

35. From One Child to Three: How and Why China's Family Policies Have Evolved

In response to rapid aging, the Chinese government has recently introduced a three-child policy in 2021. The talk will provide an overview of the Chinese family planning policies focusing on the one-child policy and its impacts on the fertility rate in China.

36. 《文化之外：文化與創意產業如何為城市經濟提供機遇》

近年來，文化和創意產業成為各地政府着力發展和關心的課題，究竟各種不同的新興文化產業如何為城市的經濟活動帶來新動力？是次講座將會以歐洲和亞洲城市為例，簡述文化在當今經濟發展所扮演的重要角色。

37. One Law, Two Systems: How National Security Became Part of Hong Kong's DNA

How did the National Security Law become a permanent part of Hong Kong's legal system? This talk takes you behind the scenes of our constitutional framework—from the Basic Law to the highest levels of national decision-making. In plain language, we'll explore the legal pathway that brought the NSL into force, how it works alongside Hong Kong's own common law traditions, and why understanding national security matters for every young citizen. No dry legal jargon—just real answers to the question: how does a single law help protect "One Country, Two Systems" and our daily lives?

38. A New World Order in Making: Who Leads the World?

Who holds power in today's world—and why does it matter? This talk explores how global leadership is changing as new powers emerge and old assumptions are challenged. Through real-world examples and discussion, the session encourages students to think critically about global issues and their role as future global citizens.

39. Mapping Smart Cities: How GIS Shapes Urban Intelligence and Sustainable Living

Smart cities rely on data and spatial intelligence to improve urban living. Geographic Information Systems (GIS) play a key role by integrating spatial and real-time data to support smarter planning, transport, environmental management, and public services.

This talk introduces how GIS powers smart cities through real-world examples from China and beyond, while also discussing opportunities and challenges such as data governance and sustainability.

40. Is Being Creative a Future Career? Inside Hong Kong's Creative Industries

Can creativity really become your future career? This talk introduces Hong Kong's creative industries, spanning media and digital content, cultural tourism, heritage and arts events. It highlights their growing role in the city's economy and society. Using local examples and evidences, students will explore how this sector contributes to cultural development, the skill it demands, and how their creative interests can shape future study and work pathways.

41. Advertising Creativity

In the digital era, social platforms and AI have become mainstream. As students in the field of communication, how should we adapt to this ever-changing environment? This talk will explore issues related to advertising and digital public relations.

42. Dispelling the Myths of Ageing

Many people, including older adults, have misconceptions about ageing. As there is an increasing population of older people in Hong Kong, it is beneficial to have a clear concept on ageing.

43. The Way of Self-understanding: the Relationship Between the Finitude of Life and Human History

The problem of death matters: It is important to rethink what the meaning of life is. Does it mean life is meaningless if we have an unlimited lifespan? Also, why do we have to study history? Is it crucial for self-understanding?

44. 解決爭議的調解溝通法

衝突出現時，可以怎樣溝通？

如何面對和自己有不同意見的朋友？怎樣可以取得雙贏及和諧的關係？結合調解技巧和正向溝通法來找出可行的解決方案！



45. 情騙經濟學

以經濟學角度拆解騙徒手法。

46. Social Work and Effective Communication

The exchange of information through communication can have a significant impact on our perceptions of each other and our surroundings. For a social worker, effective communication is an essential skill. The key issue that arises is how to establish a dialogue that guarantees effective communication. The training of social work may provide a solution to this question.

47. Toxic Masculinity: What is it and Whom Does it Harm?

What is toxic masculinity? How does toxic masculinity cause harm to others in society and harm men themselves at the same time?

48. The Connection Cure: Turning Empathy into a Mental Health Career

Is human connection the missing medicine for mental wellness? The science says yes. In a world facing a global loneliness epidemic, Social Health has become our most powerful tool for recovery.

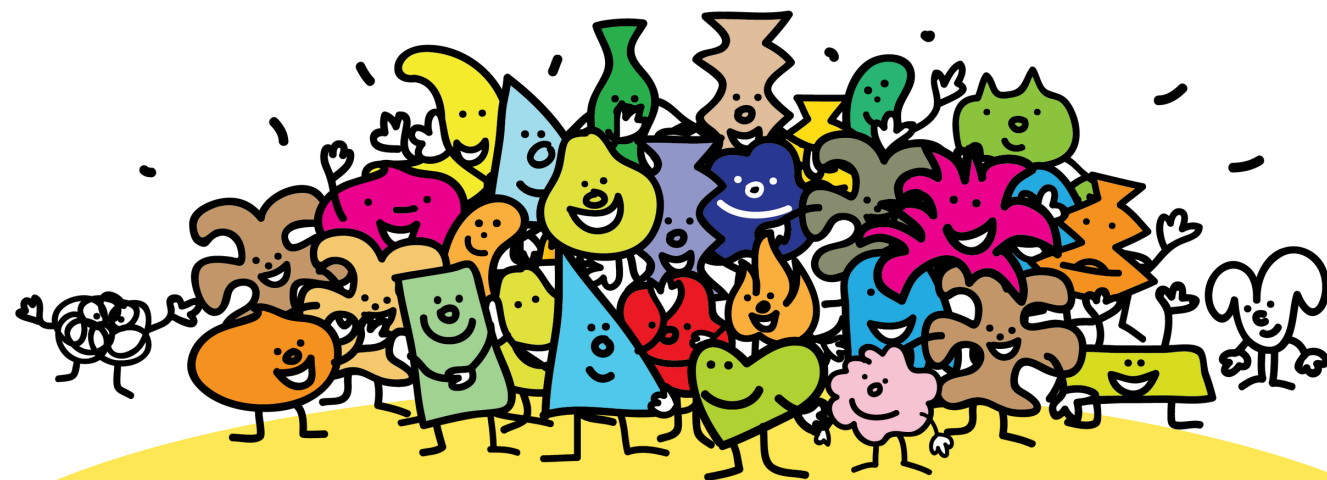
Join us for an interactive workshop where we decode the science of how we heal together. Understand how to transform your natural empathy into a professional superpower that fits in a high demand, high impact career in social welfare and social sciences. Discover why human insight remains irreplaceable in the age of AI and how you can map out your future in Hong Kong's mental health industry. Come see how your career starts with the power of connection.

49. 後生仔是咁的？— 媒體如何「製造」Gen Z 想像

在社交媒體、短片平台與即時新聞主導日常生活的今天，年輕一代比以往更容易被看見，也更容易被標籤。本題目探討媒體如何透過新聞、劇集、短片與社交平台，選擇性地呈現青年形象，從而塑造大眾對 Gen Z 的印象，繼而進一步思考，在快速變化的數碼時代，媒體究竟是反映真實的青年生活，還是正參與「製造」我們對年輕一代的理解。



I know, It's fun!



2026-27 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講座及各類專題講座，藉此幫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，從而為升學或就業做好準備。

講座可以到校或網上形式進行。

副學位升學攻略



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或導賞內容。

1c. 副學位升學攻略 — 升學攤位

學院可安排到校設置攤位，為家長及同學提供即場諮詢服務，讓家長及同學能夠充分了解副學位課程及規劃未來發展方向。

考試技巧

2. 備戰文憑試及減壓攻略

「見字溫習」、「DSE 倒數」、「壓力解鎖」透過此工作坊，為即將參加文憑試的考生提供有效的學習策略和減壓技巧，幫助學生在備考過程中保持最佳狀態，取得理想的成績。

3. 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，特別對近年的答題通病加以析述，從而有效提升學生的應試表現。

4. 「文」言知機：掌握文言文閱讀理解的關鍵

文憑試除了十二篇指定文言範文外，近年又再新增八篇文言建議篇章，加強學生文言文閱讀理解能力成為當務之急。講者將從應試的角度出發，重點介紹閱讀文言篇章幾類常見的難題以及應對的方法。

5. 「AI」都識用的「必勝」議論文寫作公式

是次講座將先行說明「AI」及不少精英學生都能掌握的議論文寫作結構公式，然後再介紹在當今「AI」日漸氾濫下的社會，學生如何才能寫好中文議論文，繼而展示個人風格。

表達技巧

6. 「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，為伯樂賞識？怎樣才能撰寫一份符合入U要求而又富於個人特色的中文自薦信和履歷表，讓學生在「履」先一步，脫穎而出，獨領風騷？講座將為同學逐一揭曉。

7. Writing a Winning Personal Statement

The workshop focuses on showing the importance of the personal statement in a university application and the way to write a good one.

8. 我好鍾意「咪華」同「eh華」你講咩話？如何擺脫港式口音 mirror 同 error ？

The workshop focuses on introducing basic phonology of English and tips for improving English pronunciation and enunciation.

9. Language Use in Multi-media

Social media is not just about reels and images. There are captions and hashtags to highlight the messages. This talk shows you how to get your points across effectively and impressively. Such skills can also help you present your ideas through a mixture of text and images in some subjects such as biology, geography and....

10. Are You a Giver, Taker or Matcher?

你在團隊中屬於哪類成員？如何知己知彼，與不同類型的成員合作，以建立團隊精神。

11. 從0到1：新產品如何找到第一批客戶

企業要突圍而出，必需了解營商環境，善於運用行銷渠道，取得客戶注意和信任。



生涯規劃

12. 讀啲科≠做啲行？ 出路無界限·發展個人所長

相信大家都聽過「萬般皆下品，唯有讀書高」這句話。在傳統觀念下，大家都認為讀書最高尚，追求學業成功，期盼畢業後能發展個人所長，找到理想的工作。隨著社會的發展，年青人在各行各業也有出頭天的機會，於是後來才有了「條條大路通羅馬」這句話，鼓勵大家在做事時只要有明確的目標和方向，處事時再稍加變通，無論從何時開始努力，都能達到目標。

DSE畢業前，很多同學都會提出「我想加入這個行業，但不知道是否適合自己的性格？我對很多行業都很感興趣，但不知如何作出選擇？」等想法，透過這個工作坊，讓同學重新認識職涯發展的新方向與不同的機遇，共同尋找及探索就業路上的多元出路。無論他們選擇升學或就業，總會有成功達成目標的那一天。

13. 未來見 — 年青人不可或缺

你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！



14. 如何建立你的專屬CV by CV360®

CV360®是一個為年輕人而設的撰寫履歷表方法，除了能夠展示年輕人從工作和生活經驗中領悟或學習到的價值觀、態度、技能和知識外，同時幫助他們更加認識自己，為自己的人生做規劃。

15. Making Sound Decisions Now Rather Than Asking "What-if" Later

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

精神及健康

16. 「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？是次工作坊旨在讓參加者了解這些想法背後的情緒需要、分享如何培養一顆自我關懷的心，並學習如何與這些過度苛刻自己的慣性想法相處。

17. Primary Health Screening in Community

Primary care plays a vital role in promoting healthy living through health education, disease prevention, and early detection. The talk will share some experiences on how the community can be active participants of own health.

18. 健康飲食 — 提昇考試狀態小貼士

完成本講座後，學生應能夠：

1. 認識健康飲食與學習表現之間的關係 了解均衡飲食如何影響專注力、記憶力、精神狀態及考試表現。
2. 辨識有助提升考試狀態的食物類別 認識有助穩定血糖、增強腦部功能及維持能量的食物（如複合碳水化合物、優質蛋白質、健康脂肪）。
3. 了解不良飲食習慣對考試狀態的影響 明白高糖、高脂、過量咖啡因或不定時進食對情緒、專注力及體能的負面影響。
4. 掌握考試期間的實用飲食策略 學會如何安排考試前、考試當日及溫習期間的飲食，以保持最佳精神狀態。
5. 建立可持續的健康飲食習慣 鼓勵學生選擇實際可行的健康飲食方式，應用於日常學習及考試期間。



理財及就業

19. 財務自主的夢想藍圖

從個人理財策略到人生格局：了解如何策劃個人高效財務藍圖。

20. 創業須知：如何編制財務預算

The basic knowledge to prepare projected financial statements for a start-up company.

21. 理財從心開始：用心理賬戶 (Mental Accounting) 打造精明消費與財務未來

心理賬戶是一個影響我們消費與儲蓄行為的概念，它在無形中塑造了我們的理財習慣，並影響金錢在不同情境中的分配與使用。透過理解心理帳戶的運作，可以更有意識地培養精明的消費習慣，為未來打造穩健的財務基礎！

科技及統計

22. How Mathematics Can Help You in the Future?

Mathematics is crucial for academic success and how it helps develop critical thinking and problem-solving skills, which are essential for students at all levels.

23. Use Probability to Discuss About the False Positive and False Negative Cases in COVID Test

You might have heard about false positive or false negative cases in news reports during the pandemic. We would like to use easy concepts in probability to explain why it happens and how can we calculate them.

24. The Information Security of Low-Altitude Economy

This seminar highlights the paramount importance of information security within the rapidly evolving "Low-Altitude Economy." As UAVs and eVTOLs become integral to logistics and urban infrastructure, these airborne IoT devices introduce significant cybersecurity risks, ranging from signal jamming to firmware exploitation. We will explore why robust security measures are not merely an option but a prerequisite for the industry's viability. By examining the DLFSRMI assessment framework and strategic defense-in-depth measures, this session aims to provide insights into building a secure and trustworthy low-altitude ecosystem in an increasingly interconnected world.

25. 低空經濟環境下的信息安全挑戰與應對

本次研討會旨在探討「低空經濟」崛起背景下，信息安全所扮演的核心角色。隨著無人機技術廣泛應用於物流配送與城市管理，這些「飛行的計算機」已成為新型關鍵基礎設施的重要組成部分。然而，隨之而來的通信劫持、導航欺騙及系統漏洞，正對公共安全構成前所未有的挑戰。透過本次分享，我們將剖析低空環境下的安全威脅模型，並介紹如何運用DLFSRMI框架與多維度防禦技術，確保低空經濟在安全與誠信的基礎上蓬勃發展。

26. 訊息安全專業的工作內容與職責

探討訊息安全專業人員的主要工作內容及其在保護數據和系統安全中的角色。

27. 低空經濟與訊息安全的交集

分析低空經濟的發展如何影響訊息安全，並探討相關的風險與挑戰。

28. 物聯網技術對訊息安全的影響

探討物聯網設備的普及如何改變訊息安全的風險景觀，並提出相應的防護措施。

29. 訊息安全的基本概念與重要性

介紹訊息安全的核心概念，並強調其在保護個人和組織資料中的重要性。

30. 社交媒體與個人資料保護：防範電子騙案

探討如何在使用社交媒體時保護個人資料，並防範常見的電子騙案。

31. 關鍵基礎設施的訊息安全

探討關鍵基礎設施在訊息安全中的重要性，並介紹保護這些設施的策略。

語文、社會及文化

32. 古人讀書經驗趣談

本講座將探討中國古代文人的讀書經歷，旨在透過古人的治學態度、學習方法、學術觀點，引導同學借鑑古人寶貴的經驗，提高學習效率，並重新認識讀書的意義和樂趣。



33. 如何閱讀一篇文學作品 — 掌握中國古代文學作品精彩之處的一種方法

分析作品各部分互相呼應和襯托的關係，是傳統中國文學分析作品的重要方法。本講座系統地論述這種方法的步驟，並指出這種方法可以廣泛用於欣賞（曹劇論戰）、柳宗元（始得西山宴遊記）、王維（山居秋暝）等中學課文和其他中國古代文學作品，掌握它們謀篇佈局、刻畫人物、描寫景物、遣詞用字的技巧。

34. China's Belt and Road Initiative: A Geopolitical Overview

The Belt and Road Initiative (BRI) is a large-scale international cooperation project announced by Chinese leader Xi Jinping in 2013. This grand project aims to promote international collaboration and partnership across regions and continents, linking together more than 60 countries and (re)creating both maritime (the "belt") and terrestrial ("the road") routes of trade, finance, infrastructure, energy, communication, and investment. The talk will provide a geopolitical and geo-economic assessment of the project, introducing China's motivations for launching BRI, its track record to date, and policy responses from the governments of BRI countries and Western powers.