

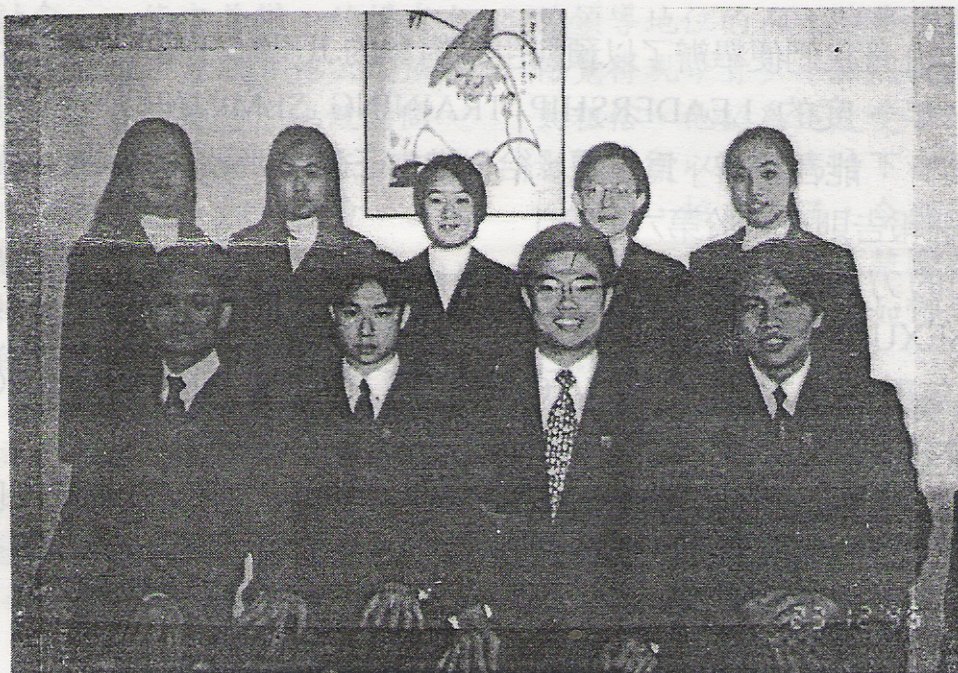
NEWSLETTER

158 ELECTRIC ROAD, NORTH POINT, HONG KONG

P.O. BOX 38195, HING FAT STREET, HONG KONG

VOL. 2 (JANUARY 97)

Hi! It's time for us to have a look with you. Could you recognize us?



- | | | | | | |
|------------------------------|--------------------------|------------|---|---|---|
| | ⑥ | ⑦ | ⑧ | ⑤ | ④ |
| | ③ | ② | ① | ⑨ | |
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| | | 妙法寺劉金龍中學 | | | |
| ⑧ Social Services Officer | : Yeung Ling Yan, Eunice | 楊苓欣 (1034) | | | |
| | | 南屯門官立中學 | | | |
| ⑨ Administrative Officer | : Woo Kam Wing, Raymond | 胡金榮 (1032) | | | |
| | | 銘基書院 | | | |

主席報告

我們第十屆執委已上任四個多月了。今年的方向是要盡量為會員製造發揮潛能的機會，舉辦有新意而對象多元化的服務，從而使受惠的人不限於學校推薦的同學。

所以，今年九月我們便舉辦了以預科生為對象的 JUPAS TALK '96。此外，我們亦舉辦了一年一度的 LEADERSHIP TRAINING SEMINAR。我們今年以“ELOQUENCE”，「能言善辯」為主題，給全港中三及中四級同學參加。至於以上各項活動的詳細報告則可見於第六至第十一頁。

循著我們的方向，我們執委正研究舉辦 CERT. EXAM. TALK, MEDIA SEMINAR & SEXUAL EDUCATION SEMINAR 的可行性。

此外，明年舉辦的 INTERFLOW CAMP 及 ESSAY WRITING & COMICS COMPETITION 的籌備工作亦展開了。

然而，我誠意邀請作為人才的您加入我們，一起為我們的傑生會及今日的年輕人作出貢獻。同時，我們更歡迎您為我們推薦身邊的同學。多謝！

1997	Events	P.I.C.
February	Certificate Examination Talk	Simon Shen & Simon Lam
February	Essay Writing & Comics Competition	Daphne Kwan & Alice Ng
March	Sex Education Seminar	Raymond Woo & Simon Shen
March	Media Seminar	Alice Ng & Eunice Yeung
July	Interflow Camp '97	Janet Ng & Simon Lam

再加上我們 Social Services Officer 為我們精心策劃的服務活動，過去四個月可說是多姿多采。

以上各項活動由籌備至結束，工作實在繁重而極富挑戰性。它們都能夠完成，實有賴百忙之中抽空而又熱心付出的傑生及非傑生同學的鼎力支持，而其中的負責執委成員所投入的精神及時間，更是值得我們傑生會嘉許的。讓一切的功勞也歸於所有活動的工作人員以及以下協助籌辦的同學：

JUPAS Talk: Simon Lam (1013), Eunice Yeung (1034)

LTS: Denise Woo (1031), Alice Ng (1119), Celia Ho (0706), Charlotte Lau (1114),

Daphne Kwan (1112)

宋立揚先生專訪

記者：湯智文(0730) 吳素茹(1022) 關凱欣(1112) 林軒儀(學生顧問)

相信不少傑生都認識宋立揚先生。

宋立揚先生做了多年的電視教師，又曾到第十屆傑生選舉的領袖訓練營向各傑生演講，他更是本會今年剛完成的「領袖訓練研討會——能言善辯」的講者之一。由於很多傑生十分欣賞他公開演講的技巧，故此，我們便約了他做訪問。

一九九六年十二月一日下午，記者依約定的時間到了中文朗誦協會，訪問便隨即開始……

宋立揚先生於一九七零年於浸會學院畢業後便從事教育事業，至今已愈廿六年。他在文理書院任教普通話及化學，而他更從事了朗誦工作及電視教育達十年之久。

宋立揚先生雖然教了那麼多年書，但他卻從不覺得沉悶。他覺得「教書」實際上是「教人」，人是活生生的。他喜歡與年輕人說話，因為這樣能使他自己進步、不會停頓，他更可從年輕人的問題中反思，使自己不斷成長，保持自己年輕。

原來宋立揚先生不是從小便開始接觸朗誦的，他以前是讀化學的，後來出來教書十年後，他希望能進修多一些東西，由於他自覺是一個愛說話的人，於是他便參加了香港大學所辦的「聲藝與口才」課程，而那課程中的彭老師更啓發了他對朗誦及演講的興趣。他記得彭老師說過的一句話：「善於朗誦不一定善於演講，善於演講也不一定善於朗誦。」他從中領悟到朗誦技巧可用於演講上，如引用詩句、適當地運用感情等，使得演講內容豐富多姿，引人入勝。但他認為這種用法要適可而止，絕

不能「過火」。

對於時下年輕人在說話時要注意的地方，宋先生認為年輕人應注意什麼是應該說的，什麼是不應該說，而越是處於領導地位的人，越要注意這一點。而他覺得現今青少年雖然說話敏捷，但卻太粗俗。他認為這是受了「DI文化」的影響，所以他認為時下青少年應注重個人修養，培養內涵，令到平素說話幽默風趣卻不粗俗。他又鼓勵我們多閱讀，學習如何分析事物、如何思考，令到自己談吐高雅。

宋立揚先生初次接觸本會會員是在一九九四年的「領袖訓練營」的。他覺得本會會員有熱誠、有禮貌、有朝氣，而且好學，目光明朗、有方向，和他們接觸彷彿也使自己年輕了。他認為傑生都是「叻人」，但也需要知道自己有些東西是不及別人的。他們要明白凡做每一件大事，都不能一個人把它做好，一定要跟人合作的，有時更可能要跟比自己不聰明的人共事。所以他們要學會如何與平凡人相處，要有廣闊的胸襟。他更希望傑生能在飽學之時，以他們的才華去回饋社會。他又覺得越是聰明的人，越是多人對他寄予厚望的，因而形成極大的壓力，所以他希望傑生們能明白自己的目標，不要常與人比較，儘量找尋快樂人生，明白知足常樂，避免自尋煩惱。

在整個訪問過程中，我們除了對宋立揚先生有了進一步的了解外，我們也從他身上學習了很多做人的道理。

最後，我們再次多謝宋立揚先生能抽出他寶貴的時間接受我們的訪問。

JUPAS Talk

- Date** : 28th September, 1996 (Saturday)
- Time** : 2:00 pm to 5:30 pm
- Venue** : Wah Yan College, Hong Kong.
- PICs** : Simon Lam (Vice President), Eunice Yeung (Social Services Officer)
- Aim** : To provide F.6 and F.7 students in Hong Kong an opportunity to know more about the JUPAS system before they make their JUPAS application in the future.

General evaluation:

- admission tickets were delay in distribution, and we need to confirm the Osars again to say sorry
- a lot of time had been wasted in registration for admission, and the venue setting was complained, especially in the entry.
- the talk was not started punctually
- most of the speeches of the guest speakers are too long, not specific and not well-prepared
- guest speakers were not co-operative, many of them disappeared unconditionally
- boring for Arts students to know about Science subjects, so many of them wanted to leave early
- some of the subjects which is mostly welcomed by students were missing (such as EEE)
- some of the information in the booklet was not up-to-date
- failed to collect all the admission fees on that day
- upon group discussion, some of the subjects were neglected by the participants
- not enough OSA helpers (or too many HKWY students helpers)
- a sub-committee involving representatives from both co-organizing committees was missing
- signs are not adequate
- overrunning

Solutions:

- ✂ a talk including 2 days is maybe needed - 1 for Arts students and 1 for Science
- ✂ public speaking's time should be shortened, and individual group discussion should be lengthened
- ✂ the speech of the MCs should be well-prepared
- ✂ a briefing for the workers is needed to avoid confusing

● 講員
手法
出領袖



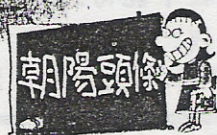
成功領袖的必備條件



●領導才能、自信心、具有組織力、忍耐力，均是一個領袖應具備的特質。

●在講座中，同學們要學習主動與其他同學溝通，並學習欣賞別人的優點。

錫豪以輕鬆活潑的同學們講述作為傑出的條件。



到底要成為一個好領袖，應該具備那些條件呢？香港傑出學生協會就為中三及中四的同學，舉辦了一個「領袖訓練研討會九六」，主題是「能言善辯」，研討會為在場的一百零四名同學，提供了做領袖的必要條件。

香港傑出學生協會成立於一九八七年，本着「取於社會、用於社會」的目標，舉辦不同的講座、徵文比賽及領袖交流營等活動。至於今次的領袖訓練研討會，也是希望能提高中學生在公開演講、小組討論及人際關係各方面的技巧。

希望改善說話技巧

據香港傑出學生協會主席湯智文表示，今年的領袖訓練研討會是專注訓練同學的廣東話表達能力，雖然同學們每一天都以廣東話作為與人溝通的工具，但是他們都未必能運用得最好。故此，香港傑出學生協會

希望透過此研討會，讓學生更能掌握說話的技巧以及溝通的竅門，並在與人的交往上更能事半功倍。

是次活動邀請了香港學校音樂及朗誦協會中文朗誦委員會宋立揚先生、行政人員培訓有限公司董事張錫豪先生及浸會大學傳理系助理教授蕭小德先生為講員。另外，更有香港科技大學及浸會大學的辯論隊成員，為參加者表演一場辯論賽。

主動加強人際關係

來自嘉諾撒書院的施少如與張佩儀，均是由校內老師提名參加此活動的，她們均抱著認識多一點東西及認識多一些朋友的心情，參加這次的領袖訓練研討會。在談到人際關係的話題時，她們亦覺得自己較為文靜、欠缺主動性。不過，經過今次的講座後，她們均了解到「主動」在人際關係上的重要性。除此以外，她們亦從講員身上學習到聆聽也是作為領袖的必要條件。這次的研討會，均令她們獲益良多。

撰文：周詠儀 攝影：林栢銜



●在人與人之間的溝通上，「聽」也佔着一個很重要的位置。

How to stand out from the crowd

JASMIE CHEUNG

If you want to be outstanding at school or in any other area of life, you could do worse than take note of the advice served up to students at a leadership training seminar.

David Cheung Shek-ho, director of the Institute for Executive Development, told them it was important to gain as much knowledge as they could.

Knowledge, he said, did not just come from school work and books, but also from experience.

Mr Cheung said just having knowledge was no good unless you used it.

Working with what you know gives you wisdom, he

said.

And you should never be afraid to ask questions. Each time you ask a question and get an answer, you add to your knowledge.

Also, don't be afraid to try. If you don't, you will never know which decision is right and which is wrong, he said.

Trying builds up experience and experience is knowledge.

That is how one becomes an outstanding person, Mr Cheung said.

And eventually you could be an outstanding leader, students were told.

Mr Cheung suggests an experiment. Ask a group of people to follow what you tell

them to do. Say: "One, two, three, clap your hands."

Then try clapping your hands but do not say "clap your hands". The chances are the group will follow you and clap their hands too, although you had not told them to. This shows how people tend to fol-

low actions rather than words.

He told the seminar that leaders should have a positive attitude towards others. Rather than envy others' success, you should feel happy for them, and bless them.

Thirdly, you must be sincere. Sincerity is a very attractive quality, he said.

Listen closely to what other people say. This will immediately improve your interpersonal relationships.

Mr Cheung also had some advice on improving English, another area important to Hong Kong students.

He said Chinese should try and think - not just speak - in English.

Choose a topic and try to have a discussion inside your own head about it, he said.

The seminar was organised by Hong Kong Students' Association. More than 100 students were present, and most said they agreed with what Mr Cheung said.

Notice Board

Rosemary:



祝 新婚愉快

早日連生貴子!

Joe Li

Best Wishes

To

The 10th Exco.!

Thanks for Sending
me the Newsletter

Remanna (0607)

To the 10th Exco.

Masking the 10th anniversary of OSA, this year is going to be a crucial one for the Exco. I sincerely wish you the best of luck with your future commitments and I do promise that if I've got any "great" ideas about the 10th anniversary celebrations, I'll let you know by all means!

To Andrew, Celia, Edward, Justine, Linda & Winnie,

Perhaps our next meeting will be at some time after the resumption of Chinese rule: I look forward to seeing all of you then. Good luck and take care!

Love,

Yvette (0729)

誠徵 O.C.

若果.....

你對香港的性教育工作感到不足?

你對性教育有任何 SPECIAL KNOWLEDGE?

你曾經歷「記得 XX 成熟時」主角的卅路歷程?

你的大學 PROJECT 有關青少年問題.....

那麼——

OSA Sex Education Forum 絕對是你應該參與的活動

如果你有興趣參與, 一起籌劃此活動, 請聯絡 Proj-

Holder Simon Shen (Int. Sec) 29921281 或 E-mail

(A.O.) 26683451 或電郵至 raywoonk@hkstar.com。

以上職位沒有薪津, 沒有醫療保險, 沒有超時補水,

在參與的過程中能得到許多歡樂, 又能惠及社群, 為

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*10¹⁰⁰⁰⁰,Dear 10th Exco,

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你們寄來的 Newsletter

兩年前的今日, 小

我會到 U.K 讀書, 回憶

真係有苦亦有甜。

我而家有一個同

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Benji

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蔣濛

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