

李煒鴻



大家好！我是Will，現正在香港大學修讀工商管理會計及財務學系。對於我而言，文憑試是一場心態的較勁，疫情之前如是，疫情之中更加如是，疫情對於學習的影響相信不用我再多說大家也有足夠的體驗，現在就讓我直入主題，分享一下我認為在準備文憑試中心態。

第一，面對現實的勇氣。準備文憑試就是認識自己，發掘自己的弱點，再針對弱點加以改善，但這個過程無疑是痛苦的，看篇文憑試一天一天迫近，自己在操卷的時候卻發現還有不熟悉的課題、毫無頭緒的題型、尚未背熟的公式……不安的感覺會不斷敲打你內心，使你不斷想逃避，逃避自己的無知，逃避某一個課題，逃避操卷。請您記住，唯有忍受這種痛苦，面對自己的不足才能獲得最大的收穫，請不要一直只溫習自己擅長的課題或只做程度較簡單的試卷以獲得虛榮心，這樣只是自欺欺人。

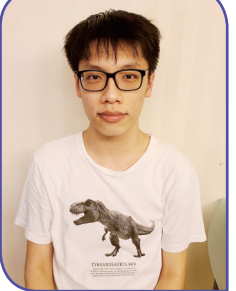


第二，不要用時間作為溫習的考量。許多人所謂的溫習就是到自修室，逼迫自己坐在裏面八九個小時，插着耳筒聽歌，對着課本優哉游哉，左抄抄右抄抄，用手機拍下自己準備的精美筆記，再加上一句「今天又溫了八個小時。」，打完卡便心滿意足地認為自己溫習了一整天。這裏我想提出的重點有兩個，其一，溫習時間並不重要，重要的是你做了多少「有用的」東西，其二，文憑試不是背誦教科書大賽，操卷最實際。我溫習的考量是以一份卷、一篇範文、一篇佳作……作為單位，一天完成三至四個單位，課本只是輔助，在遇到不熟悉的題目時作為重溫的作用，不應成為溫習的主軸。

第三，永遠不會有完全準備好的一天。許多人包括我在以前也認為試卷是十分之寶貴的資源，應該要完全溫好書後才可以做，不然便會浪費了試卷，因此遲遲不肯動手。我可以很誠實地告訴你，即使到了文憑試的前一晚，我也不認為我是完全準備好的，因此請你別等了，拿起你的計時器，放下你的耳機，專心地去做吧，一份卷只有你做到滾瓜爛熟，看到題目一眼便想到解法時，才算是被用盡，準備文憑試就像學游泳，只有親身跳下去才能學懂，紙上談兵只是浪費時間。

面對文憑試，我經常問自己：「現在溫習是否來得及？」答案是這樣的，即使來不及，那我現在就不溫習了嗎？不要看行不行，要看對不對。準備文憑試絕對是一場艱苦的考驗，自我懷疑、無力感、失落等等情緒將會不停反覆出現，但請相信我，硬着頭皮撐過以後，你得到的將會比你想像的多。

薛穎雋



大家好！我是Calvin，現在於香港大學就讀理學士，相信新學年的面授課堂會令同學能慢慢重拾兩年前上課的感覺。現在回想，高中時期能回校的時間也只有一年多，但距離文憑試卻實際上只剩下約200天，所以我想藉這機會向同學分享我在準備文憑試時的經驗，給同學一個參考。

同學在面對考試的壓力想必不小，而這壓力也是必然出現的，所以同學首先要面對的問題是如何處理它。在如此沉重的壓力下，獨自面對當然是下下策，所以同學們應利用不同的方法去舒緩。最簡單的方法當然是去找人傾訴，這亦是我所推薦的方法。同學們可以找家人、朋友、社工傾談。找人傾訴的時候，可以把積壓在心裏的事情說出口。千萬不要輕視傾訴的作用，其實這一定幫助到同學舒緩壓力。



希望同學在剩餘時間中作好準備，在未來的考試之中取得佳績。最後有一句話想送給同學：「即使結果未如理想，但你在過程中也一定有所得着。」天無絕人之路，一定會有後路的，搏盡無悔就好！



李嘉倫

大家好！我是Jason，現正修讀香港科技大學的專業會計學。在疫情期間，學生需長期進行網上學習，這令同學們應付文憑試倍加困難，相信應屆中六同學一定感同身受，所以我以師兄身份跟同學分享一些經驗。

溫習方法固然重要，但我認為關鍵的是心理質素。應考文憑試的路途遙遠而艱辛：你可能會在某天溫習時遇上挫折，又可能會在完成某科考試後感到憂慮。這些負面情緒都會影響往後的溫習、應考的狀態。同樣地，一時的成功也不代表往後的考試會成功，更可能令自己驕傲自滿。因此，預備文憑試時要盡量平伏心情，避免情緒大起大落，亦要學會利用一時的挫折或順境，化為推動自己的燃料。



最後，我希望向各位送上我心愛體育會利物浦的精神格言：你永遠不會獨行，希望大家能互相扶持，考取佳績。

李莉菱



大家好！我是Lily，現就讀於理工大學電子計算系。相信你們已經從其他師兄師姐的分享中獲取了許多學習的方法和應試技巧，那我就從學習態度和紓解精神壓力方面分享一些我的心得吧！

返璞歸真

在探索學習的道路上，每個人都有獨樹一幟的習慣和風格，但唯一不可以有的就是含糊其辭、敷衍了事的態度。最典型的例子：遇不明白課題時，因為懶惰或自以為是地依靠自己僅存的記憶，勉強地完成未能完全掌握的題目，最後反而白白浪費時間和資源。知識的積累如同建造樓宇一般，沒有堅實的基礎，就沒有搭建上層的能力。一時的得過且過只能蒙蔽自己，然而漏洞尚未徹底彌補，無法掌握知識的核心，回爐重造，重讀書本並非不是一個好方法。

勇於面對

我曾因為自卑而逃避任何面對大眾的活動，畏懼在人前發言，擔心劣作公之於眾，一點點的負面評價都會讓我退縮。而一味地逃避往往讓我錯失了鍛鍊自己、培養信心、獲得認可的機會，反而陷入惡性循環、能力得不到提升、短板仍是短板的結局。學習直視自己的缺點，再一步步去攻克，才能真正地成長進步。這尤其適用於攻克弱項學科，英文口語等難關。

腳踏實地

有一句話一直在備考期間激勵著我：「你覺得累是因為在走上坡路。」

因為登高，所以疲憊，咬咬牙，總能度過這段艱難的時光。不論先前的成績是好是壞，踏出考場的那一刻才是定局，在那之前，任何的榮耀和黯淡都會翻篇。穩穩當當走好當下的每一步，為心之所向鋪下一塊塊浪漫的基石，剩下的只需交給時間。加油吧，少年們！願你所求皆有所得，期待在明年看見你們開懷的笑臉。



周樂怡



大家好！我是Lisa，現在就讀香港理工大學地產及建設測量學系。

無庸置疑，文憑試對於所有考生來說都是一次既艱苦又難熬的旅程，我作為一個過來人，希望能以一些自身經歷作分享，給大家一些建議。



在中六初，面對枯燥乏味的課程，以及永無休止的操練，我最初以「拖延」的態度對待，即使訂下個人時間表，亦未有按時完成所有項目。直至看見同學們嚴陣以待，我才意識到自己的不足，於是決定在每天下課後及文憑試前的備戰日子中，也會和朋友一起溫習，互相督促及支持，以增加溫習的動力，不再拖延。

在備試期間，大家不免感到迷惘及恐懼，因為既不知道自己能否獲取理想成績，又不清楚自己的目標，更害怕自己會在考試時失準，特別很多事情在疫情下也存在著未知之數。其實，我們那時能做的只有保持著學習進度，訂立時間表及根據自己的時間表溫習，以平常心面對。過份擔憂是不能幫助我們獲取佳績的，因此，不要給自己過大的壓力。

希望多月過後，當你們手裏攜着文憑試成績單，看着上面的數字和符號的那一剎那，心中是充滿愉悅的，並感激自己所付出的努力。

余銳豪



大家好！我是Michael，現正在香港大學修讀護理學。疫情差不多已經持續兩年了，雖然同學都逐漸開始回校上課，但仍然只是半日制，對中六同學來說可能會擔心課程的進度以及操練試卷的時間，所以我希望以過來人的身份分享一些讀書的心得，讓大家參考一下。

我這次想同大家分享一些時間分配以及溫習的心得。要做到良好的時間分配，建議大家可以定下每天的溫習時間表，讓自己知道每天最需要優先溫習的科目，更重要的是在溫習的時候應該把電話關掉，令自己更專心，有更高的學習效率，不要浪費太多時間在社交媒體之中。而在溫習方面，大家應該先熟讀每一個課題，然後再慢慢就每個課題操練試題，這樣可以活學活用，令知識更鞏固。

想必大家可能都會面臨公開試的壓力，在面對壓力時，不妨出外運動一下，出一身汗，又或者像我一樣在家中沒人時大聲唱歌，平復自己緊張的心情。

希望師弟妹們可以搏盡無悔，全力以赴公開試，考完就可以享受可能是你人生中最長的假期，加油啊！



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List of Outstanding Students in the HKDSE 2021

Name	5**	5*	5	4	University Admitted to / Programme
6D FONG Chun-yeung 方雋揚	1	3	2	1	PolyU - Bachelor of Science (Honours) in Physiotherapy
6D HE Ming-shing 何銘城	1	3	2	1	PolyU - Bachelor of Science (Honours) in Physiotherapy
6C CHEUNG Ho-ming 張皓名	1	3	2	/	PolyU - Bachelor of Science (Honours) in Physiotherapy
6D LEUNG Man-hei 梁文熹	1	2	1	2	HKU - Bachelor of Pharmacy
6D CHU Hui-ching 朱許晴	/	1	4	2	CUHK - Nursing
6A WAI Hoi-ying 韋凱凝	1	1	1	2	CUHK - Geography and Resource Management
6C LAM Chun-yiu 林駿耀	/	2	1	3	CUHK - Social Work
6D LI Wai-hung 李煒鴻	/	1	3	1	HKU - Bachelor of Business Administration in Accounting and Finance
6C WONG Ho-yu 黃可予	/	1	2	3	HKU - Bachelor of Economics and Finance
6B TSOI Yung-yeung 蔡銘仰	/	2	1	1	CUHK - Social Science
6C YU YUI HO 余銳豪	/	1	2	2	HKU - Bachelor of Nursing
6D CHOW Lok-ye 周樂怡	/	1	1	5	PolyU - Bachelor of Science (Honours) in Surveying
6C FUNG Kong-po 馮江保	/	1	1	4	HKUST - Bachelor of Business Administration in Information Systems
6D LEE Lee-ling 李莉菱	/	1	1	4	PolyU - Bachelor of Science (Honours) Scheme in Computing
6D WONG Sze-long 黃斯朗	/	/	3	3	CityU - Bachelor of Science in Biomedical Sciences
6D LEE Ka-lun Jason 李嘉倫	/	1	2	1	HKUST - Bachelor of Business Administration in Professional Accounting
6D SHUT Wing-chun 薛穎雋	/	1	2	1	HKU - Bachelor of Science
6A WONG Chin-hang 黃展亨	/	1	1	3	CUHK - Hospitality and Real Estate



SHARING FROM FRESH GRADUATES 2021

畢業生的嘉言雋語

不積跬步，不至千里，名人一步一步的積累，形成人類的智慧，化之為言語，變為指引人類前行的方向舵。朱自清：「格言也罷，名言也罷，作用其實都在指示人們行動，向著某一些目的。」閱讀身經百戰、久涉沙場的考試老手的嘉言雋語，你定會找到前行的力量、跨過難關的勇氣、奮發向上的理由，此即古人所云：「奏刀騞然，莫不中音」。朋友，希望你也從中得到你所需要的座標。



Chu Hui Ching

The last few years might not be the best, and here we are facing another challenge. Thinking back to the days of preparing for the DSE, it was a journey full of ups and downs. Now that my endeavour has ended, I would like to share with you my experience.

As you get equipped with skills and knowledge that enable you to excel academically at school, what is left to do is how you can be at your best throughout those long and dreadful days. Developing effective time-management practices is vital. As tempting as it is, please do not work till late at night. I understand that we want to get more things done in a limited amount of time, still, we could never ignore the importance of leisure and rest. With inadequate sleep, our brains are stiff, which may alter our study plans.



At times, we could be frustrated by things that are out of our control, be it the suspension of school or the changing exam schedule. Instead of focusing on the exercise of futility, we can see them as an opportunity to test our abilities or an extended study period. Sounds so much better, right?

Also, we must not forget that the DSE is not the endgame, but merely a stage that we all need to go through. There is no right or wrong in how you live your life and execute your plans. What is more important is to fulfill your dreams, no matter if it requires a university degree or not.

Lastly, please allow me to share with you my favourite quote:

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover."



Wong Sze Long

Hi, I'm Thomas. I'm now studying Biomedical Sciences at the City University of Hong Kong.

Prior to the examination, I wasn't sure how well I would do in the HKDSE. Luckily, the people around me stayed with me. They helped me get through that difficult period. They supported me, gave me advice and comforted me. They taught me not to follow other people's schedules but to study at my own pace. For me, I studied 6-8 hours on average during my study leave period. They also taught me to believe in myself because someday I'll grow up and will have to be independent. A good dose of self-belief can help you develop and reach your desired goals.

Apart from what they have taught me, here are some tips that I gathered from my experience in preparing for the DSE: Strike a balance between work and life. Humans are living beings. We cannot study every day without a rest. For F.4 and junior form students, set your academic goals and enjoy your school life. For F.5 students, if you wish to do well in the DSE, you should start working hard right away. Make sure to do past papers and time yourselves to get yourself familiarized with the examination materials and formats. For F.6 students, you have already learned the majority of the DSE syllabus, so having a positive mindset and attitude is the key for doing well in the DSE.

Preparing for the DSE is never easy, but remember, the DSE is not the final destination. The DSE is just another challenge in your life. Don't be afraid to make mistakes and fail. After all, we are all ordinary people and nobody is perfect. We cannot do everything right and get all questions correct.



Most importantly, whenever you fail, don't shy away from your mistakes, learn from them and embrace the moment, because that is how you will learn and become stronger. I believe in all of you, and you should believe in yourselves too!



Lam Chun Yiu

It goes without saying that the DSE is among the most enormous challenge lying in front of virtually all teenagers who call Hong Kong their home. All of us summon our willpower to revise, to try to get an upper hand over our peers, in an attempt to get a life-altering ticket. Frankly speaking, I am also one of the many who

was overwhelmed by insurmountable stress that came hand in hand with the marathon-like revision schedule. The strain of the DSE almost dragged me down and crumbled me into pieces. I was grateful to be supported by my friends and teachers. Therefore, not just delving into skills that can help you ace your exam, I would like to shed light on how to stay calm in the face of this terrifying exam.

To commence with, as for examination skills, doing questions in past papers over and over holds the key to understanding the gist of the DSE. You need to write down the questions that you made mistakes on and revise them again and again. It may sound cliché yet, it helped me tremendously.



Exam skills aside, regarding the ways to calm me down during this stressful period, I listened to soft pop songs after staring at boring textbooks for a long time. I attained a state of tranquility when I closed my eyes and let my mind run wild in my head. Besides, reading short stories is also one of my favorite ways to heave a sigh of relief. I usually take reading and listening to music as a form of escapism from the real world. I hope these small tricks work for you too. Above all, don't forget that your friends and family always have your back. You can always talk to them when you feel like you can't stand it anymore.

Long story short, the DSE is only one of the many challenges you need to overcome in this life's journey. However, you're not alone and are always supported by your loved ones. Although you guys are not out of the woods yet, I sincerely hope you can overcome all the obstacles that lie ahead and strive for the best in pursuit of your dreams.



Fong Chun Yeung

With the COVID-19 pandemic going viral, most, if not all, of the face-to-face classes have been replaced by online lessons. I know it is a hard time for most of us, both teachers and students alike.

Students may not learn well and in an effective manner as the teachers can no longer take full advantage of different teaching methodologies and pedagogies. Students' learning process might be impeded and hampered due to the pandemic. As an alumnus of TKOGSS as well as a 2021 DSEer, I would like to share with you how I prepared myself for the public exam.

As online lessons via Zoom or MS Teams have become the new norm, students staying home where there are a great deal of distractions may not be able to concentrate on lessons. As a result, the learning process of most students lags behind the teaching process. For this, I suggest that you prepare and preview lessons before class. Should you have questions, you can ask your teachers for answers beforehand. You can also go to a self-study room which might be soundproof and a quiet place for studying.



Aside from where to study, I guess some of you may also be interested in how to do past paper exercises in a way that you can really gain knowledge from them. Don't ever think that it is inappropriate to do a past paper before you have acquired all the knowledge within the scope. You can at first do a CE paper and a DSE paper, both of which are sorted by topic. By doing this, you can familiarize yourselves with every topic. Then, you can start to do the DSE papers which are sorted by year and predict your grades by comparing your marks to cut-offs which you can find on the Internet. Remember to jot down answers and explanations of the hardest questions that you have come across in your own notebook and take them out for revision on a regular basis.

These are some tips that I would like to share with you. As an English saying goes, 'no pain no gain'. Go all out and strive for the DSE exam! Fingers crossed!



He Ming Shing

Due to the COVID-19 pandemic, it has been a gloomy period for students over the past two years, especially for those who are sitting for the HKDSE which determines a lot for their future. As a 2021 DSEer, I have overcome those negative emotions, including tremendous stress and anxiety. I deeply understand those feelings which may be a daunting obstacle for students to cope with. At present, students should put the DSE at the top of their agenda and here, I would like to share my DSE preparation with you. I genuinely hope that this sharing is of help for future DSEers.

Indeed, the pandemic dealt a blow to students, and they are having a new study mode. Some students cannot adapt to it as they may not concentrate very well during the virtual lessons. It follows that their learning experience is unsatisfactory, leading to a decline in their academic performance. As far as I am concerned, the most salient thing for students to figure out is the study method which suits them the best, such as self-study. Lessons can then be a platform for you to ask questions while you have already mastered part of the knowledge. The self-study room is always your best friend for studying. As is often the case at times, you may lose your motivation. For me, my method is to study with a few friends who have perseverance and goals. By doing so, you will not be alone and thus your motivation can be ignited. Time management is another key element for preparing for the DSE. Try to plan your study with time slots. As such, your study can be facilitated and be more efficient.



For those who are still struggling and panicking about that you are bereft of time to catch up, I would like to say that it's never too late to start if you have the determination to achieve your goal. There are still several months to go. Keep it up and do your utmost at all times. Before applying any strategies for revision, adjusting your mindset should invariably be your priority and it is of paramount importance. As a famous saying goes, 'chance favors the prepared mind'.



大家好，我是Cindy，現正在中文大學修讀地理與資源管理學系。相信疫情對同學的學習影響甚大，「網課」、「網上測驗」等學習方式，相信大家已經由陌生變得耳熟能詳。這些學習方式對同學有其利弊，如同學盡用其好處，克服難處，自然能把握每個學習的機會。相反地，這些學習方式相信也令部分同學感到十分徬徨，回想起自己剛升上中大時，便在適應「網課」這種學習方式浪費了許多時間，當公開考試一天天逼近，更曾令我感到擔憂。

幸好後來我也逐漸找到了適合自己的學習方法，令溫習事半功倍，面對公開考試也沒有那麼緊張。同學在規劃自己的學習日程時，時間分配是十分重要的。同學應清楚自己每天溫習進度的極限，不應一味追求更多的溫習時數，因為在溫習過程中，質比量更為重要。以我自己為例，我平均每天會溫習5至6小時，若要我追隨別人的方式，一天溫習10至12小時，我會因疲勞而不能集中精神，變相只是浪費時間。同時，同學也應恰當地安排休息時間，例如每溫習1小時可讓自己休息15分鐘，在「充電」之後，溫習可以更有效率。同學緊記要及早培養早睡早起的生活習慣，適應早起「做卷」的感覺，捱夜溫習只會令第二天的自己沒有精神做事，得不償失。另外，同學在每天溫習前可定立一個目標，清楚列明自己要溫習的範圍和內容，讓自己有目標可跟隨，溫習的方向便更清晰。



其實面對困難，有人可越戰越勇，有人成績一落千丈，其分別在於心態。遇上挫折，不論是面對疫情還是課業上的難題，首先調整好自己的心態，不要被挫折打敗，正面面對並思考解決辦法，便可克服難關，令自己成長。在這我想和大家分享一句說話：「沒有完成不了的夢想，只有不夠努力的自己。」祝願大家能完成自己的夢想，在公開試中獲取佳績。



梁文熹

大家好，我是Vincent，是2021將官畢業生，我到港大修讀藥劑學才兩個多月，文憑試彷彿是昨天的事。以下有三點心得跟大家分享：

首先，受疫情影響，過去兩年的課堂，大都是以ZOOM進行的，若在測考試溫習時發覺有不明白的地方，要儘早向師長求教，不可以「得過且過」。

第二，做好時間管理，除了溫習和作息外，一定要有若干時間是放鬆，如我喜歡聽音樂，小休過後，學習往往是更有效率的。

第三，文憑試除了考智力還要考毅力，大家都會有軟弱，想放棄的時候，每到這時候，我就會問自己「為何堅持到現在？」

我這些小小心得，希望對大家有幫助。



Cheung Ho Ming

When the pandemic struck Hong Kong in 2020, the academic year 2020/21 became an unprecedented year for all students in Hong Kong, particularly those sitting for the 2021 DSE. The DSE has always been an uphill battle for all students in

Hong Kong. Stressed, puzzled, and flummoxed, DSE troopers, past and present, have come across ups and downs, putting their mind and soul into preparing for the DSE. As a 2021 DSE candidate, I would like to share with you my experience during my 3-year preparation.

When it comes to tips in preparing for the DSE, what springs to my mind is, first of all, self-discipline. As the pandemic plagued Hong Kong, virtual lessons became the new normal. It has become a tall order for us, students, to concentrate in lessons. We faced countless distractions when having virtual lessons. For instance, those distractions included your parents and television, let alone our smartphone. This was also an issue for me when preparing for the DSE. The tip that I can offer is that remember why you started. My best advice is to set up an end-goal. Personally, my end-goal was to study physiotherapy. When I felt unmotivated, I would remind myself of my end-goal. By keeping our end-goal in mind, we will become more motivated and continue with our studies. Another key to improving our self-discipline is to make good use of technology. When I prepared for the DSE, I downloaded a mobile app called Forest. When we want to stay focused, we plant a tree. The tree will grow while we are focusing. However, when we leave the app halfway and start using other apps, the tree will die. Therefore I could stay focused during lessons and prepare for the DSE.

Finally, I would like to share one of my favorite mottos. 'God only helps those who help themselves.' Only with perseverance and dedication can you accomplish your goal and reap success in the DSE. May the odds be ever in your favor.



黃展亨

大家好！我是Coleman，現時在香港中文大學修讀酒店旅遊及房地產課程。時光荏苒，轉眼間我便從中學生的身份畢業，成為了一名大學生，而幫助我成長、邁向人生下一個階段的台階，正是文憑試。由於近年疫情肆虐，病毒悄無聲息地蠶食了學習的機會與動力。相信你們現在也與當時的我一樣感到迷惘與彷徨，更能感到焦慮不安。

因此我希望以過來人的身份分享在疫情下學習的經驗，盼能充當你們摸索前路的光燈，稍稍驅散各位心中的迷霧。

疫情對生活造成的衝擊相信各位有目共睹，其中對於即將應考公開考試的高年級學生的影響更是深遠。我當時亦花了許多時間適應網課等疫情學習方法，而我認為其中最重要的便是「自制力」及「壓力調節」。在「自制力」方面，由於時間突然變得過分地充裕，時間分配及計劃便變得尤為重要。我認為一個良好的計劃能讓溫習的進度事半功倍，但在制定計劃時候，應以自己的能力作考量，不應盲目跟隨他人的溫習要求，更不應盲目追求溫習時數的多寡。以我自己為例，我會與朋友結伴一同約在中午12時到自修室溫習，6時30分回家，幾乎每日如是。中間還有午餐時間與休息時間，每天溫習時數大約3到4小時左右。這在旁人眼中也許是所謂「不達標」的時間，但最後我仍成功進入心儀的大學。這正是因為溫習是一樣「重質不重量」的事情，亦因此只有你自己才最清楚最適合自己的計劃，無須被別人的意見左右。但當然最重要還是計劃好便要實行，切忌拖泥帶水，為自己找藉口偷懶。

其次在「壓力調節」方面，在面對公開考試時的壓力將會是你出生以來承受過最大的壓力，「壓力山大」毫不誇張，尤其是疫情更使這座山變得更为宏偉陡峭。在面對壓力時的應對方法亦是因人而異，也許是運動，也許是遊戲。反正千萬別忽視了這喘息的機會，在忙碌中找空隙放鬆，讓自己的壓力稍微釋放，絕對是有助於溫習的。若一直處於高壓環境下溫習，你會感到非常痛苦，甚至開始抗拒溫習，因此放鬆是必須且重要的。

最後，我明白疫情中前行猶如逆水行舟，十分困難，但希望各位能把握時間，認真規劃，努力溫習。公開考試是一場困難、殘酷卻又無比重要的「戰爭」，因此懇請各位搏盡無悔，爭取在這個戰場中脫穎而出，亦祝願大家能考獲佳績，大學見！

