

創 明 天 我 們 可



2022-23

豐富多彩的專題講座

登記表格



港大附屬學院每年均會為各區中學舉辦升學及各類專題講座，藉此助學生了解各領域的知識，培養多角度思考和發掘多元智慧，從而為升學就業做好準備。講座可以不同形式進行，包括到校講座、網上講座或提供專題講座錄影供學校播放等。

登記表格：<https://ccform.hkuspace.hku.hk/form/seminars2223>

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1a. 副學位升學攻略 — 講座分享

剖析副學士及高級文憑的多元升學途徑及專業出路，提供學院最新課程資訊、報名安排，以及分享畢業生的成功經驗。

1b. 副學位升學攻略 — 校園導賞

學院歡迎同學親臨九龍灣校舍參觀校園設施，以便了解專上學院的學習生活，亦樂意按個別學校的需要而彈性編排講座/導賞內容。



精神健康、生涯規劃

2. 讀咩科≠做咩行？出路無界限·發展個人所長

「萬般皆下品，唯有讀書高」這句話相信大家聽過，在傳統觀念上，我們都追求在學業上的成功，期盼畢業後能盡展所長，找到一份理想工作。

但隨著這兩年的疫情及其他不穩定的因素影響，我們是否要重新規劃生涯發展的新方向，共同尋找多元出路，及早做好準備。



3. 未來見 – 年青人不可或缺的能力

想要成為一個什麼樣的人？

讓現在定義你？還是讓現在塑造未來？

未，來見？

未來，見！

4. 探索及認識自己·做好就業前的準備

你心目中的理想工作是甚麼？有甚麼考慮因素？如果你是老闆，你對員工有甚麼要求？讓我們一起探索，了解自己的興趣與能力，長處與優勢，學會如何裝備自己，提升在職場上的競爭力，以增加對發展事業與規劃未來的信心。

5. Knowing your Self · Exploring your Future

The Personality Dimensions® is a system that utilizes a convenient card sort and short questionnaire to reveal a person's temperament characteristics. By using the Personality Dimensions®, this workshop aims to facilitate participants' self-awareness on their personality type and how it can be applied to their career interests.

6. 「我，夠好了嗎？」— 自我關懷工作坊

「我怎樣努力也比不上別人」、「我就是不夠好」、「別人不會喜歡自己」你，總是有以上的擔憂嗎？

你，會習以為常地過度要求和批評自己嗎？

你，正因以上的想法和習慣而受困嗎？

本工作坊旨在讓參加者了解這些想法背後的情緒需要、分享如何培養一份自我關懷的心，並學習如何與這些過度苛刻自己的慣性想法相處。



7. 背痛知多少

腰背痛 (Low Back Pain) 在香港十分普遍，醫學報告顯示，約有八成的成年人一生中會經歷最少一次的腰背痛。腰背痛的成因雖多，當中以肌肉過勞及姿勢不良居多。在康復路上，掌握處理腰背痛的正確觀念，加強自我管理意識和建立恆久及適量的活動習慣至為重要。

「背痛知多少」健康講座透過深入淺出的介紹，讓大家提高對背痛的認識。

8. 「文」言知機：掌握文言文閱讀理解的關鍵

隨著文憑試加入十二篇指定文言範文，加強學生文言文理解能力成為當務之急。講者將從應試的角度出發，重點介紹幾種閱讀文言篇章常見的難題以及應對方法。

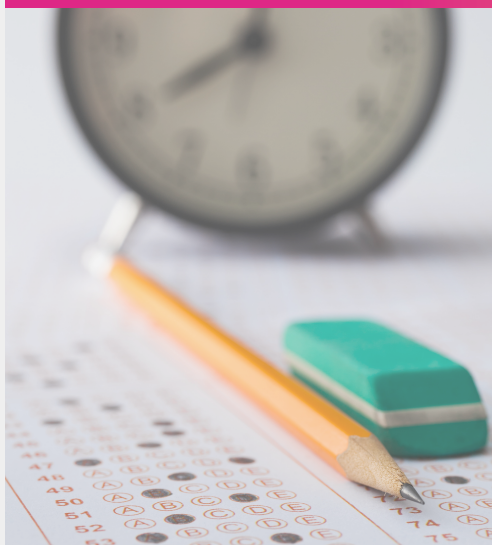
9. 文約意新：DSE中文寫作卷剖析

本講座旨在提升學生的寫作能力，從文章構思及文辭表達的角度切入，分析考卷重點，特別對近年的答卷通病加以析述，從而有效提升學生的應試表現。

10. HKDSE Exam Preparation and Stress Management Techniques

- 5 strategies for revision;
- Tips on tackling 6 common phenomenon when preparing for examination;
- Dos and Don'ts of exam preparation; and
- Common stressors and tips for stress management.

考試技巧



11. Writing a Winning Personal Statement

Most universities require students to submit a personal statement with their application. What are they looking for? This workshop aims to introduce students to how to write an impressive personal statement through understanding the target audience. It will also teach students how to confidently present themselves rather than merely listing everything they put down on their application form or repeating information easily found on their report card.

12. 「履」先一步 獨領風騷 — 入U自薦信和履歷表攻略

如何在入U的競爭中突圍而出，為伯樂所賞識？怎樣才能撰寫出一份符合入大學要求而又富個人特色的中文自薦信和履歷表，讓學生「履」先一步，獨領風騷？

13. Interpreting 101

Introduce key concepts of interpreting practice and studies, as well as keeping pace with its development due to the advancement of technology.



16. 無需視頻信息的自動場景分析

每當提到自動場景分析，我們都會聯想到利用視頻訊號。事實上，聲音亦蘊藏著大量日常環境中發生的物理事件的信息。

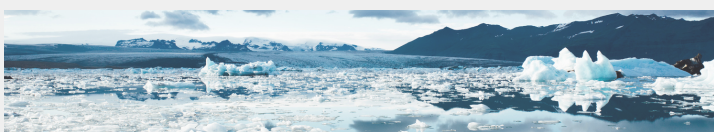
我們可以感知所處的聲音場景（課室、繁忙的街道等），並識別個別聲源（汽車經過、腳步聲等）。科技公司如 Google、Samsung、Intel 等都活躍於研究如何使機械人，汽車等擁有這種可以利用聲音作場景分析的能力。我們會介紹如何利用聲音結合相關的人工智能技術進行場景分析。



17. What is Personal Data Privacy, and why I need to be concerned?

Privacy of personal data is a fundamentally important topic, especially in the information age. This talk introduces students to the Hong Kong Personal Data Privacy Ordinance (PDPO) and explains the six Data Protection Principles (DPP). Students will learn to appreciate the application of these DPPs through an exercise involving the creation a Sports Club and collection of membership data. Some real-life cases will also be reviewed to highlight the need to comply with the DPPs, and the consequences of violation of the PDPO.

22. 氣候變化與近期災害



氣候變化導致自然災害頻發。本講座將從自然及人文地理的視角說明全球暖化的成因、影響、現象及應對策略。並會以近期災害（如澳洲森林大火）為例，以地理學知識解讀氣候變化的成因和影響。

14. Self-Introduction that Impresses

Everyone in their lifetime will encounter numerous occasions where they have to give an account of themselves in English in a short space of time. These few minutes create a lasting impression on the person who is listening to you. They are what can ultimately lead you to success or failure. Let's impress others by telling them who you really are in formal interviews.

15. 我好鍾意「咪華」同「eh 華」，你講咩話？ 如可擺脫港式口音 mirror 同 error？

Let's improve our English pronunciation through learning why mistakes are made, with reference to the differences between the English and Cantonese phonological systems.

科技及統計

18. 科學、環境與健康

大家知道「科學、環境和健康」之間的相互關係嗎？身為負責任的公民，在日常生活中，我們應如何理解、掌握和實踐？從而在這方面發展自己的事業，從中找到答案！

19. 用概率解構新冠肺炎中的假陽性與假陰性

相信大家都聽過新冠肺炎測試存在著假陽性或假陰性個案，今次我們嘗試用概率去解釋何謂假陽性及假陰性。

20. 癌症病人的新希望：標靶療法和免疫療法

癌症是香港的頭號殺手，但隨著醫學科技不斷進步，很多癌症已不再是不治之症。講者會為你介紹標靶療法和免疫療法如何幫助癌症病人戰勝病魔。

21. How mathematics can help you in the future?

Mathematics is applied widely across different disciplines, including but not limited to science, social science and business. In this talk, a variety of real-life applications of mathematics in various scenarios will be presented, in order to gain insight and deepen interest in this field.

地質及地理

23. 地理學微課程

(只提供專題講座錄影)

地理學微課程一共四講，主要探討新高中地理課程，有關動態的地球為主題。課堂會以香港的實況為例子，輔以動畫和錄像。

- 第一講：板塊移動，地震及海嘯災害
- 第二講：香港的火成岩及超級火山爆發
- 第三講：風化侵蝕及沉積岩
- 第四講：香港主要地質特徵－斷層和褶曲



24. The path to self-understanding: the relationship between the finitude of life and human history

Matters of life and death have been deliberated upon throughout the ages. What is the meaning of life? Is life meaningless if we have an unlimited lifespan? Why do we have to study history? Is it crucial for self-understanding? All this and more will be discussed in this lively talk.

*Speaker: Mr. Kum Long Yin, member of 好青年茶毒室 (哲學部)
(famous YouTube channel on philosophy).*

25. Environmental health and justice

Various environmental problems pose serious health risks to humankind. This talk identifies examples of adverse environmental impacts on disadvantaged groups, and highlights the importance of "environmental justice" in ensuring the "fair" distribution of environmental benefits and burdens.

26. From one child to three: How and why China's family policies have evolved

In response to a rapidly aging population, the Chinese government introduced a three-child policy in 2021. The talk provides an overview of Chinese family planning policies, focusing on the one-child policy, its impacts on the fertility rate in China and the recent changes.

27. 文化資本與教育機會

家庭社經地位與學生學業成就之間有什麼關係？撇除經濟資本帶來的直接差異，本講座將集中討論文化資本的重要性，探索階層與父母管教模式及教育期望等與學業成就之關係，以了解社會不平等背後之制度成因。



28. 士紳化與社區

本講座主要探討士紳化對社區的影響，以中上環和大南街為例，循社區規劃、鄰里關係等相關脈絡，嘗試梳理社會現象、社區與公民的互維關係。

29. 人類居住的改變與地球何干？

從地球的角度看人類如何由游牧變成定居的生物。

30. Mediations: How does it work to resolve conflicts?

Learn about the practice of mediation in Hong Kong and find out how to facilitate communication between the parties in conflict to arrive at a voluntary, yet timely and fair resolution.

31. 創業須知：如何編制財務預算

提供基本知識，讓同學了解如何編制初創公司的財務報表。

32. Slash 斜槓青年新世代：理財攻略

近年愈來愈多年輕人投身自由工作者行列，成為「斜槓族，Slash」，希望透過這種就業模式，開啟多方面的潛能、選擇自己喜歡的工作和興趣，從而獲得更大的成就。斜槓生涯帶來工作自主權及彈性的生活，但收入不及全職工作般穩定。「斜槓族」的自僱形式也令他們缺乏一般全職工作的僱員享有的福利及勞工保障，如醫療福利、有薪年假、退休保障及在職培訓等等。

斜槓青年更需要懂得理財，妥善管理日常財務決策和為未來的生活籌劃。



33. 如何在逆市中推廣業務

企業要突圍而出，必需了解營商環境，善於運用行銷渠道，才可於逆市中推廣業務。

34. Making sound decisions now rather than asking "What-if" later

Facing tough decisions throughout our life - Understanding the Decision-Making Process.

35. Are you a Giver, a Taker or a Matcher? (Based on Give and Take: A Revolutionary Approach to Success by Adam Grant)

What kind teammate are you? Learn how to better know yourself and work more effectively with others, in a diverse range of situations.

36. Reading for Interest

Instead of plodding through endless Grammar Exercise drills in a bid to improve your English, developing a reading habit would be much more interesting and effective. Daily reading on topics and genres that stimulate you will introduce you to new ideas and experiences, both locally and internationally.

37. Film industry and film policy

There has been a long debate over the nature of cinema, as to whether films should be classified as cultural or commercial goods. In recent years, governments in different regions are keen to assist their local film industries in form of film policy. This talk will feature the origin and controversy over the government's involvements in such film industries.



38. 電影和電視節目中運用心理學查案的真偽

電視和電影中偵探以心理學知識查案、找出兇手等情節令觀眾讚嘆不已。但這些情節反映了多少事實呢？

39. More than Culture: How can Cultural and Creative Industries provide economic opportunities for cities?

In recent years, city governments from different regions have been keen to develop cultural and creative industries to revitalize their city economy. The talk will cover examples from Asian and European cities to discuss how the development of cultural and creative industries may provide new economic opportunities to such cities and help transform their economic patterns.

40. How could performing arts help with problem-solving?

Learn how games and exercises connected with performing arts help people to become better listeners, to be more aware of problems arising from poor listening skills and to develop problem-solving strategies.

41. 廣告創作多面睇

日常生活中，我們會接觸形形色色的廣告品牌，要在氾濫的資訊中突圍而出，讓人留下深刻印象，廣告的創意就極為重要。廣告創作人是如何「度橋」的呢？本講座會從多角度探討新興廣告的特色，以及廣告創作的要訣。