

True Light Girls' College
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ECH



迴鄉



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*Nurturing Wellbeing:
Finding Balance, Peace and Resilience Together*

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Interview with New Teachers

4A Chiu Kirsten, 5B Limbu Angelica

Interview with Mr Lau Yik Shing

Q: *What was your most memorable experience at True Light?*

Mr Lau: My most memorable experience at True Light was when Ms Ng, the PE teacher, invited me to join the parent-teacher relay for the Athletics Meet. Since I have never competed in an Athletics Meet throughout my secondary school years, I was quite nervous before the race. I was worried that I might hold Ms Ng back, as she is a very skilled athlete and I feared I wouldn't meet her standard. However, to my surprise, our relay team won! This truly stands out as my most memorable experience at True Light.



Q: *What is your impression of True Light girls?*

Mr Lau: From my observations, True Light girls are well-behaved and studious, often displaying a strong eagerness to learn. For instance, some students in my Biology class frequently ask questions that extend beyond the current syllabus, which I greatly appreciate as it reflects their passion for learning.

Q: *Do you have a life motto that you would like to share with students?*

Mr Lau: I would like to share a saying 'Do your best and let God do the rest.' I share this motto because, as a badminton coach, I've encountered students who felt they couldn't improve due to a perceived lack of natural talent. This mindset often led them to give up and not reach their full potential. What I want to emphasise is that true talent emerges only when you put in 100% effort. Without full commitment, you'll never unlock your true potential.



Interview with Miss Ou Jia Qing

Q: *What qualities do you think you possess that make you a good teacher?*

Miss Ou: I believe that an effective teacher must possess multiple qualities, such as enthusiasm, patience and a profound understanding of their subject. Equally important is empathy, which plays a crucial role in handling the emotional challenges faced by students. A strong sense of empathy enables us to connect with students on a deeper level and to create a strong bond between them and us, allowing them to genuinely express their feelings and experiences.

Moreover, communication skills are vital; without them, we can hardly convey knowledge to students and foster meaningful relationships. A good teacher should also be organised, as they are required to manage a variety of tasks on a daily basis. It is essential to have a clear understanding of schedules and plans to navigate challenges throughout the day.

Q: *What is your first impression of the True Light girls?*

Miss Ou: If I were to describe True Light girls with one word, I would say "outgoing." I distinctly recall my first day at work when I encountered a very intriguing scene. Seeing students jumping



rope on the playground and greeting passing classmates and teachers in the middle of their jumping gave me the impression of them being extremely friendly. After my interactions with the students over the past few months, I have discovered many of their qualities. For instance, they are polite, diligent and possess a strong sense of responsibility. They also have great enthusiasm for extracurricular activities. Furthermore, I can tell they value more than just academics, they care about their mental wellbeing too. This reflects the admirable qualities of the True Light girls, who possess both inner and outer strengths.

Q: *What message would you like to tell our students?*

Miss Ou: I hope everyone's experience at TLGC is filled with cherished and cheerful memories. Besides engaging in academic pursuits, it is also essential to recognise the worth of friendship, as friends are the best gift given by God. I encourage everyone to broaden their social circle and create strong bonds with close friends whom they may not encounter in other stages of life. In addition to prioritising studies, it's equally vital to actively participate in extracurricular activities so as to enrich your campus life with fruitful experiences. Furthermore, I hope each of you can find the path you wish to follow and uncover your dreams. Strive hard to pursue and achieve them. Though setbacks may arise along your journey, the perseverance and resilience of True Light girls will guide us forward. Work hard and ensure that your youth is not marked with regret!



Interview with Mr So Pak Chung



Q: What is your impression of True Light Girls?

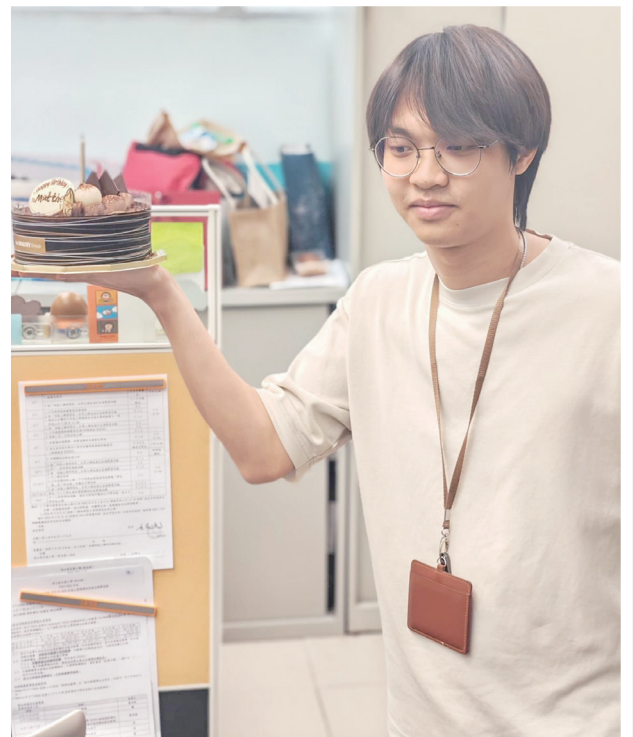
Mr So: Based on my personal experience, I find True Light Girls to be very friendly and polite. For instance, a Secondary Six student assisted me numerous times with school activities and my Class 2C is consistently well-behaved during my Chinese lessons.

Q: What qualities do you think a person who wants to pursue a teaching career should possess?

Mr So: Firstly, I believe it is essential to have good manners as teachers are often seen as role models. By exemplifying good manners, teachers set a positive example for students. Secondly, a willingness to help is crucial because students frequently rely on their teachers for guidance and support. Therefore, being helpful is an indispensable quality for anyone considering a career in teaching.

Q: Do you have a life motto that you'd like to share with students?

Mr So: I would like to share a piece of advice with students: always have confidence in yourself and put forth your best effort. Another motto that resonates with me is a Chinese saying my fencing coach once shared, which translates to, 'To achieve success, one should strive with balance and consideration.' This quote has been invaluable to me when facing challenges. Whether in fencing, academics, or work, the "must-win" mentality often come at the cost of burnout. Lasting fulfillments comes from giving your best within your capabilities, while maintaining balance in all aspects of our lives.



A Social Worker's Guide to Staying Calm During Stressful Times

5C Bienne Chloe Balcita

Stress is an inevitable aspect of life that everyone experiences at some point. Yet, there are moments when life feels overwhelmingly difficult and exhausting, leaving you feeling panicked and uncertain about which coping strategies to employ. If this sounds familiar, you are in the right place! This comprehensive guide offers invaluable insights into maintaining calmness and building resilience during challenging times.

Recognising and Processing Emotions

To begin, let us explore one of the most effective methods for coping with stress in high-pressure situations: taking the time to recognise and process our emotions. When faced with such scenarios, many are often advised to 'relax'. However, genuine relaxation is only achievable after we identify and accept the emotions we are experiencing. Miss Emily Hung, our school's social worker, shares, "It is beneficial to pause, breathe and give yourself permission to fully embrace your feelings, whether it is sadness, anger, or frustration. Once you have acknowledged your emotions, seek healthy and constructive ways to release your distress. Writing your thoughts in a journal, taking a peaceful walk, or even having a good cry are all excellent strategies for maintaining clarity of mind. Most importantly, engage in open communication with a close friend or family member. These heartfelt conversations are particularly helpful, as they not only alleviate our anxieties and concerns but also provide advice, emotional support and a sense of



▲ A chat with Emily, our social worker

acceptance, helping us view our life difficulties from a new perspective." These tactics not only help us to digest and manage our feelings but also play a crucial role in maintaining our composure under pressure.



▲ Surrounding yourself with supportive friends

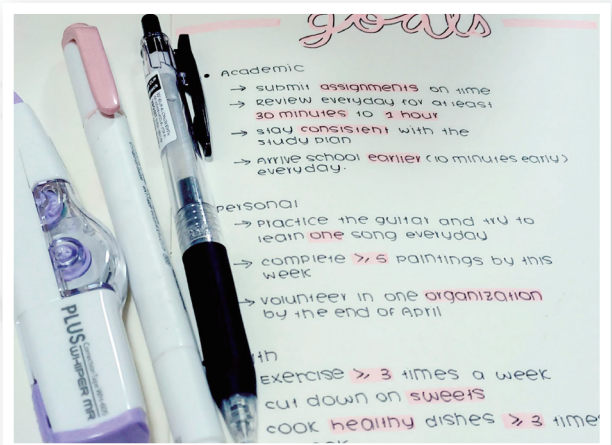
Emily's Personal Experience in Coping with Stress

The following advice is particularly compelling as it draws from Emily's personal experiences in maintaining calm during challenging times. Drawing on her own encounters with stress, she discusses how confronting fears, having a stable support system and practising positive self-talk can help navigate life's difficulties. For instance, she shares, "I was once a shy speaker in school, to the point where I would start trembling in group discussions. One day, I found myself unintentionally joining a group singing contest, which my friends strongly encouraged me to do. I was consumed by worries about embarrassing myself on stage, but my enthusiastic teammates supported me with numerous words of encouragement. I eventually saw the brighter side, reminding myself of the support I had and that it was okay to make mistakes. In the end, it turned out to be a highly successful and enjoyable experience!" Her story highlights several valuable life lessons: the importance of confronting obstacles rather than avoiding them, relying on the support of others and self-reassurance. Together, these factors can foster a healthier, more relaxed mindset during hardships and even help find joy in them, facilitating personal growth.

Balancing Academic and Personal Lives

Even with several effective stress-management methods at their disposal, some students are still struggling with balancing their rigorous academic demands and personal life. Many find this particularly difficult, often resorting to procrastination and experiencing increased stress levels. However, better solutions exist for maintaining composure. Emily suggests, "students should set realistic and manageable goals, as doing so can prevent feelings of overwhelm and burden. Developing a schedule and practising self-control are also great ways to further manage stress. Taking short breaks between tasks is fine, but remember to keep track of your long-term goals!"

Additionally, Emily emphasises the importance of engaging in physical activities. Though balancing academic and personal life can be tough, it is essential to take breaks by exercising regularly. Consider going on a hike or working out at a gym! Emily notes, "During stressful times, I find that going to the gym or practising Muay Thai helps to release tension and strengthen my willpower through physical training. If sports are not your thing, engage in activities that bring you relaxation and joy." So, find time to nurture both your mind and body in a way that suits you!



▲ Setting goals

Conclusion

In summary, while stress is an unavoidable part of life, what truly matters is how we respond to it and use it as an opportunity for growth. By implementing these coping mechanisms, we not only cultivate peace of mind but also strengthen our perseverance and resilience. Lastly, a friendly reminder from Emily: "You are not alone on this journey. Look around; everyone is here to help you through these tough situations. Remember, we can face anything together and have the ability to support one another. Acts of kindness are never wasted!"

Finding Peace Under the Stars with the Gifted Education Committee

5D Inez Lam

Have you ever wished upon a star? The timeless belief that a wish made upon a shooting star will come true remains as enchanting as ever. For millennia, the night sky has served as humanity's ancient window to understanding the world. Night after night, across generations, we have gazed upward, captivated by the mysteries behind the twinkling lights above. Inspired by the celestial expanse, we have woven myths, imagined endless possibilities and sought answers to profound questions — giving rise to religion, philosophy, science and countless other fields of human inquiry. Despite the passage of time and the technological advancements that now dominate our daily lives, the night sky continues to inspire awe, serving as a reminder of our shared history and unbroken connection to the universe. Perhaps it is this enduring bond, coupled with the accessibility of the sky itself, that makes stargazing a cherished and meaningful pursuit, even in an age where screens often demand more of our attention than the world outside.

It is for these reasons — an opportunity to unwind with friends, to explore the wonders of the cosmos under expert guidance and to foster an appreciation for astronomy — that our school organised the TEA Christmas Stars Study Camp.

A Night of Learning and Discovery

The camp took place at Solar Tower & Solar Villas, Ma Wan on December 14 2024. It was co-organised by 5C Gianna Pong, 5D Inez Lam and Ms Chow King Yee. They were supported by mentors Ms Chow Sze Ling, Ms Lim King Chi and Ms Hui Sau Hing. The event saw participation from more than forty attendees, including students, parents and alumnae. As night descended, we attended insightful lectures delivered by Galaxy Scientific, where we were immersed in a three-dimensional visual experience. Seated around projectors, we witnessed vivid presentations that brought to life the zodiac constellations and other celestial phenomena. With each passing moment, new knowledge unfolded before us, deepening our understanding of the night sky.

Armed with the fundamentals, we ascended to the tower rooftop to embark on our stargazing journey. From assembling telescopes to chasing the moon as it played hide-and-seek behind the clouds, the experience was one of patience and anticipation. The true highlight of the evening arrived when the clouds finally parted, revealing a clear and radiant lunar horizon — a view that left many of us in silent admiration.



▲ Participants of the Stars Study Camp

Beyond the Stars: A Night of Reflection

Of course, no camp would be complete without an overnight stay. For students who opted for accommodation, the night's activities extended far beyond astronomy. Guided by our teachers, we engaged in group-sharing sessions, where we exchanged personal reflections on our dreams, academic challenges and aspirations for the future. One of the most meaningful discussions centered on stress management — how to cope with difficulties and find motivation amidst adversity. Through these heartfelt conversations, we discovered a renewed sense of encouragement and solidarity.

Following these discussions, participants enjoyed additional activities such as stargazing by the beach and watching the sunrise, further enriching the experience. As dawn approached, the camp concluded with a return journey from Ma Wan, marking the end of a night filled with learning, connection and inspiration.



▲ Poster of TEA Christmas Stars Study Camp

A Journey beyond Expectations

Reflecting on the experience, interviewee 5D Jasmine Chau candidly remarked, "We didn't really see much that night apart from the moon, but what made it remarkable was the people we shared it with. The conversations, the anticipation of spotting a shooting star and the bonds we strengthened throughout the night made this an unforgettable journey."

While our hopes for a clear sky with a dazzling display of stars were not fully realised, the experience itself proved to be far more meaningful than any celestial spectacle. As with many of life's disappointments, it is not always the outcome that defines the experience, but rather the people who stand by us along the way.

As another interviewee 5D Ilaria Tam eloquently expressed, "The most powerful takeaway from this night was the realisation that we are never truly alone in our pursuit of dreams. The companionship and encouragement I felt throughout the evening significantly eased my stress — not just because of the beautiful scenery, but because I knew I was surrounded by people who supported me. Moving forward, the road ahead feels far less daunting, knowing that we are all walking it together."

A Reminder to Look Up

In this busy city where everyone has their faces buried in screens and monitors, it is easy to overlook the simple yet profound beauty of nature. Therefore, these moments always serve as a reminder of the fact that solace and inspiration are always within reach — whether in the form of a stargazing camp, a quiet walk by the shore, a fleeting glance at the full moon, or the gentle appreciation of greenery in your neighbourhood.

Let us not forget the support of those who stand by us, the breathtaking wonders of the natural world and the cherished memories that shape who we are.

Live, reflect and cherish — and life will always be worth embracing.

THE HIDDEN IMPACT OF ACADEMIC STRESS AND STIGMA AT SCHOOL



▲ Students demonstrating stress in a classroom

5B Limbu Angelica

In today's competitive academic environment, students face significant pressure to succeed, which can lead to anxiety and health issues. Stigma around mental wellbeing further discourages seeking help. This article examines the effects of academic stress and stigma and offers potential solutions.

The Pressure of Academic Stress

Have you ever felt immense pressure to excel in tests or examinations to prove yourself or make your parents proud? Many students experience pressure to perform well in examinations, maintain high academic performance and meet expectations from parents, teachers, peers and themselves. However, excessive academic stress can lead to negative outcomes such as burnout and anxiety. Research indicates that feeling overwhelmed can hinder students' ability to concentrate and retain information, ironically making it harder for them to succeed academically.



▲ A chat with the vice-principal Mr. Chon Chung Ho

In many schools, the compulsive need to achieve high grades creates an environment where students feel compelled to push themselves to their limits. For instance, staying up all night despite tight schedules for fear of falling behind creates a vicious cycle of stress. Further research shows that constant stress deteriorates students' mental wellbeing, making it harder for them to achieve their desired success. A study published by *Frontiers in Psychology* (2022) confirmed that high academic pressure is associated with low motivation and burnout. Students experiencing chronic stress may develop ineffective coping mechanisms like procrastination, further damaging their grades and placing them in a self-destructive cycle.

The Stigma of Mental Health and Academic Failure

In addition to stress, the stigma surrounding mental health and academic failure compounds the issue. Can you imagine fearing judgment for a low grade or suppressing cries for help to avoid being labeled "weak"? Another study found that low-performing students often face judgment from peers and teachers, creating a negative cycle where students avoid seeking help due to shame.

Our vice-principal, Mr. Chon Chung Ho, identified factors preventing students from seeking help, "Some students worry about being judged or don't want to burden others. Others think they should tough it out alone. A major issue is that many don't know who to ask for help — whether they are teachers, counsellors, or peers. They might feel lost or unsure where to start. However, we're working to make support clearer and more approachable."

Solutions and Conclusion

How can we break this vicious cycle? Start by recognising signs of burnout, like constant fatigue despite rest or losing interest in previously engaging topics. Recognise that stress can sometimes be used as motivation, driving you to study or work harder. However, chronic stress becomes hazardous. Rather than ignoring symptoms, listen to your body and take time off to re-energise. Set realistic expectations by prioritising tasks, focusing on significant exams over less critical assignments to distribute your workload evenly. Small changes can reduce the load without sacrificing performance.

Stigma and academic pressure are unseen problems that often undermine students' potential. Discussing the school's future plans, Mr. Chon expressed the school's commitment to creating a caring and compassionate environment. "Our school is committed to fostering a supportive campus. We provide counseling services through our Guidance and Discipline Committee and school social workers. Teachers genuinely care about students' wellbeing and regularly check in on their mental health. We plan to strengthen students' support network by enhancing peer-mentoring programmes and parent engagement workshops. Our goal is to build a school culture where every student feels safe, supported and empowered to ask for help."

While striving to excel is important, it should not come at the expense of your mental wellbeing and health. Our school can speak openly and reduce stigma, but change starts with you. By continuing to speak out and take action, you can regain control. Remember, success is not solely about grades; it can mean thriving in mind, body and soul.



▲ Students in a stressful school environment

Healing through Art: Channeling Emotions into Creative Expression



▲ Examples of Zentangle patterns

4C Wong Sze Nga Athena

What is Art Therapy?

Traditional therapy often relies on verbal communication, but for those who struggle to articulate their emotions, art therapy offers a new avenue for self-expression and healing. This approach utilises various art forms, such as drawing, sculpting and even dance or drama, providing a safe space to explore complex feelings.

Our school's social worker, Miss Emma Ng, highlights the unique advantages of art therapy: "Traditional dialogue-based therapy relies primarily on verbal communication and its effectiveness is heavily impacted by the client's willingness to share their feelings," Emma says. "Art therapy allows individuals to discover their true selves and explore their consciousness through various media." Art is inherently emotional, making it easier for many to access their feelings. Emma adds, "Expressing emotions through art can be less intimidating than speaking about them directly."



▲ A chat with Emma, our social worker

How Art Therapy Helps

Art therapy enables individuals to channel deeper emotions, facilitating enhanced emotional expression. Many, especially adolescents, find it challenging to articulate their feelings verbally. “In complex situations that often cause stress or confusion, talk therapy can be especially difficult,” Emma says. Art therapy provides a creative outlet for these emotions, allowing individuals to express what they may struggle to say.

Ruth Leung, a student at TLGC studying Visual Arts, shares, “I see drawing as a sanctuary, a space where I can cleanse my mind.” The act of creating becomes therapeutic, offering an opportunity to explore feelings and build emotional resilience. Art therapy also helps to develop coping skills, encouraging healthier ways to manage stress and anxiety.

Building Confidence and Coping Skills

“Art therapy can be particularly beneficial for adolescents as they navigate self-discovery and self-esteem,” Emma suggests. During adolescence, young individuals often grapple with self-image and social pressures. Through art therapy, they have a unique opportunity to explore their identities in a supportive environment. Sharing artwork can lead to a sense of achievement and boost self-esteem. Although guided by professionals, the act of making art is a great method for coping with stress, accessible anywhere and at any skill level.

Focusing on the Process, Not the Outcome

Many young people focus on the outcome while creating, which may lead to distress. Ruth emphasises prioritising emotions over aesthetics: “When people judge their creations based on social standards, it can strip away the joy.” The benefits of creative expression come from the process itself.

A simple exercise like Zentangle can introduce art as a coping mechanism, promoting mindfulness and reducing stress.

Conclusion: The Transformative Power of Art

Art therapy offers a valuable alternative for those struggling to express emotions verbally. Through creative expression, individuals can explore their feelings, fostering emotional resilience and personal growth. Ruth concludes, “There are no limits when it comes to art, the only question is whether you’re willing to take the risk.” You don’t need to be an expert; the act of creating itself can be healing. Experiment and you might find your true self while improving your overall mental wellbeing.

Building Healthy Habits: One Self-Care Task at a Time

Reporter: 5C Eto Kc Mayumi

Illustrator: 5D Fung Hong Kiu, Vanessa

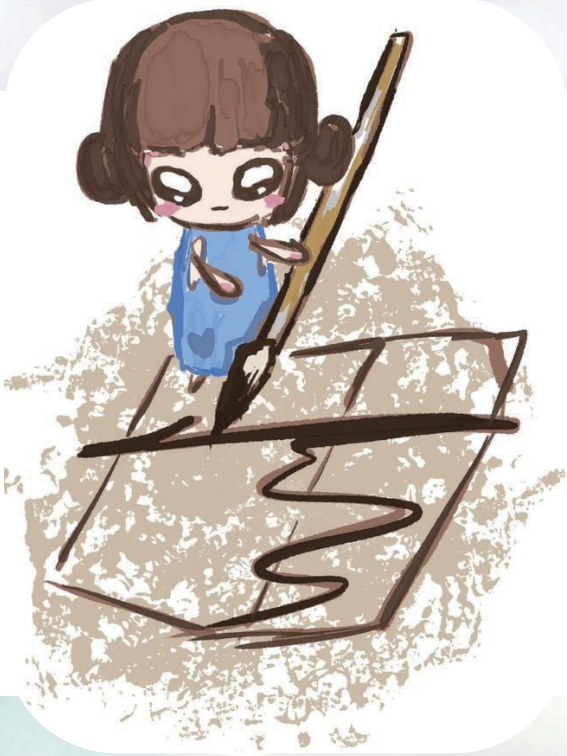
With students juggling multiple classes, enduring the stress of looming deadlines and important exams on top of struggling to maintain an active social life, self-care often takes a backseat. Self-care is treated as a luxury by many and understandably so. But what if taking just a few minutes out of your day to build healthy habits could classify as self-care? Students tend to view self-care as an overwhelming chore and a waste of time rather than a couple of mindful moments woven into their daily routines. The truth is that self-care can be as simple as deep breathing.

If you are willing to give self-care a chance — you definitely should — then here are some simple and manageable self-care tasks for you to start integrating into your weekly routine and, gradually, your daily routine:

1. Stay hydrated

What do you do first thing in the morning? Down a glass of water. To lessen the resistance, keep your water bottle by your bed so it's the first thing you see when you wake up. Before every meal, drink water to aid digestion. Before you sleep, drink another glass of water to replenish any fluid loss overnight. Feeling overwhelmed? Reach for a glass of water. Are your eyes getting heavy in class? Take a sip of water. Make proper hydration a habit as it is essential for concentration and overall health. Plus, let's be honest: there's nothing quite like the refreshing taste of water! Simple, right?





2. Start a journal

Journaling offers a safe space to clear mental clutter by unloading your thoughts and feelings. There is something about putting your deepest feelings into words that is comforting. Perhaps it is because doing so helps us to understand, grow and make sense of them. How do you get started? All you need is a paper, something to write with and your authentic self. You do not need to write pages upon pages, though if that is what feels right for you, then by all means, go ahead! Don't worry about perfection. Your journal is for your eyes only, so write freely without the pressure of grammar, spelling, or handwriting.

3. Practise gratitude

There are a number of ways to go about practising gratitude. The most obvious way is to express gratitude to loved ones like your family and friends by telling them how much you appreciate them, with a simple "thank you", or even by writing a little gratitude note! Another way is to start a gratitude journal where you list three things you are grateful for every day, be it a sunny day, a scrumptious meal, or a smile from a stranger. If you want to try another approach, create a gratitude jar where you write what you are grateful for on a piece of paper and add it to the jar. The visual representation of gratitude can brighten your day and at low times, you can always pull a note from a jar to remind yourself of the better things you can focus on!

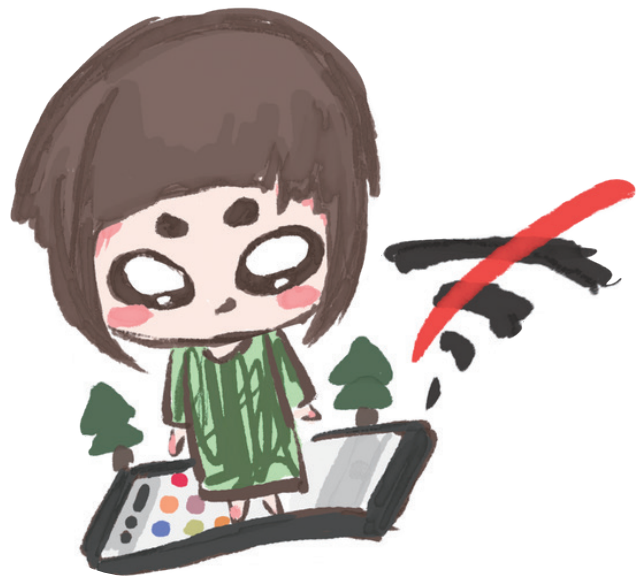


4. Meditate for 10 minutes

Did you know meditation is not only relaxing, but it also increases focus and decreases stress? That sounds like exactly what busy students need. It may be uncomfortable at first, but try to wake up 10 minutes earlier than your usual time. In those extra ten minutes, look up a meditation online, sit up in your bed, close your eyes and follow the meditation. Before you know it, those ten minutes are over and you will open your eyes feeling as energised as ever, ready to take on a new day. On some days, you might only be able to spare five minutes. Well, guess what? There are five-minute meditations out there. Make it a habit to incorporate meditation into your day and feel the effects of it immediately.

5. Disconnect with technology

Set aside time each day to unplug from your devices. This could be during meals, before bed, when you feel the need to recharge and especially when you are bored. Instead of doom-scrolling, read a book, play a sport, sing along to your favourite playlists, pick up a hobby, learn something new, go for a walk with music or podcasts playing on your headphones, or just enjoy the serenity of being away from technology. As days pass, you can try increasing the amount of time you spend disconnected with technology. You would be surprised how much your phone takes away from you.



6. Explore creative outlets

Whether it is drawing, painting, playing an instrument, writing stories and poetry, baking or crafting, creativity allows for self-expression and can serve as a stress relief. You do not need to be an expert; the goal is to enjoy the process. Set aside some time each week to explore a creative outlet that interests you. Those hours during the weekend you waste by sleeping? Find something creative to do instead. It is a bonus as you will not end up feeling guilty about rotting the entire day in bed. This can be a refreshing way to break away from academic pressures and reconnect with yourself.



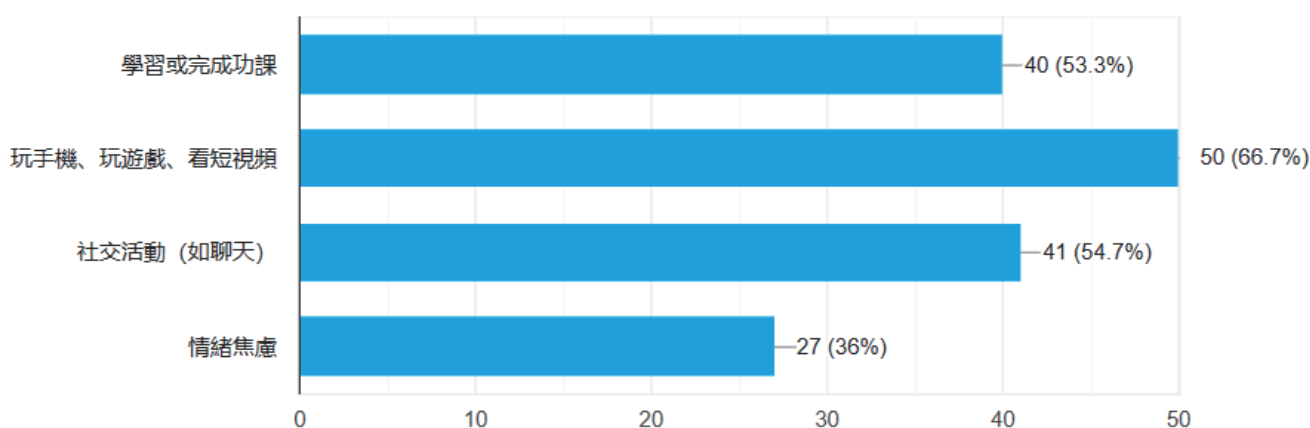
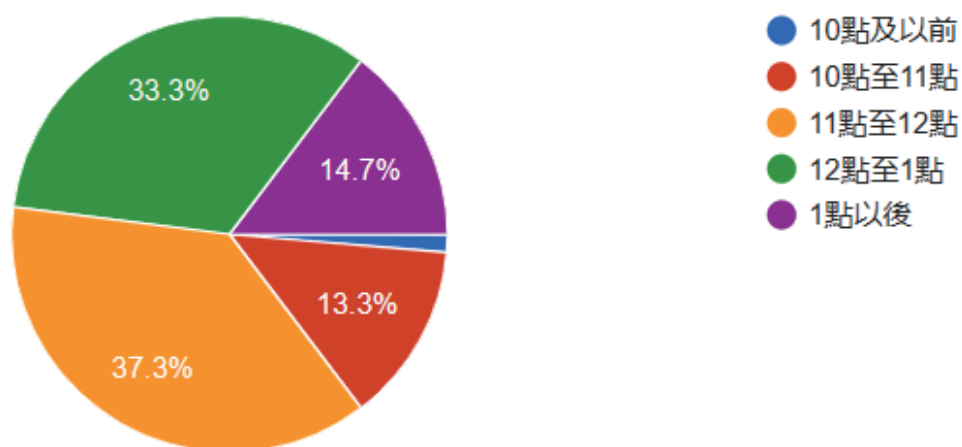
Remember not to feel guilty about spending time on self-care. Incorporating self-care into your life as a student is not just about managing stress; it is about nurturing your mind, body and spirit. By embracing simple practices like hydration, journalling and meditation, you can cultivate a healthier, more balanced lifestyle. Start small, be consistent and watch how these small changes can lead to a more fulfilling and enjoyable student experience. Do not put too much pressure on yourself or else self-care will only feel like another chore to you. Start with something you can handle and gradually go on from there. You deserve to spend time on self-care!

睡眠之道：

從夜貓到早鳥 重拾健康生活

5D(13)李嘉淇

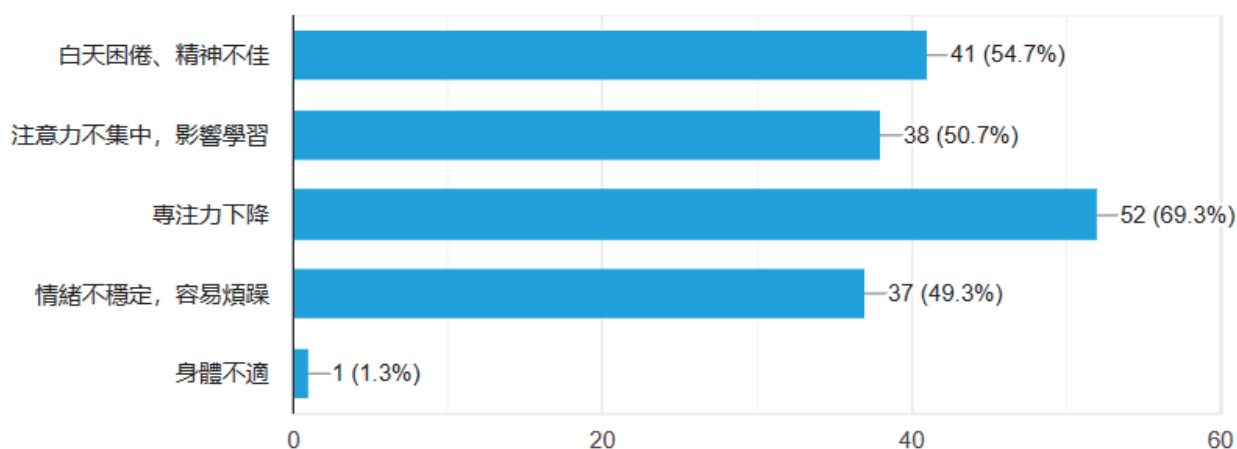
你是不是常常在深夜還對著手機屏幕或是被作業「困」在書桌前呢？等到終於爬上床時，天已經快亮了，「夜貓子」養成遲睡的習慣，使睡眠不足。「夜貓子」群體日益「壯大」，而「早鳥」型作息的人卻逐漸被邊緣化，成了少數派。特別是青少年群體，受學業壓力、電子產品誘惑和參與社交活動等多種因素交織影響，熬夜成了生活的常態，但這無疑對他們的身心健康和日常生活造成了或大或小、或直接或潛在的深遠影響。以我們學校來說，同學們睡眠不足的狀況尤為嚴重。本報於三月四日至三月十二日期間，收集線上問卷，最終收回有效問卷75份。調查結果令人咋舌：絕大多數真光同學長期處於睡眠不足狀態。如此看來，「夜貓子」一詞，似乎真的可以作為真光學子的一個典型標籤了。



▲ 青少年晚睡的原因

青少年的睡眠習慣和晚睡的原因

在青少年群體中，睡眠受多種因素干擾，其中因晚睡導致睡眠不足的問題極為嚴峻。從問卷顯示，近四成同學在晚上11點至12點才入睡，超過半數同學甚至晚於凌晨1點就寢，而早於晚上11點入睡的同學僅佔約一成。青少年本身所需的睡眠時間就常常難以保證，熬夜和晚睡更是讓這一情況愈發糟糕。那麼，究竟是什麼原因導致如此多同學晚睡呢？答案一目了然，主要是網絡和學業。據調查結果顯示，約三分之二的同學因為玩手機，如玩遊戲和刷短視頻等而推遲睡覺時間，同時，半數同學會因使用社交媒體，比如Instagram、Snapchat等而熬夜。除了網絡因素，不少同學還深受功課的困擾。超過一半的同學由於要完成功課或複習，無法按時睡覺。長期睡眠不足不僅會影響同學們的日常學習效率，還可能對身體健康造成損害，這一問題亟待解決。



▲ 青少年認為晚睡對自己的影響

睡眠不足對青少年的影響

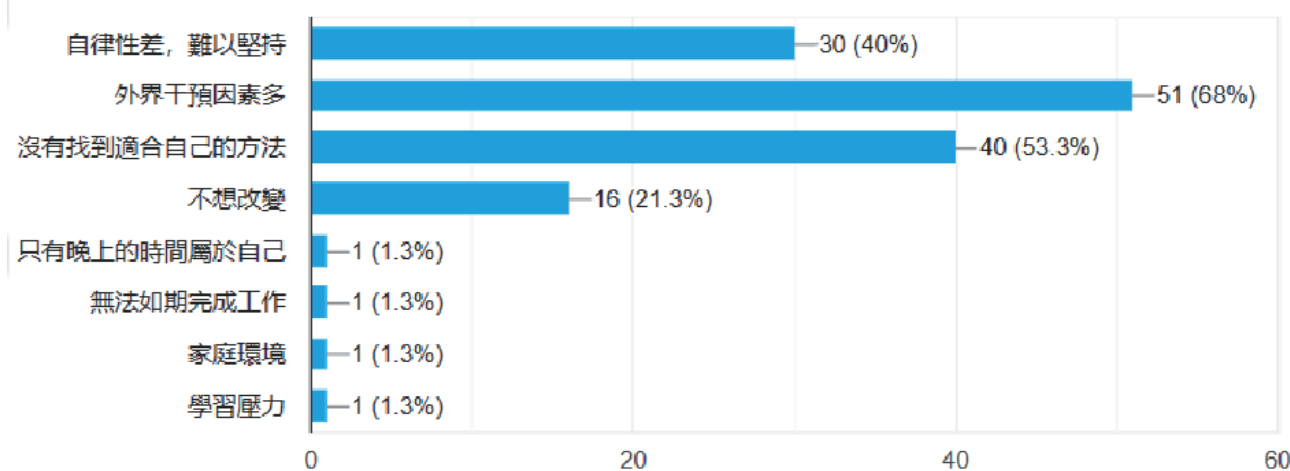
長期睡眠不足就像一個隱藏在暗處的「健康刺客」，不僅會讓同學們在課堂上昏昏欲睡，學習效率直線下降，還可能對身體健康造成損害。短期熬夜也許只是讓你第二天有點疲憊，但長期晚睡，就會帶來一系列的連鎖反應。不少同學也察覺晚睡對自己的危害。近七成同學因晚睡導致專注意力下降，甚至有五成的受訪同學表示，晚睡讓自己白天困倦、精神萎靡、注意力渙散，嚴重干擾了學業和日常生活。將近一半的同學還覺得，晚睡使自己情緒化，容易煩躁，進而引發不同程度的社交問題。

睡眠不足除了造成短期的影響，也會長遠地影響我們的健康。（1）根據哈佛醫學院的研究顯示，睡眠不足會帶來多種潛在的有害影響，例如血壓升高、血糖控制受損和發炎加劇。若同學十分注重體重管理，也應提早睡覺，因為睡眠不足會造成瘦素（一種提醒大腦食物攝取足夠的荷爾蒙）水平降低以及生長素放肽（一種刺激食慾的生化物質）水平升高，增加我們對食物的渴望。夜睡導致的睡眠不足造成了不少影響，同學應吸取教訓，努力改善自己的生活習慣。

擁有健康生活的名人例子

充足的睡眠對人的益處不言而喻，不少名人都秉持早睡早起的生活方式，實踐健康的生活理念。以亞馬遜的創辦人傑夫·貝索斯為例，他深知睡眠對於提升效率和增強決策能力起著關鍵作用。在他看來，每天保持8小時的充足睡眠，能讓自己思維更加清晰、精力更為充沛和心情也更加舒暢。正是基於這樣的理念，他將睡眠放在優先位置，逐漸養成了早睡的習慣。

為了確保能有良好的睡眠，貝索斯在工作安排上十分講究。他從不在上午10時之前或下午5時之後召開會議，就是為了避免在疲勞狀態下做出重要決策。要是下午5時後辦公桌上出現複雜問題，他寧可推遲到第二天再處理，以此讓大腦得到充分的休息，為早睡創造有利條件。同學們不妨向他學習，將重要事務提前安排，避免陷入過度疲勞，從而擁有高質量的睡眠。



▲ 青少年未能改善晚睡的原因

青少年實際上遇到的問題

實際上，同學們並非不瞭解早睡的好處，只是受多種因素阻礙，改善晚睡習慣困難重重。問卷調查顯示，有四成同學曾嘗試改變晚睡習慣，卻以失敗告終。其中，近七成同學是因為外界干擾過多；超過半數同學沒能找到適合自己的方法；還有四成同學則是由於自律性欠佳，難以堅持早睡。所以，同學們需要不斷嘗試各種方法，找到最契合自己的，並且持之以恆地執行，這樣才能成為「早鳥」，養成良好的睡眠習慣。

學校也非常重視同學們的睡眠問題，積極開展了各類講座和工作坊，致力於改善同學們晚睡的狀況。在這些活動中，同學們可以學習到如何抵禦外界誘惑和培養自律能力等知識，進而建立起良好的生活習慣。這不僅有助於解決注意力不集中和精力不足的問題，對學習成績的提升大有裨益，還能幫助大家建立良好的人際關係，讓每一天都過得充實而有意義。

資料來源：

1. <https://sleep.hms.harvard.edu/education-training/public-education/sleep-and-health-education-program/sleep-health-education-45>
2. https://finance.sina.cn/2019-01-09/detail-ihkvrhpt4066714.d.html?show_loading=0&webview_progress_bar=1

影像的碎片與心靈的迷失—— 剖析短影片對青少年的深邃影響

5D(11)劉焯嫻

當你打開手機，滑動螢幕，無數短影片如潮水般湧來：「貓咪從高空躍下」、「廚師展示精湛刀工」、「搞笑對話重複播放」……這些平均15秒的影片，以驚人的速度佔據人們的注意力。YouTube Shorts、TikTok、Instagram Reels等平台，每天產生數十億次播放量，創造出全新的內容創作與傳播模式。

短影片具有鮮明的特徵：畫面快速切換、內容高度碎片化。我發現一段影片可能在3秒內切換5個場景，配以強節奏音樂，但往往缺乏實質內容。這種傳遞內容的形式正在重塑人們的觀看習慣，特別是對青少年產生深遠影響。

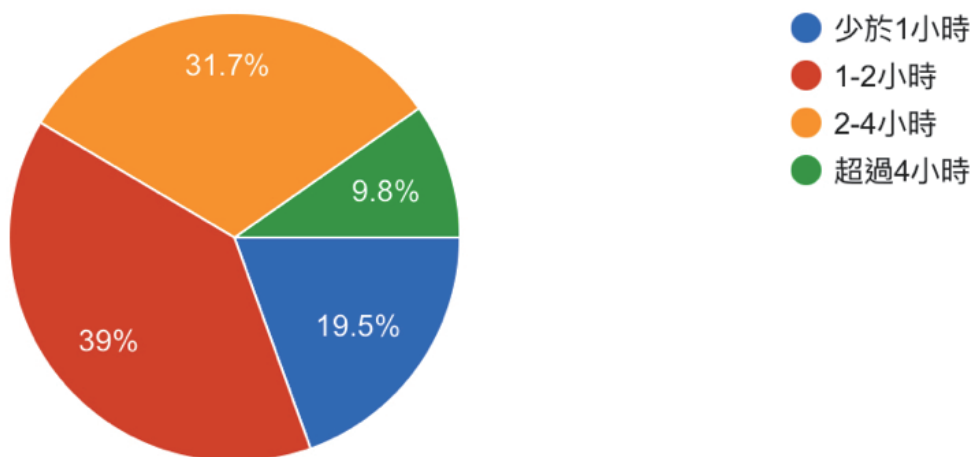
本文旨在探討短影片的內容對青少年注意力集中程度的影響，並提出相應的建議。在當今資訊科技快速發展的時代背景下，如何令青少年的心智與學習不受影響，已成為一個亟待解決的重要議題。



▲ 2.3近年新興的媒體內容：短影片

短影片使用習慣分析

為了了解青少年觀看短影片的習慣，筆者向同學發放電子問卷，收集了87份有效回答。數據顯示，31.7%的受訪者每天觀看時間達2至4小時。而接近九成的受訪者認為「內容有趣」，以及「影片短」、「節奏快」是短影片吸引他們的主要原因。這些數據反映出，短影片以輕鬆、快速且娛樂性強的特點，成功抓住青少年的注意力，但也引發了影響其專注力的擔憂。



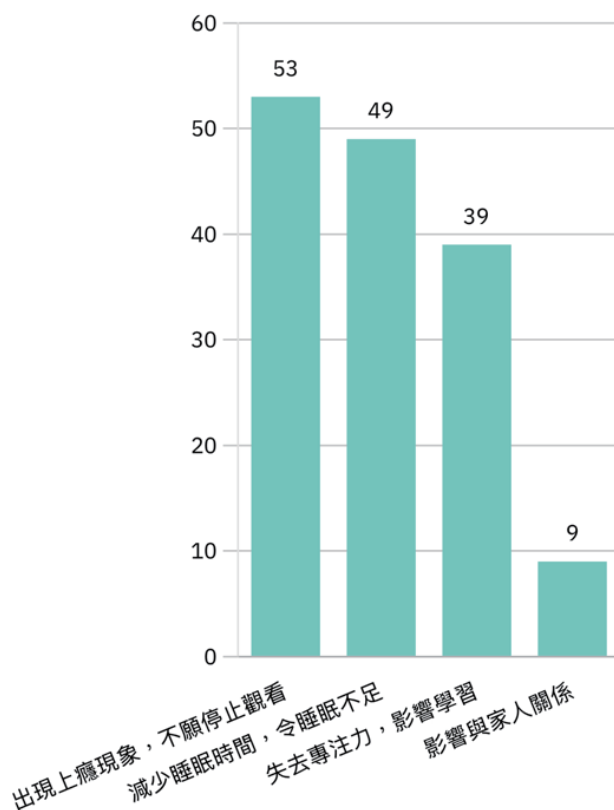
▲ 青少年每天觀看短影片的時間

短影片對學習與生活的負面影響

根據問卷結果，超過九成的受訪者坦言，曾因短影片的誘惑而讓學習或工作的腳步停滯，效率降低。除了擾亂了生活節奏，短影片還造成青少年睡眠不足，使其身心疲憊。習慣快速切換的畫面與高頻的感官刺激，使受訪者難以專注學習，也難以集中精神思考，影響學業。部分受訪者甚至出現「觀看短影片成癮」的情況，即便理智呼喚他們停止觀看，卻仍難以自拔。短影片，既是現代的娛樂饋贈，也是青少年心靈枷鎖。

青少年沉迷短影片的原因

儘管短影片會帶來負面影響，青少年仍對其情有獨鍾，箇中原因如下：首先，那些詼諧有趣的片段，為青少年在繁重學業的縫隙中帶來片刻的歡愉與放鬆。此外，觀看時下流行的短影片，更像是一把打開社交之門的鑰匙，幫助青少年與同輩建立共同話題，增強人際互動。正因如此，這種多媒體內容已悄然融入青少年的生活，成為他們成長路上不可或缺的一部分。



▲ 觀看短影片對青少年的影響

學校與青少年的雙向努力

面對短影片對青少年專注力的潛在影響，學校的角色任重道遠。學校可透過多元的方式，為學生點亮一盞指引的明燈。例如定期舉辦專題講座，邀請心理學家或教育專家，深入淺出地剖析短影片對大腦專注力的影響，並傳授實用的時間管理技巧，使同學免於陷入沉迷短影片的漩渦。

青少年自身則可從以下幾點著手：首先，為自己定下觀看時限，避免長時間觀看。其次，在生活的縫隙中播下興趣的種子，或許是書頁間的墨香，或許是球場上的汗水，讓這些美好的事物滋養心靈，取代短暫的感官刺激。

最後，我們誠摯呼籲同學，從短影片的浪潮中稍稍退後。那些短暫的歡愉，只會在無形中侵蝕我們的專注與效率，讓思緒漂泊不定。因此，讓我們將零碎的時間化為閱讀的寧靜、運動的活力，或與朋友、家人談心的溫暖時刻，寫下更充實的生活篇章，為未來的成長奠定堅實基礎。

圖片來源：

<https://www.trueanthem.com/facebook-and-instagram-reel-differences/>

坦誠相見的那些年—— 細談身體臆形症背後的各種原因

5C龐禮恩

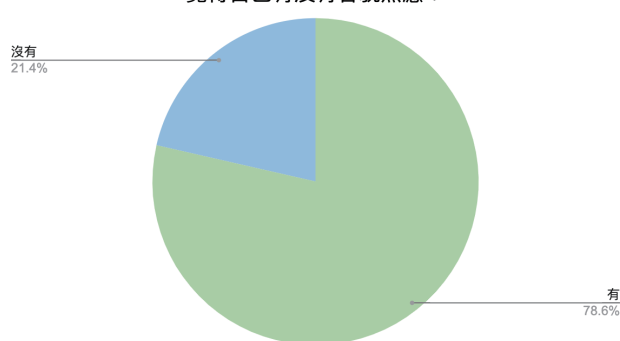
還記得疫情的時候嗎？大家被迫戴上口罩、居家隔離。這段日子不知不覺間已經過了五年，而戴口罩卻成了不少人的習慣。那時候有多不願意戴口罩，現在就有多不願意脫下口罩。而「容貌焦慮」是其中一個人們傾向戴口罩的原因，此議題也逐漸受到廣泛關注。你，有容貌焦慮嗎？

「身體臆形症」，又稱容貌焦慮，是指對自身外貌感到不滿意、缺乏自信，並且時時執著於外貌細微的瑕疵，繼而引起焦慮情緒。從同學的問卷中發現，大部分人都認為自己有容貌焦慮，以下我們探討一下容貌焦慮的現象及原因。

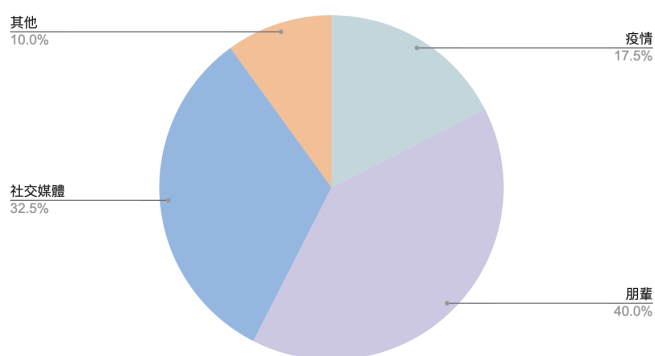
容貌焦慮的原因

首先，容貌焦慮流行，與疫情有密切關係。疫情期間政府為了防止病毒在社區肆虐，於二零二零年八月推出口罩令，並維持了近三年。在這三年來口罩的設計也變得五花八門，很多口罩也會有修飾臉型的作用，加上戴口罩只露出眼睛，容易突出優勢，又增添神秘感，於是街上似乎出現了很多帥哥美女。對比戴上口罩前後的模樣，大家都對自己脫下口罩的外貌感到不自信。問卷調查中發現超過一半的同學現時還會戴口罩出門，而大部分的原因則是因為習慣或對外貌感到不自信。可見長期不以全臉見人會令青少年對容貌缺乏自信，他們害怕面對脫下口罩後的自己，也害怕別人的目光與評價。

覺得自己有沒有容貌焦慮？



容貌焦慮的原因



另外，社交媒體的盛行也導致了容貌焦慮的出現。隨著社交媒體的曝光率提高，資訊的傳遞也變得更快速。在社交媒體上，很多人會上傳自己的美照。不少人會修圖，並在圖片上加上濾鏡，博取別人的「點讚」，從而獲得自信。也正正因為這個「潮流」，導致人們越看社交媒體就越自卑，覺得自己不夠別人漂亮，覺得自己不比誰更窈窕，也因此帶出了過度減肥的潮流。不少同學反映自己有容貌焦慮是因為社交媒體的盛行，無論是「Instagram」，還是「Threads」，他們的審美觀也容易受社交媒體影響。因為長時間浸淫在社交媒體的世界裡，他們會視完美為正常。這樣的現象不利同學的身心健康發展。

此外，朋輩的影響也加劇容貌焦慮的問題。在青春期的階段裡，青少年最容易受朋輩所影響。問卷調查中指出最多同學認為朋輩影響是導致容貌焦慮的最大原因。因為朋輩之間的比較，導致同學更加注重自己的外表。同輩之間所宣揚的「美」多迎合潮流，同學未能意識到世俗「美」的標準單一旦狹隘，從而導致同學出現容貌焦慮。

社會對女性外貌的要求甚高，容易引致容貌焦慮的出現。社會定形了女性的「美」——外型瘦削、外貌精緻而皮膚白滑，才算是美。網上更出現不少批判外表的帖文，這樣導致了現代女性很在意自己的外表，也很在意別人的評價，從而導致容貌焦慮。

如何舒緩容貌焦慮

要舒緩焦慮，最有效的方法就是要找出焦慮的源頭，再從根源入手解決。學校社工吳姑娘建議同學要找出自身容貌焦慮的原因，分析自己到底是希望透過變美而受歡迎，還是因為過去被人排擠而對外表不自信，從根本解決問題。至於如何找出容貌焦慮的源頭，同學可以向身邊的人尋求協助，例如社工、老師。透過聊天去釐清自己的想法，分辨自己有哪些是以偏概全的想法，哪些是杞人憂天的思慮。另外，也宜向值得信任的人傾訴，例如家人和朋友，初步從他們身上尋求認可，再慢慢建立內在的自我價值。我們須重拾正確的價值觀——其實外表並不代表一切。

除了尋求幫助之外，吳姑娘也鼓勵同學減少比較。「比較」可說是一種致命的武器。它會讓同學自卑，讓同學嫉妒，也會讓同學驕傲，甚至會讓同學失去自我。在社交媒體盛行的年代，或許我們經常會看到很多「美的典範」，但是你能判別真偽嗎？社交媒體上的圖片有多少是沒有經過加工的？社交媒體就是「圓形監獄」一般的存在。處於「圓形監獄」裡的人會一直認為有人在監視他們的一舉一動，因此在沒有人強迫的情況下不斷地自我規訓、比較。但不斷地自我規範和比較只會帶來沈重的壓力。因此，我們要學會放下與人比較的心，專心於自己身上，學會欣賞自己、讚賞自己。即使要比較，也與自己比較。欣賞自己的進步，反思自己的不足，聚焦自身，力臻於善。

抽象的道理多的是，但是又有什麼實際上的行動可以舒緩容貌焦慮呢？最簡單直接的方法莫過於每天都欣賞自己。每天早上花一點時間在鏡子前面欣賞自己，晚上記錄今日的成果、善行，讚賞自己，告訴自己是最棒的。這種「自我欣賞」的方法可以讓我們把注意力放在自己身上，從而找回自己的價值，也能讓我們有動力去成為一個更優秀的人。

若同學真的很希望改變自己的外貌，可以考慮學習化妝。但是切記不要過度沉迷，要適可而止。化妝品是消耗品，且部分價值不菲，同學要培養正確的理財觀念，量力而為。

結論

著名荷李活明星安海瑟薇曾說：「取悅別人對快樂的人生真的沒什麼幫助。」不要為了討好別人而改變自己的外貌，我們每一個人都是獨一無二的。容貌焦慮的確會讓我們感到不自信，但是要記住外表不代表一切，性格、能力才是讓你走上人生巔峰的因素。不要在意別人的目光，你唯一要做的，就是取悅自己，做自己喜歡的事！

被困壓力的洞穴尋找希望的曙光—— 淺談求學態度及減壓方法

4B梁楚穎

到了中六，同學們就要面對文憑試。公開試影響著未來的發展，而大學學位的競爭又非常激烈，一方面，名列前茅的同學固然渴望「摘星」；另一方面，成績較落後的同學也發憤圖強，力爭上游。考生均要面對沉重的壓力，身心健康也承受龐大的負擔，應該如何保持良好的心態呢？本文結合了一些學習心得以及蘇栢聰老師、劉奕成老師的訪問內容，將探討求學和應試應有的心態，以及面對公開試壓力的方法。

（一）專心致志，力學不倦

常聽到老師勉勵我們學習態度要認真，考試才能有所發揮，這是毋庸置疑的。平日上課應是專心致志，細心聆聽老師的教導，做功課也要一絲不苟，多思考、發問，整理學習要點，如此，就能鞏固學習內容，考試的信心自然也會大增。劉老師認為專心是學習路上最重要的能力，無論是為了準備公開試，又或是人生中大大小小的經歷，只有鞭策自己，才可令自己的做事效率最大化。

（二）虛心求學，自我反省

古語有云：「虛心使人進步，驕傲使人落後」。如果因為得到優異的成績而驕傲自滿，就無法覺察自己的問題，最後只會成為井底之蛙。相反，以謙遜的心態面對自己的表現，就會發現不足，思考改善之方。蘇栢聰老師銘記中學老師有關謙虛的教誨：「若然想要達致成功，必須先放下驕傲和自尊，緊記滿招損，謙受益。」蘇老師指出若然想從他人的意見中改進自己，必須虛心受教。人無完人，每個人都有可以進步的地方，若然因為此刻的成就而驕傲自滿，那麼畢生的成就可能也就止步於此。不要凡事歸咎於別人，我們要學懂三省吾身。



（三）注意時間管理

此外，溫習計劃更要安排妥當，考試前不應臨急抱佛腳。蘇栢聰老師說：「相比起熬夜溫書，把握時間在早上溫習，晚上充足休息，如此的學習效能會更高。以前曾覺得熬夜溫習就等於努力，這其實是安排不當的表現。」所謂：「努力盡今夕，少年猶可誇。」我們要提高時間管理的能力，把握每天的時間好好溫習，不要在考試前一天才「開夜車」。

（四）注重自身成長

同學們在考試期間會感到焦慮，考試後難免比較分數，競爭排名。固然，適當的競爭能夠給予同學動力去進步，但過度著重競爭會造成不良影響。蘇栢聰老師認為分數固然重要，但學習的本質是為了豐富知識儲備，圓滿精神世界。「腹有詩書氣自華，相比起成績的競爭，我們更應該著重於自己的精神修養。在這場學習的比賽中唯有精益求精，力求自身進步才是學習應有的本質。」與其競爭常變的排名，不如放眼於自身的成長，從他人擅長之處學習，相信這些比分數更重要、更值得參照。我們要謹記，每一次的進步或退步都是和自己「比賽」，我們多聚焦學習的過程，從中吸取教訓，以積累所學。

（五）減輕思想包袱

對於應屆考生而言，公開試的成績是他們現階段最注重的事情，他們更會嘗試逼迫自己，或會忽視自己的身心健康來換取佳績，但這都是不可取的。我們要多關注身心健康，學懂減壓。劉奕成老師往往以達觀排解壓力，他說：「幾年前備考DSE的煎熬都隨著時間慢慢變淡，後來在很多工作面試、比賽所感受到的壓力，都比DSE有過之而無不及。生活中本來就是充滿挑戰和壓力的，DSE只是其中之一而已。」公開試，無疑是人生中這個階段中最重要的事情，但放諸整個人生，也只佔一小部份。人生總是充滿各種難關，學會放鬆自己，以常理遣懷，對自己將來的學業、甚至工作也有幫助。

公開考試是人生的一個轉折點，同學們理應秉持良好的學習態度，努力奮鬥，追求進步，但同時也不能夠忽略自己的心理健康，須學懂紓緩壓力。希望這篇文章能夠讓同學改善讀書的心態，並祝願未來考公開試的同學都能夠獲取佳績。最後，在此分享老師勉勵同學的說話：

蘇栢聰老師說：「『殘冬行將消失，春天恍若來臨』。這不僅是季節的更迭，更是你們人生階段的轉折。最後一步的衝刺或許艱難，但請相信，過往日子你們努力種下的種子，終將成為你腳下破土而出的力量。無論如何，背負壓力和面對挑戰前行的你們早已是贏家，請為自己感到驕傲。」

劉奕成老師說：「加油！有志者事竟成。希望你們都有清晰的目標和強大的執行力，終點就在眼前。」

不再「躺平」——告別消極，重拾熱情

5C龐禮恩、5C楊芯寧

躺平生活，你曾渴求過嗎？看著一桌子的待辦事項，卻紋絲不動地躺在沙發、躺在床上無所事事地刷手機。這個是你嗎？

所謂「躺平」，是一個近期新興的網絡用語，表達「與世無爭、無欲無求」的態度。部分年輕人面對經濟下滑、社會問題激化的衝擊，基於對現實環境的失望，認為與其跟隨社會的期望堅持奮鬥，不如選擇『躺平』，無欲無求，消極應世。

來自女青（YWCA）2025年的研究報告指出，現時躺平的現象逐漸年輕化，近四分之一的中小學生自覺「躺平」，他們甚為懶散，除了欠交家課，對自己的學業沒有要求之外，更會不想社交，對自己的未來沒有希望。不少青少年選擇躺平，原因何在？

「躺平」的原因大概分三大種。首先，是出於性格使然。人們本性好逸惡勞，若沒有經過後天指導，而尚能維持基本的生活條件的話，也許會比較缺乏上進心，未能定立志向去追求理想、貢獻社會。也許，他們曾一度充滿幹勁，但只有三分鐘熱度，轉眼間那道熱誠就熄滅了，最後還是選擇「躺平」。雖然，現在學校普遍重視生涯規劃與品德教育，積極勤勞的典範總是融入在我們的學習之中，但仍有部分學生甚為懶散，對未來毫無追求，選擇「躺平」。

大部分學生也許對未來抱有期望，但抵不過重壓，壓力似乎是導致年輕人「躺平」的一大原因。在現今的香港社會中，學業和家庭為同學所帶來的壓力可謂是匪夷所思。在香港的教育制度下，普遍學校的功課、測驗量都比外國的學校多，學生每天埋首於課業之中，難以喘息。另外，家長也注重對孩子的培育，父母會對孩子的期望很高，常常望子成龍，因此會施加很多的壓力在孩子身上，例如要求孩子在學業上名列前茅。正因為如此，同學會覺得自己沒有能力承受如此大的壓力，就會選擇「躺平」，甚至選擇其他極端的方法以逃避問題。

此外，挫敗感也會讓學生選擇「躺平」。很多學生曾經雄心壯志，希望可以做出改變世界的壯舉。可是理想往往與現實相違，同學的努力未必立即得到可觀的回報，有時候同學需要苦苦堅持，咬牙熬過許多艱苦而漫長的旅途，甚至要長期屢敗屢戰。於是很多青少年人心中的熱情就被這盆現實的冷水澆滅了，他們也認定自己必不能成功。網路上有一句很流行的說話——「努力不一定成功，但躺平就一定舒服」，此話得到不少學生的認同，不少學生也就養成了躺平的習慣。

種種原因導致現代青年人「躺平」，他們暫時逃避這個世界託付給他們的責任和壓力，讓他們頃刻便能放鬆，更有稱「躺平使我心情愉快」。然而，「躺平」是否真的能把自己從高壓的現實中抽離？

以「躺平」心態度日，看似能變得輕鬆，但其實徒然。例如你本要求自己每次學校默書都要取得滿分，但當你選擇「躺平」後，你就會嘗試改變心態：不必竭盡全力，不必執著成績。表面上看似減輕了壓力，但大部分人事實上難以大幅降低對自身的要求，因為人生有許多責任無法逃避。本人在校曾作隨機訪問，有同學指出「躺平」後感覺自己像浪費時間，總是將事情拖到死線前一刻才完成。這正是因為自己不斷逃避壓力，未有把壓力轉化為動力，反而選擇暫時「躺平」。然人生有許

多責任無法逃避，總要面對，測驗、考試逃避不過，越是拖延，時間越是不充裕，結果自然不佳，又難以全不在乎，終有所愧疚，於是總是覺得「當刻盡興，可事後後悔。」「躺平很舒服，但卻會焦慮。」故此，青年心態上欲「無求」、「卸責」，然現實總有所求，總要承擔責任，結果他們出現了「一邊焦慮，一邊繼續不務正業」此等不甚健康的狀態，而長期感到焦慮，更引發其他身心問題。且從青年成長的角度去看，若一直以減輕壓力的理由「躺平」，將工作程序拖長，工作效率降低，將來終會被社會淘汰。「躺平」實不可取。

那麼，我們便要尋找方法擺脫「躺平」心理。

同學曾想過不少辦法去脫離「躺平」心態，包括強迫自己行動、以獎勵作動力、由自己感興趣的事情做起、不過多思考事情的難處等。然而同學亦有分享失敗的經驗：即使強迫自己行動，可是對着作業仍然會經常走神、發呆，效率大大下降。在感受到挫敗後，「躺平」的現象更甚。

對此，筆者認為最重要的莫過於是心態上的改變。我們要嘗試擺脫消極的心態，多關注身邊的事物，發掘熱愛的活動，拾回對生活的熱誠。最簡單的方法便是訂下一個能為之奮鬥的目標，不管是學習上的，還是活動上的，嘗試以熱誠推動自己，以闖過難關和挑戰。同時保持良好的生活習慣，亦有助建立樂觀的態度。

「躺平」是現今社會猛烈洪流上的一座小船，登上能獲得喘息的片刻但亦非絕對安全。因此，最重要的是要清楚了解自身的狀態，及時調整。希望各位同學都能掌握自己生活的節奏，踏上適合自己的道路。



參考資料：

1. 「公民•好學」網：圖解躺平現象：<https://ls.chiculture.org.hk/tc/national-conditions/689>
2. YWCA女青新聞稿：<https://www.ywca.org.hk/zh-hant/%E6%96%B0%E8%81%9E%E7%A8%BF/%E9%80%BE%E5%9B%9B%E5%88%86%E4%B8%80%E4%B8%AD%E5%AD%B8%E7%94%9F%E8%BA%BA%E5%B9%B3>

原生家庭教育 對青少年的影響

4A劉采瑩

現時的中學生面對各種壓力，如學業、朋輩……長期累積下來，形成情緒困擾，使人感到疲累及無助。而良好的家庭教育能為青少年的成長奠下基石，讓他們勇於面對人生中重重的考驗。有關「原生家庭」的議題近年受到廣泛關注。筆者有幸邀請已為人母的師長——唐孟櫻老師接受訪談，與大家分享她的教育方針，從中了解家庭教育對子女心理健康的重要性。

何謂原生家庭？

根據著名臨床心理學家黃維仁博士所寫的《原生家庭對個人的影響》¹，原生家庭是早期孩子與父母或其他撫養者所居住的家庭。原生家庭的教育方式對孩子人格的成長及身心發展有深遠的影響。要令孩子樂觀、自信，關鍵是正向的家庭教育。

正向的家庭教育的方式

關於正向的家庭教育，唐孟櫻老師有以下的心得：



▲ 唐老師（右）及筆者劉采瑩（左）

（一）快樂及輕鬆的氛圍

良好的家庭氛圍對於子女相當重要，子女在家庭裏應當感到快樂及輕鬆。當孩子害怕焦慮時，家長能及時安撫他們。當子女犯錯時，家長亦不欲太嚴厲地指責孩子，以保護他們的自尊心。唐老師補充說道：「如果他們做得不好，我也會經常調侃他們！不過不會很兇狠地罵，畢竟現在孩子都長大了，也需要顧及他們的面子吧！」

（二）保持開放的態度

唐老師亦認為保持開放的態度甚為重要，她允許孩子有適當發泄情緒及暢所欲言的機會，不用絕對的標準去給孩子下定義，盡量減少干預，並尊重他們不同的個性特質。當孩子獨自玩耍時，家長能讓他們保有自己的空間和想像的世界，不強加干涉。

（三）坦誠溝通，尊重孩子

唐老師又認為當家長願意與孩子坦誠溝通，對孩子有充分的尊重，無條件地接納及支持孩子，孩子也會自然地向家長表達情緒及需求。當孩子得到家長積極的回應和包容，孩子才有充分的安全感，並更容易建立完整的人格。

（四）重視德育，以身作則

唐老師認為學識固然重要，惟培養子女良好品德及待人接物的態度，未來更能讓孩子在社會上立身處世，無愧於天地。唐老師認為家長透過言傳身教可培育子女的行為操守。子女是父母的一面鏡子，父母的言行都反映在子女身上。對此，唐老師分享道：「比如我做錯事，我會主動向子女承認錯誤，勇於道歉。藉此作為榜樣，希望培養他們犯錯後能自省，並主動道歉。」父母宜以身作則，在日常生活的點滴中潛移默化地影響子女，以成就孩子美滿的人生。

正向的家庭教育帶給子女的影響

以上正向的家庭教育，能為子女人格的塑造以及待人接物的態度帶來正面的影響。

首先，有言：「快樂的童年能治癒孩子的一生。」子女在家長身上得到充足的愛、溫暖與關懷，在成長過程中能建立自信及安全感，在人際交往中更願意相信他人，較容易與他人建立深厚的友誼。

其次，若家長不以絕對的標準來干涉子女，子女可以自由探索，在自己所熱愛的領域裡發展，更容易發掘潛能與天賦。

此外，孩子若得到父母的尊重，他們遇上難題時，就更願意尋求父母的幫助，以父母作為堅實的後盾，更勇敢地面對挫敗。

最後，家長作為子女的模範，在耳濡目染下，子女會模仿家長的優點，學習良好的品行，更容易培養子女成材。

結語

在青少年成長的過程中，人格的形成尚在發展階段，家庭教育的影響真的不容小覷。若給予孩子充分的尊重及包容，營造一個輕鬆的環境，使子女的情緒及時得到回應，即使孩子在成長路上面對壓力，相信家長的愛都能陪伴子女跨越挫折，茁壯成長。

參考資料：

<https://www.cchchouston.org/dr-huang-family-of-origin-handout/>

《再見》

5C楊芯寧

「再見！」你笑著揮手。

「明天再見！」

「咔嚓。」大門被鎖上，世界歸於寂靜。回過神，腦海剩下一片空白。

那是一段潔白如紙的回憶。

總說孩童是一張潔淨的白紙，等待着世界的渲染。那時對周遭一切，都秉持着最單純的信賴。彼時的你在離別時總依依不捨地晃著手，拖著千斤重的雙腿，一步三回頭，不情願地說：「再見。」你必然是在腦裏暗自祈禱盼著時間跑得再快一點吧；必然是在暗自期待明天出門時對門又再同時打開吧；必然是在暗自盤算著明天又該如何捉弄我吧。你和我，都曾經天真地認為未來的光景也該如此，還有着無數再次見面的機會。

那是一段雪白且溫暖的回憶。

你出生在北方，卻從不似北方的冬日般寒冷。我生在和暖的南方，全家舉遷至這座北方城市多年，但我仍不能適應嚴冬，以至後來長大後便搬回南方，夏日才偶爾回來。

那日下起了大雪，屋外一片雪白。你興高采烈地按下對門的門鈴，希望邀請好友一同打雪仗。但到雪地上卻只剩下你和一顆被凍得瑟瑟發抖的糰子。你一邊捧腹大笑，一邊把自己的帽子、手套、圍巾一股腦地套在糰子身上，然後牽起她，一步一步到樹下堆起了雪人。你畢竟只是凡人，不一會兒，樹下便多了兩顆糰子聚在一起直打哆嗦。你抬起了帶點惡作劇意味的眼神，拉起另一顆糰子向外狂奔。

來時的腳印已被大雪覆蓋，但新的腳印又再浮現。你停下腳步時，猛烈的喘息令呼出的霧氣模糊了視野，卻使你更清晰地感受到手心中那隻被裹得密密實實的手，內心頃刻回暖。你回頭，發現雪恰好停了。這次，兩雙腳印，一前一後，或深或淺，在雪融化前，在雪再次降下前，再也不會消失了。

「明天再見，再一起玩雪。」你看着我捨不得地朝你揮手，你大聲道：「再下雪的時候，我一定再找你玩，再見！」

一連數日，寒，無雪。

那是一段蒼白無力的回憶。

曾經以為，長大是身高的改變；是知識的增加；是時間跑過了十八年。曾經以為，長大便能控制自己的一切，隨心所欲。然而，長大了才發現我們於這個世界的蒼白無力。

你家的大門自早上便長開着，一波又一波的人從你家中搬走一個又一個箱子。我看到，那是搬運工人，你也清楚知道。當你頂着一雙微紅的眼睛看着我的時候，你在想甚麼呢？你或許在為沒有先告訴發小要搬離這座城市而愧疚吧；或許在為驟減的見面次數而對此處感到不捨吧；或許在想彼此以

後再次見面時要幹甚麼吧。你對我保證必定會再見時，你的內心是否已看到另一個模糊的未來了？「必定會再見的。」你堅定地向我重複。我的內心卻無端冒起一個念頭——再見既能是再次見面，也會是再也不見。

我不願看着你離去，便轉身離開了。汽車轟鳴聲、大門鎖上聲、汽車轟鳴聲。我還是不忍，卻已經看不到你的蹤影了。我輕輕地說：「要再見啊！是再次見面。要再見啊！」我首次如此想念下雪的冬日，因為大雪能阻擋你的行程，大雪能留下車的蹤跡，能留下你的痕跡，能再見你的身影。

那是一段白茫茫的回憶，是一段段只屬於我的回憶。

在手機尚未普及的時代，我與你聯絡的方法只是通過兩家的母親零碎的信息交流。而結果是，我所得的消息，僅有你往了南方，和你每年的生日概況。我曾不屈不撓地每天詢問母親關於你的事，等來的卻只有煩躁的聲音。於是我學會了把思念放在心裏。你呢？在那座未知的城市，你曾迷惘嗎？你曾想起過我嗎？你曾為模糊不清的未來而感到茫然嗎？我曾。我還是十分想念曾經的對門、同桌以及伙伴。同時我深切地相信，我們會再見。

那是一段逐漸空白的回憶。

時間夾帶着有關你的回憶一路狂奔，世界總是把不知何處的碎片塞進我的腦海。我不知不覺間學會了很多，又失去了許多。我離開了北方，也獲得了自己的手機。我總覺得通訊錄中少了甚麼，卻如何也解釋不到心中的那絲不協調。直到某天，我的母親發給了我一個號碼，看到那熟悉的名字，我的心如漏跳了一拍。片刻的失神後，我卻發現印象中你的模樣已然失真。我抽出了置在心底的那份情感，只感到陌生。

我的手指懸在屏幕上，遲遲未按那個號碼。這不應該，若是從前的我必定迫不及待地渴望與你取得聯繫，可如今的我卻仍在此懸疑未決，這不應該，我不理解。難道人與人間的情感如此微薄嗎？薄得輕易便被時間的步伐穿過，被世界的碎片刺破。曾經我們彼此的回憶是如此鮮明，而現今又是如此淡薄。我想，我還是渴望再見你的。只是這屏幕太厚，使我無從看透你是否仍記得我，是否願意與我停下追逐時間的腳步。我的內心陷入了掙扎。「原來已經九時了，今天又加班了，甚麼時候可以說再見啊。」「真希望我們可以再也不見啊，這樣就代表我不再打工了。」來自同事的話語把我的意識拉回了現實，眼前的手機彈出了幾條緊急的工作訊息，看着桌上的文件，剛剛的思緒一掃而空，我立刻投身到一疊疊的文件中。現實就是如此，人們總在被推着行走，回憶與情感在城市的巨輪前毫無意義，連同時間皆被加速擠壓。

你呢？在未知遠方的你，又曾否留下遺憾？又會否在某時某刻掛念起了曾經的「我」？你尚會有勇氣去聯絡嗎？

這是一片空白的回憶。

某年冬日我回到那座北方城市，雪很大，舊時的家已經消失。我走到酒店大堂，等待登記時看着門外，只有一片雪白。

「啪。」回憶的閘門被關上。



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