literally scared.

Miss Wong, who was Jimmy’s English teacher, seemed to see through his bewilderment. She planned to save this little lost sheep from the dilemma. She appointed Jimmy as her English subject leader though in her eyes, Jimmy dropped interest in learning, having poor attitude and a weak sense of accountability.

“Miss Wong, I don’t think I am a right person to be your subject leader. I have poor academic records.” Jimmy could not believe that Miss Wong chose a low achiever to be a subject leader. “I think you are much smarter than you perform in the test.

The more mature you are, the higher sense of accountability you possess. You will show greater academic progress and unleash your potential.” Miss Wong replied. “But I had nothing to show off for the past 15 years other than winning my friends in computer games.” Jimmy was worried. “You need to try your best to take responsibility for your behaviours and learning. Internalize the concept of accountability. You can become an outstanding example to other students. I trust you can make it!” Miss Wong responded with smile.

Jimmy knew the meaning of a subject leader —classmates' role model. He must change thoroughly and radically. The only way to do so was to work very hard. He began studying under the guidance of Miss Wong. He stopped making excuses for his laziness. Previewing before class, he found that he could overcome some tough problems. Taking notes during class, homework became easier for him. Meanwhile, Jimmy joined a tutorial class. Although the tutor was very strict and mocked him, Jimmy did every piece of homework the tutor assigned even though many of these questions were challenging for him, not out of fear of the tutor, but out of responsibility to himself. Listening carefully in class, finishing homework seriously and reviewing diligently before the exam were the things Jimmy used to hate and grumbled. However, the word “accountability” made him become attach importance to his studies. He poured lots of time and energy into learning so as to fulfill a student's duty. Jimmy's mom could not believe her son, a lad who never had self-discipline, was so immersed in the studies that he sometimes even forgot his meals.

Days went by, and Jimmy spent them, working hard. Soon, the final exam came, and Jimmy scored a decent 70/100 due to his own efforts. Jimmy was not the top of course, but he improved a lot. He lived up to Miss Wong's expectation. He

was a shining example to the whole class in studying English industriously. That morning, in front of everyone, Miss Wong said, “It doesn't matter whether you got 90 or 19 in the past, what's important is that you develop accountability to improve yourself”.

That period marked an achievement in Jimmy's life. He realized how he changed from a poor guy to a better him. Accountability made Jimmy face his mistakes. It helped him to take responsibility for his learning attitude. It brought out the best in himself. Looking at unprecedented good results, Jimmy thought “thanks for Miss Wong to instill the concept of accountability into me.”

**CHAU LOK YI (F.5A)**



## My summer job

My summer job was at Disneyland. My position was a costumed character performer called Donald Duck. Applying for this position is never as easy as I thought because only 50 out of 500 people were selected. In addition, the role of Donald Duck is too popular, so many people wanted to grab it. Luckily, I snatched this job. This job was well paid and socially useful like dealing with people and I felt really lucky as I was one out of 500 selected.

When I applied for the job on the first day, I found that it was not as simple as I thought. There was another month of training before the job. After the actual entry, there were also rehearsals, a lot of dance steps to remember, tests of your reflexes and so on. Moreover, the costume was very heavy and hot, very easy to get heatstroke.

Although the job is hard, I can still learn something. I learned how to play this character because it cannot talk so it could only act out your emotions. I learned how to use this character to make others happy. But the most important thing is that I learned team spirit. It made me think how important team work is because one person cannot do what a team can. When I suited up as Donald Duck, I was almost always asked by tourists to take photos and sign autographs whenever I was free and I had to interact with tourists too. Also, we have to complete the rehearsal under the arrangement of the team leader, like how to interact with tourists during the float, dance and so on.

Team spirit can make or break a performance. So this is very important.

Finally, if there are any other roles that I can try, I will do it. I should be able to break through and do them better.

## *A welcome speech to F. I students*



Good morning, everyone! I'm Chris Wong, the chairperson of the Student Union. It is my pleasure to share something on the first day of school. Time flies, I grow up from a Form 1 student to a veteran in SWCS. As an experienced student, I would like to share something helpful with all of you on this special day.

Having meaningful school life, I am aware that it is important to be accountable to ourselves and others. Why do I say that? Actually, I was a student who always found excuses to make up my faults. Fortunately, my teacher reminded me so that I changed myself. 'You're the driver of your life.' I was impressed by this quote. Since then, I have realized the importance of being accountable.

For ourselves, being accountable is a vital trait that we need to have. It is hateful to see that someone prepares with cursory attitude, but he says that there is no sufficient time to prepare or somebody doesn't pay attention in class but she complains the questions are too tough. Yet, they are all the excuses that are used to cheat oneself and others, aren't they? As time passes, they will become more and more rascally. More direct we face our faults, more improvements we can make. If you just live with the excuses you make constantly, you will not improve through your faults. Thus, being accountable to acknowledge the wrong things you do is an antidote to improve yourself.

Try to imagine if your classmate passes the buck to you when you are cooperating, how do you feel about it? I think that he definitely loses your trust. So, being accountable is for not only your progress, but also your relationship. The character of accountable can help you gain the trust of friends, teachers and bosses. Don't be a liar to hide your mistakes, it will make people feel less relieved to ask you for help and makes your interpersonal relationships worse.

I would like to share a story with you at last. One day a boy broke the window of a shop while he was playing soccer. Worse still, the boss found his father for compensation. Luckily, the son was taught by his father to be accountable to undertake the consequence he made. The son worked for a summer holiday to make up his fault. Who is he? He is the former American President. Therefore, it is obvious that being accountable is an element of success. Moreover, you will feel more comfortable when taking responsibility to face your poor performance on either academic test or daily life than seeking pretext to conceal your mistakes.

You are the driver of your life. When driving your life car, you should have the courage to undertake all your faults like the common drivers need to pay for speeding or red-light running. I hope my experience and thought can help you achieve success! Thank you!

**LI KAIYAN (F.5B)**

## *Dream comes true through working hard*



When Sam was in Form Four, his English teacher told him that he would fail in the end-of-year examination if he does not work hard. Sam wanted to get a pass in English because he wanted to further his study after graduation. Therefore, he decided to spend three years to improve his English.

Sam adopted different methods to improve his English during these times. First, he paid more attention in class. He made notes and jotted the new vocabularies from the passages and data files. This helped him improve his spelling and understanding of the passages. Second, he watched the English news report on Pearl channel at half past ten every night. He spent ten minutes watching the local news. At first, it was very difficult for him to understand what the reporters were saying because they spoke very fast. However, he did not give up. He persisted on watching the news every day. As the reporters spoke very fast, he took to reading the news transcripts so as to better understand it.

After putting in the effort for six months, he gradually found that he could follow and understand what the reporters reported. This method improved his listening and reading skills. Apart from watching the news, he attempted doing the past papers seriously. He believed that doing more practice would help him improve his result and better equip him for the examination. However, he sometimes felt bored and exhausted from doing revisions. He played basketball or did stretching exercises to keep his mind awake. Besides, doing exercise was the best way to relieve his stress.

Sam worked hard to prepare for his DSE. His reward was a Level 3 in English. He met the basic requirement to study in the university. He was very happy because

his dream comes true. He strongly believed that his accountability on himself will lead him to a bright future.

**Leung Ho Man (F.6A)**

# *Student Accountability*



Accountability is bearing your responsibility for something you must do or something you are supposed to do. Nowadays, it is quite common for students to pass the buck. We see many excuses like “there is insufficient time to do the homework”, “the task is so tough” or “I don’t want to do it”, to name but a few. However, it is necessary for students to take responsibility for their actions and learning.

The latest survey conducted by the Hong Kong University has revealed that taking accountability can help students gain a sense of achievement. In other words, students can have the sense of satisfaction after they have finished the assignments. Then, it will help them build up confidence and have responsibility. Apart from this, taking accountability is a key element of leadership. It builds trust among team members and helps students to become mature enough in making decisions appropriately.

In order to instill student accountability, it is a must to encourage students to evaluate their own work and performance. Participation in class and plan to achieve goals are also advised. A well-constructed plan should involve 4 steps. The first step is a to-do-list. Write down your achievable goals and you must finish it. The next step is putting ticks beside each goal which you have done. And then, check if this goal is completed on time and what remains to be done. The last step is to review what are the challenges that made you unable to finish the tasks.

If you have set your goals clearly, you can significantly improve your academic performance and have achievements. It all depends on whether you have a sense of responsibility. Therefore, among all, on the strengths of the students, accountability remains the predominant factor to succeed.









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