

RESONANCE

No.58 STUDENT PUBLICATION OF HO LAP COLLEGE SPONSORED BY SIK SIK YUEN JULY, 2014

Who is the most influential person in 2013/14,



Edward Snowden, Sir Run Run Shaw, Kelvin Lau Chun To, Ricky Wong Wai Kay, CY Leung, Li Ka Shing or Tony Leung?

Teachers

Miss Leung Oi Ling:

I think Kevin Lau is the most influential person. He is definitely a hero as well as a mystery. He is the symbol of freedom of speech which is a very important element of basic human rights. He has no fear of the forces of evil and has the courage to speak the truth. Thus, I think his attitudes should be appreciated by everyone. I regard his influence as a positive influence because many people went on marches to protect the freedom of speech of Hong Kong people due to his influence. This shows that people's minds have been awakened and they have started to protect their own basic rights. I would like to meet this courageous man because I appreciate his great efforts. He has contributed a lot to our society.

Miss Wong Ka Man:

I think Sir Run Run Shaw is the most influential person. He, with a heart of gold, is such a legend that his legacy still exerts an enormous influence upon society. In education, he has donated lots of money for building schools and libraries in both Hong Kong and the Mainland China and granting students the golden opportunity to excel themselves. With a view to furthering societal progress, he has established the Shaw Prize to honour individuals with outstanding contributions in 'astronomy', 'mathematics' and 'science and medicine'. This enhances our quality of life and enriches spiritual civilization. Lastly, he has put great efforts into mass media, TV and Film industry. Therefore, I think he is the most influential person.

Feature

By Chan Siu Ming F.5C

Fenh Yao Hao F.5C

Fong Ching Hin F.5C

Gan Hiu Tung F.5C

Lau Mei Kwan F.5C

So Sin Man F.5D

Miss Lee Hoi Man:

Ricky Wong Wai Kay is admirable for his passion in work, creativity and being tough. He tries his best to let Hong Kong people enjoy high quality TV programmes. In addition, Ricky Wong is so tough that he does not complain about his failure. Instead, he faces the mass media and the public with good manners. In spite of Ricky Wong's failure, he can still run his business with the help of a mobile device. It shows that creativity is essential. In the past, Hong Kong was renowned for its creativity. However, it seems that most of the Hong Kong people cannot utilize this strength nowadays. It is the reason why Hong Kong has been overtaken by other cities or countries like Korea. Therefore, Ricky Wong is the one who can let the Hong Kong people know how important creativity is.

Mr. Poon Man Tsan:

I think that Edward Snowden is the most influential among the six candidates. He was the only one who dared question the United States, putting the latter's integrity to the test. His influence is positive as it offered valuable glimpses of the real United States, whose conspiracy is currently exposed to all governments. However, his defection was indeed very risky, which was no less than gambling with his life on a precarious cause. The renewed Russia-United States rivalry can be seen as the continuation of the Cold War, and Snowden's desertion may also have something to do with it. It was a sarcastic irony that China scolded the United States for not protecting human rights, which was a departure from conventional practice.

Mr. Eric Yau:

For me, I think Edward Snowden is the most influential person. Edward Snowden came to Hong Kong and revealed the details of classified US government surveillance programs. What he revealed to us is not only for Americans, but also for Hongkongers. I think what Edward did, encourages people to speak out and tell the truth. He makes a positive impact, especially in society. He encourages people to be brave to tell the truth. If I could meet Edward, I would like to know what advice he would give to encourage people to tell the truth.



Kelvin Lau Chun To

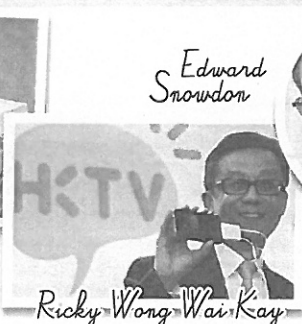


CY Leung



Sir Run Run Shaw

Edward Snowden



Ricky Wong Wai Kay

Results

Name	No. of Votes
Edward Snowden	2
Sir Run Run Shaw	1
Kelvin Lau Chun To	1
Ricky Wong Wai Kay	3
CY Leung	1
Li Ka Shing	0
Tony Leung	0

Students

Liu Qinghe, F.4E:

The Government's decision of denying a broadcast license to HKTV has shattered Ricky Wong's dream. Although he has suffered from failure, he still insists on pursuing his dream because he bears the hopes of his staff and supporters as well as the responsibility to foster the development of Hong Kong's creativity industry. I think he has never failed. He teaches me that we should insist on what we believe, as there is no such thing as a failure. For a man who never gives up, he will see the hope of success. This man is Ricky Wong Wai Kay.

Wong Ka Chun, F.5D:

In my opinion, Ricky Wong Wai Kay is the most influential person. He tries very hard to strive for a free TV license. For example, he has contributed a lot to strive for what he wants, including time, capital and human resources. I think he has encouraged many Hong Kong people's creativity and the enterprising spirit. I think he is worth gaining Hong Kong people's respect. Many people are supporting him by organizing different activities, like rallies. If I could meet him, I would let him know that there are many people supporting him and hope that he will not give up.

Chau Chuen, F.5E:

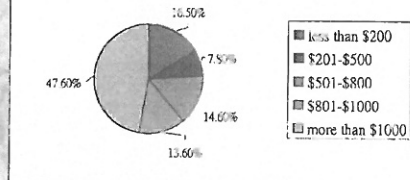
I think the most influential person should be CY Leung. Not as celebrated as Edward Snowden though, he can decide on government policies, and exercise his political power to affect 7 million Hongkongers. Snowden can't do so. Besides, his scandals and low credibility provoke public outrage and social polarization, isn't his negative influence great? Granted the opportunity, I would air my discontent with his lack of dignity face to face.

CONSUMPTION BEHAVIOUR: LAI SEE MANAGEMENT

Every Chinese New Year, receiving red packets is a most welcome custom for children. Have you ever thought of how to use your red-packet money, and not just hand it over to your parents? It is exciting to manage the red-packet money ourselves!

In March, we conducted a survey to find out how Holopians spent the red-packet money which they received last Chinese New Year. We sent out 110 questionnaires and got back 103. We asked 3 questions: Q1. How much did you receive during the last Chinese New Year? Q2. How did you use the money you received? Q3. If you chose "Spent" in Q2 and bought something, please tell us what it was. These are the results:

Q1. How much did you receive during the last Chinese New Year?



Q3. If you chose "Spent" in Q2 and bought something, please tell us what it was.

There were 32 students who chose to spend the red-packet money on a consumer activity. Among the 32 students, about 12% students spent it on electronic products, such as mobile phones, hardware, video games and digital cameras. Some (about 10%) spent it on entertainment goods such as CDs or Battle Spirits cards. While 18% of students spent it on buying new books, 12% of students spent it on sports equipment such as sports shoes and badminton rackets. Most students, about 40%, spent their red-packet money on food. This shows that students enjoyed eating very much.

Interview

After the survey, we invited Mr. Yu, our Chinese teacher, to give us an interview as we know he has a son studying in F.5.

We asked him, 'When your son receives red-packet money, what will you suggest to him to make good use of the money?' He said he suggested to his son to save the money, buy something he needs or donate it to charity. He will not try to convince his son to buy learning materials because the money belongs to his son and so he makes his own choices. If his son wants to buy a smart phone, Mr. Yu will not object as he may have reasons that are fair and reasonable. In short, he believes that his son has his own autonomy and thus he will allow his son to plan his spending habit.

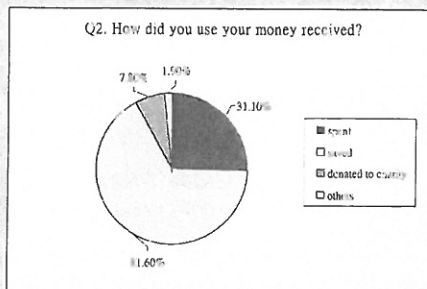
Conclusion

Our survey, small as it was, seems to show that Ho Lap students generally treat their red-packet money like most other young people in Hong Kong. Although the money they get is in a sense a large sum, they do not spend it on wasteful things. Most of them save it so that they add it to their savings. So, we could say that most students treat their money quite carefully.

Q1.

During the last Chinese New Year, about half of our respondents (47.6%) received more than \$1000. Only 7.8% of students received \$201 to \$500. This shows that students generally can get a fairly large amount of money at Chinese New Year.

Q2. How did you use your money received?



Q2.

Most students (81.6%) saved the money received while more than 30% of them spent it. Only a minority (7.8%) chose to donate it to charity. This shows that the majority have a saving habit for money received during the Lunar New Year. Since so few students gave their money to charity, it seems to show that students are not aware of helping others.

Survey
By Choi Ching Yiu F.5D
Ng Pui Yan F.5D
Siu Ka Ki F.5D



"I Have a Dream" is a public speech delivered by Martin Luther King in 1963, in which he calls for an end to racism in the US. What are the dreams of Holopians? Let's read the speech from a F.5 student.

I Have a Dream

Li Lok-ching Joyce F.5D

I am honoured to make a speech about my dream and share it with you. What is a dream? A dream is something you want to achieve but actually it's not easy work. So, what is my dream? My dream is, to rally all of us, in order to achieve a better life.

Studying at Ho Lap College, I have found that some of us are individualists. They like to work alone instead of working with one another. They would rather go unnoticed. They would rather divide themselves into 'small circles'. I am quite disappointed with that.

Being one of the Group elements in the periodic table, which can exist stably without any special reactions, is quite cool at start. They can do whatever they like without listening to others' opinions. However, do things actually go like this? Are we a Group element? Can we live on our own and just remain as individuals forever? Of course not.

If things go like this, there will be no linking up, no laughter and no love. In times of difficulties, you may even find them hard to solve. Things cannot be done smoothly. Therefore, unity is a must in our lives!

Trying to be molecules, which have to attain a stable structure through the gaining or losing of electrons from others, is the main idea of my dream. When you are facing problems, helping hands will be given to you. When you are happy, happiness can be shared with one another. When you are sad, there will be shoulders to cry on. Isn't that great? Unity is just as good as we imagine.

Furthermore, molecules have many branches, sometimes even with different functional groups. Although they are tiny and not powerful, they are useful when combined together. The larger the mass, the stronger the bonds between them, just like unity. Yes, that is why people say 'unity is strength'.

No matter who you are or what you have done, you are still one of our schoolmates, one of our classmates and one of our big family members. So, please do not isolate yourself, try to be a molecule to cooperate. Remember that, unity is waiting for you.

Despite the size, humans and elements are actually the same. Let us act like a molecule! Many little drops make an ocean. Unity is strength. Let us unite for length!

"Compensated dating" usually means teenage students providing companionship or, in most cases, sexual favours in exchange for money or gifts. It has recently become a growing concern in Hong Kong. Let's see how a student responds to the issue.

Is money the main reason for girls to take part in compensated dating?

Yau Shang-ping Ricca F.4E

adolescents. As the number of adolescents involved increases, serious problems are seen. Some suggest that money is the main reason for girls to take part in it. I agree with the view.

Hong Kong is a city that emphasizes financial achievement. Since most of the things we need have to be bought by money, money is indispensable. As a result, people are strongly affected by materialism, a way of thinking which prioritizes material satisfaction. Adolescents are easily influenced because of their vanity. They are attracted by trendy products. To own them, they have to have lots of money. However, they neither have much money, nor the ability to find a decent job. Besides, some of them don't even want to work. As compensated dating is usually highly paid, it becomes a way to make quick money.

In addition, teenagers are immature. Some of them feel inferior if they do not have as much spending money as their friends. Therefore, they try to gain acceptance from their peers by showing off the things they possess. Since brand-named products are usually recognized as icons of 'upper class', adolescents consider owning them as important. To get the money, they take part in compensated dating.

Some people believe that teenagers take part in it because of their lack of love. If they do not have love from their family, they may have no sense of security; hence they try to find it from other people. However, it isn't the main reason because girls can gain a sense of security from their classmates, peers or friends. It is not necessary to try to get it from strangers.

Some argue that curiosity about sex is the main reason instead. Teenagers may be curious about sex due to physical changes during puberty. However, it may not lead to compensated dating as they should be mature enough to know the danger of having sex with total strangers. Besides, their curiosity can be satisfied by learning about sex from books and lessons.

For many people, especially teenagers, money is essential. This way of thinking is prevalent. Adolescents find money extremely important as it is required for all kinds of activities. Therefore, they may be willing to do anything for money. Compensated dating is then a quick means. Sexual curiosity and the lack of love, in comparison, are not the main reasons as they are not reasonable. Therefore, I believe money is the main reason for girls to take part in compensated dating.

How special can your life be in a school? Let's see what a F.1 student write about this.

My Life at a Monster School

Chung Chun-yin Jonny F.1A

After finishing my primary school, I go to study in a special secondary school the Scary Monster School.

It is an extremely unusual school. It has a special canteen that only supplies the food of insects, special classrooms hanging pictures of scary skeletons, a special laboratory that is full of dead monster bodies and a very special scary hall. Everything is special and unusual in this school.

In this school, the teachers and students come from different planets. They are also monsters in different shapes. The Principal of the school has green eyes and a triangular head! He also has super power to make others vanish.

There are many special subjects in this school. Not only do I learn some ordinary subjects like Chinese, English, Mathematics and Liberal Studies, I also learn a special, unusual subject of Scaring Others.

THE AIRPLANE VANISHED IN MYSTERY AND AGONY

✈ By 5D Alan Au

Have you ever travelled on an airplane? The airplane was usually deemed one of the safest and the most reliable transportation modes in the globe, thanks to comprehensive and delicate monitoring and communicating systems. However, a startling and miserable incident happened in March, 2014 that wreaked havoc on many people's confidence and assurance with airplanes — the *Malaysia Airlines Flight (MAS) MH370* vanished suddenly without a trace for 1 month. So, are there any loopholes in the monitoring and communication system? How do these systems actually work interdependently to ensure the safety of passengers? Before the case is inquired, let us take a brief look at the development of the incident.

Updated chronology of the missing MAS airliner MH370:

8th March

The MAS group chief executive officer Ahmad Jauhari Yahya confirms the disappearance of the aircraft at 7.30am. The passengers comprise 38 Malaysians, 153 Chinese, 12 Indonesians, 7 Australians, 3 French, 3 Americans, 2 New Zealanders, 2 Ukrainians, 2 Canadians, 1 Russian, 1 Italian, 1 Taiwanese, 1 Dutch and 1 Austrian. A search and rescue (SAR) operation for the missing aircraft was launched at 5.30am.

9th March / 11th March

The DCA director-general Datuk Azharuddin Abdul Rahman confirms two passengers boarded the aircraft with fraudulent passports under the guise of an Italian and Austrian who had earlier reported their passports stolen. Malaysian police and Interpol conclude that the two men travelling on stolen passports have no apparent links to terrorist groups. They were believed to be intending to migrate to Europe only.

15th March

The prime minister says Flight MH370's communication system and transponder were switched off when the plane reached the east coast of the Peninsular Malaysia and at between the Malaysian and Vietnamese air traffic control, respectively. It is said that the plane's last communication with the satellite is in one of two possible corridors; a northern corridor stretching approximately from the border of Kazakhstan and Turkmenistan to northern Thailand or southern corridor stretching approximately from Indonesia to southern Indian Ocean.

21st March

It is revealed that US satellite supplied images of floating debris.

23rd March

Chinese satellite identified another large object in the Indian Ocean.

25th March

Malaysian Prime Minister Najib Razak announces MH370 crashed into the southern Indian Ocean, taking the lives of all on board.

How can we communicate and determine the location of a flying plane accurately?

Although scores of nations have endeavoured to spare no effort to find the missing airplane and rescue the passengers on board, it may be that the airplane had crashed into the ocean already. As expected, it is not difficult to see the distraught relatives of the victims bursting into tears. Enraged by the chaotic information released by the *Malaysia Airlines management*, the relatives became impatient and they threw tantrums at the officials and staff of the company.

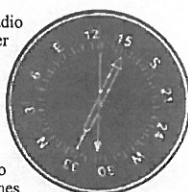
In fact, the disappearance of an airplane is not easy — it is monumentally difficult for an airplane to disappear under the global monitoring system. Here are some well-developed systems and technologies generally applied in the airplane or other navigational uses.

Radar

Radar (abbreviation of *Radio Detection And Ranging*) is an object-detection system that uses radio waves to determine the range, altitude, direction, or speed of objects.

The modern uses of radar are highly diverse, including air traffic control, radar astronomy, air-defence systems, antimissile systems; marine radars are used to locate landmarks and other ships; aircraft anti-collision systems; ocean surveillance systems, outer space surveillance and rendezvous systems; meteorological precipitation monitoring;

The Automatic Direction Finder (ADF): The simplest radio navigation aid used in aviation is a ground-based transmitter which transmits radio signals in all directions without demarcation; the Non-Directional Beacon (NDB). The counterpart instrument fitted in the aeroplane is called the Automatic Direction Finder (ADF) and consists of two devices, a receiver and an indicator. The indicator needle simply points to the selected NDB ground station. In that respect it works similar to the magnetic compass with its needle pointing to magnetic North. Therefore, the ADF/NDB system is sometimes called the Radio Compass.



The Automatic Direction Finder

Satellite

Many nations claimed that they found floating debris on the ocean in the 'satellite photos'. But what actually does 'satellite' mean? The following passage may answer this question.

A satellite navigation or sat-nav system is a system of satellites that provides autonomous geo-spatial positioning with global coverage. A satellite navigation system with global coverage may be termed a global navigation satellite system or GNSS.

Working principle:

- Electronic receivers are allowed to determine their location (longitude, latitude, and altitude) to a high precision (within a few metres) using time signals transmitted

Current applications:

- Global-navigation systems: The United States' Global Positioning System (GPS) consists of up to 32 medium Earth orbit satellites in six different orbital planes, with the exact number of satellites varying as older satellites are retired and replaced. Operational since 1978 and globally available since 1994, GPS is currently the world's most utilized satellite navigation system.
- Global Navigation Satellite System, or GLONASS, was a fully functional navigation constellation in 1995. After the collapse of the Soviet Union, it fell into disrepair, leading to gaps in coverage and only partial availability. It was recovered and fully restored in 2011.



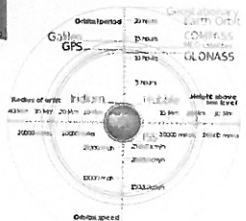
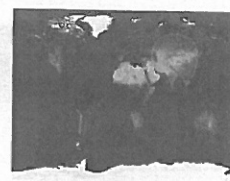
A GPS receiver

Beidou Navigation Satellite System

The Beidou Navigation Satellite System is a prestigious Chinese satellite navigation system. It consists of two separate satellite constellations: a limited test system that has been operating since 2000, and a full-scale global navigation system that is currently under construction.

In December 2011, the system went into operation on a trial basis. It has started providing navigation, positioning and timing data to China and the neighbouring area for free from 27 December. The BeiDou-2 system began offering services for the Asia-Pacific region in December 2012. At this time, the system could provide positioning data between longitude 55°E to 180°E and from latitude 55°S to 55°N.

It is planned to begin serving global customers upon its completion in 2020.



Galileo Satellite System

What pops up from your mind first when you hear the name 'Galileo'? Apart from the prominent detective, Galileo, which was named after the gifted scientist Galileo Galilei, it is a € 5 billion global navigation satellite system (GNSS) currently being built by the European Union (EU) and European Space Agency (ESA).

Possible causes of the vanishment of the flight

It is discernible from the above sections that travelling on an airplane is very safe and reliable. So, what are the possible causes of the vanishing airplane? Here are several suggestions.

1. Disintegration of the plane

Metal fatigue may be caused after a plane has been utilized for a long time. Yet, this is not really possible since the plane possesses an excellent maintenance record.

2. The two generators run out of order simultaneously

If the two generators run out of order or jet fuel simultaneously, the plane will lose all power immediately, resulting in the incident. Yet, if this happened, the pilots of MH370 should have had sufficient time to seek help from the nearest airport.

3. Explosion

Explosive substances or chemicals might have been brought on board, with terrorism purposes perhaps. Nevertheless, no blaze was detected in the region where the plane vanished.

4. The pilots committed suicide

Several reports have suggested that Captain Zaharie Ahmad Shah's wife and children moved out of the family home the day before the flight, after his wife told him she was leaving him. He is also allegedly a political fanatic as well. A fellow pilot and associate of Mr Zaharie told the New Zealand Herald that he had been "terribly upset" by his relationship troubles. Thereby, many experts tend to believe that he committed suicide. And if this is true, his death was accompanied by more than 200 innocent lives. Furthermore the deliberate suicide would conceal the remnants of the plane from the globe as it sank in deep waters.

5. Extra-terrestrial activities

你有拖延症嗎？

每天放學回家，吃飯、洗澡、看電視、玩手機……各個指定動作都做完了，只差做功課。面對功課，你最常說的一句話是否：「稍後才做」？每值假期，面對同樣問題，你的反應又是：「明天再做」？若你正如搗蒜般點頭，你或許患上了拖延症（Procrastination）。

認識拖延症

拖延症，是一種惰行行為，即是將要做的事或者任務推遲的行為。

拖延症的形成

1. 一個人認為自己5天之內可以做完一件事情，所以在「死線」還有15天的時候一點不著急，直到最後只剩5天了才開始著手做。
2. 這種緊迫感和焦慮往往促使人的鬥志，會讓自己覺得，自己只有在壓力狀態下才有做事的動力。
3. 最後拿到成績的時候，成績往往不是很差，這樣子就強化了自己最適合在「死線」之前短期高壓的狀態下工作的心態，並且對以後的行為不斷進行自我暗示。

一拖再拖，是你麼？

每個人都可能患有不同程度的拖延症，以下的小測試，可簡單地為同學分析病情。

計分方式：

將以下9道題的分數相加，即為拖延測試的總分數。

- | | | |
|------------|----|----|
| "我不會或很少這樣" | >> | 1分 |
| "我很少這樣" | >> | 2分 |
| "我有時這樣" | >> | 3分 |
| "我時常這樣" | >> | 4分 |
| "我就是或總是這樣" | >> | 5分 |

測試：

1. 我將任務推遲到了不合理的程度，如限期前一晚。
2. 即使我覺事情需要解決，我仍不會馬上動手去做。
3. 我經常為沒有早些著手而後悔。
4. 明知拖延事情並非好事，但我總忍不住會這樣。
5. 我不管為要完成的事情分主次和先後，總是隨心所欲地去做。
6. 我曾經因為拖延事情而晚了睡覺，甚至要通宵趕工。
7. 總是到了最後，我才發現我其實可以把時間用在更好的地方。
8. 即使拖延時間，我最終仍勉強可將事情完成。
9. 在本該做某件事的時候，我卻在做別的事情，如玩樂。

拖延測試結果分析：

- 9-19分：「要緊的事先做」是你的座右銘，你是一個非常自律的人，與拖延症完全扯不上關係。
- 20-23分：你偶爾會因為某些不能控制的因素把事情拖延，但很快便能把事情完成，可見你並沒有患上拖延症。
- 24-31分：工作的繁忙令你有時會把事情拖延，拖延症已向你招手，你要快些做好時間上的管理。
- 32-36分：把事情推到最後一刻才動手做已成為你的習慣，拖延症已影響你的日常生活，你必須立即正視問題。
- 37分及以上：「明天吧」是你的口頭禪，把事情無限期拖延是你處理所有事情的方法，你的生活已被拖延症弄得一團糟，須立即接受治療。

你得了多少分？再問問自己，這是你想看到的嗎？

一拖再拖，不容再拖！

如果你的拖延症十分嚴重，也不用過於擔心，因為拖延症是有辦法可以擺脫的！以下介紹了在不同的拖延病症下所使用的處方，以及「時間四象限法」：

情況一：完美主義/過分擔心

我希望任何事情都能盡善盡美，不容半點錯漏，所以令效率降低。另一方面，我又怕工作的結果不如理想般完美，於是遲遲不敢行動。

處方：放心

要知道任何事情都不會由一開始就是完美的，與其擔心結果，不如放心、盡力去做；不必介意細節上的不完美，先做好大節，再慢慢修改。例如：在準備報告時，一開始就能寫出完美的報告是不可能的，一定會有偏差和不足之處，嘗試先做好大綱，再預留時間慢慢修正，便可準時呈交一份近乎完美的報告。

情況二：自卑/逃避

只要一想起以往失敗的經歷，又被家人責備，又遭朋友取笑……我便害怕再作出任何嘗試；寧可不做，也不要再承受同樣挫折，於是便行拖字訣。

處方：勇氣

過去便是過去，執著也於事無補；拿出勇氣來面對當前的問題，才是擺脫失敗的方法。不嘗試，又怎會知道結果？別人人口中的你，不一定是真正的你，要相信自己能做得好！

例如：我因為忙於某些事遲遲沒有把報告完成，這時應該想：如果我是個做報告的能手，應該先做什麼事呢？當考試成績不好，但還得向父母交代的時候應該想：假如，我是個成績不好，但能主動向父母坦白的人，應該先做什麼事？想這些問題時不能用太長時間，而我們第一個想到的就是正確答案了。所以，直接實行第一個想法就可以了。

情況三：懶惰/過分自信

不喜歡的事我不想現在就做，反正不論我在何時開始，我總能完成事情，而且結果尚可。既然如此，拖延一下也無妨。

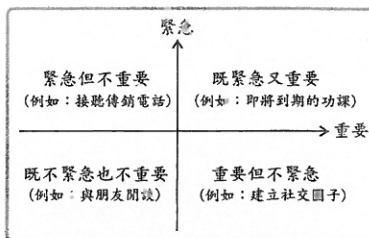
處方：培養習慣

有研究報告指出，若將某件事重複做二十一天，便會變成一種習慣，一旦

例如：你想開始溫習，但桌子很亂，找書都很容易，明知道應該收拾一下，但怕麻煩遲遲不行動。這時候，父母嘮叨不停，我們就有了叛逆的心理更不收拾。這時你應該冷靜下來好好想一想：是打掃一下好還是睜一隻眼閉一隻眼過的好？把最初的想法扭轉過來很難，但一旦習慣了，就覺得行動比拖延更輕鬆。

【時間四象限法】

我們經常聽老師說要把事情分類，先做重要的，再做不重要的，那具體上要怎麼分類呢？著名管理學家科維提出了一個時間管理的理論：按照工作在「重要」和「緊急」兩方面的不同程度進行了劃分，基本上可以分為四個「象限」：



具體做法：

- 立即做重要又緊急的事情
- 選擇做緊急但不重要的事情
- 平時多做重要但不緊急的事情
- 不重要不緊急的事情則放置最後

同學不妨嘗試用四象限法將每天、每週、每月、以至每學期要完成的任務分門別類，再按先後次序逐步完成。你漸漸會發現時間變得充實之餘，「趕死線」的情況也減少了。

拖延症趣聞

拖延症讀者之星：文字會慢慢消失的書！

2012年10月30日

來源：滬江英語

現今，很多讀者買書後，多不會立即閱讀，任由它默默地在書架上蒙塵。為了督促大家讀書，阿根廷出版商Eterna Cadencia近日採用了新型油墨，出版了一本拉美新人作家文集，這種新型圖書一旦打開，接觸到陽光和空氣後，文字就會在兩個月後完全消失。這樣的變化促使讀者購買書籍後盡快閱讀，幫助他們克服「拖延症」。事實證明，它是成功的。成百上千的人來書店購買這種圖書，乃至全線售罄。同樣的圖書一經出版，訂單就紛至沓來。

這種「等不及的圖書」除了催促人們立即閱讀圖書外，也加強了新人作家和讀者之間的聯繫，給予新人作者更多關注。圖書都是非常有耐心的，我們購買了它們，它們就靜靜等我們去翻閱。分秒流逝，乃至經年累月。圖書當然等得起，可是新人作家就不行了。要是人們沒有讀過他們的第二本書，下一本就基本無望了。「等不及的圖書」這一發明讓新人作者的作品都得到了閱讀，令他們有信心和能力繼續撰寫不同類型的作品。

拖延症之歌

拖延症之歌，是外國YouTube用戶自創的一段影片，以幽默的歌詞和輕快的旋律描述了拖延症患者的生活，將拖延症候群的所有症狀都一一唱出，有興趣的同學不妨登入以下網址欣賞一下。

視頻網址：

http://www.youtube.com/watch?feature=player_embedded&v=xi3aego8y-e

總結

學年完結，悠長的暑假即將開始。今年，同學會否仗毛洗髓，一改陋習，為自己定下每天和每星期的時間表，善用假期，不再做「deadline fighter」，向「拖延症」說不？

參考資料

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YouTube Inside Forum

立聲

第五十八期
舊金山主辦可立中學學生報
非賣品

出版日期：

二零一四年七月

出版：

可立中學藝委會

地址：

新灣崗路聯街十五號

電話：23222229

承印：香港創作公司

電話：34268663

科學園地

「科學新發明」

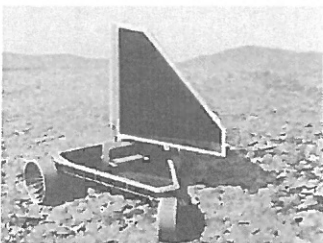
天文領域

美計畫研製金星車，能經受嚴酷環境考驗？

美國太空總署計劃研製一款外形酷似帆船的探測車，可用於探索金星。這款探測車被稱之為「Zephyr」，高約7公尺，裝有一個「風帆」，上面覆蓋太陽能電池板。在設計上，它能夠經受住高壓、強風、酸雲、高溫、腐蝕性空氣等嚴酷的金星環境考驗。

金星車在設計上能夠在電量極低環境下工作，所攜帶的電子裝置可以在攝氏450度的高溫環境下正常運轉。實際上，金星是太陽系內環境最惡劣的行星之一。這類行星包裹著厚厚的並且具有高度反射性的雲層，內部充滿硫酸。金星表面的大氣壓是地球的92倍。

與火星相比，金星基本上是一顆未被考察過的行星。探索這類金星面臨相當難度。金星上的風速約每小時3.2公里，強度極大。設計師蘭蒂斯說：「完美的探測車應具備在金星表面行進時利用環境資源的能力。而這輛探測車只有兩個運動部件，不需要耗費很多電量。」



美國航太總署計劃研製的探測車裝有一個「風帆」，上面覆蓋太陽能電池板。

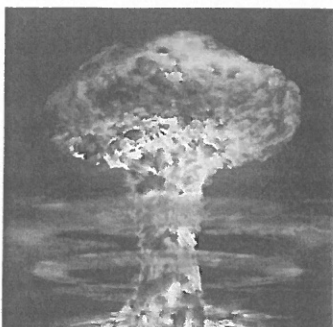
物理領域

在核爆中如何逃生？時間是關鍵

核彈爆炸通常以比太陽光還強烈的閃光開始，被核爆強烈光輻射直接照射到的樹木和人會立即起火。你能存活的一辦法是躲在建築物內，並且在衝擊波到來時鑽進金屬浴缸。在可怕的放射性塵埃墜落之際，你該待在搖搖欲墜的房子裡，還是該穿過街道到公共掩體內隱蔽起來？也許美國科學家新推出的一個數學模型能給你答案。

環球時報據美國《星條旗報》報導，美國大氣科學家邁克爾迪倫花費5年時間建立了一個核爆生存數學模型。

迪倫發現，那些距離爆點較遠的人能夠在爆炸初期幸存下來，但卻必須面對致命的放射性沉降物，這將是核爆求生的關鍵環節。經過計算，迪倫發現，你在外面暴露的時間越長，遭受的輻射劑量越大，但外界輻射強度也會隨著時間而逐漸降低。因此你遭受的總輻射劑量取決於你何時邁出房門、你與爆心的距離、你跑到最佳庇護所的距離，還有你離開最初避難所時帶了多少防護物等。



迪倫認為，在低當量核爆發生時，除了躲在最初庇護所裡，你還需要一隻手錶，並且熟悉周圍的環境。如果當前的庇護所很糟，而更好的庇護所就在5分鐘路程之內，那麼你可以用最快速度跑到那裡。如果更好的庇護所距離較遠，那麼你應該在爆炸後不遲於30分鐘內趕到那裡。根據當前城市的規模，如果每個人都遵從這一規則，那麼這種做法可以挽救1萬到10萬人的生命。

核彈爆炸通常以比太陽光還強烈的閃光開始。

英國發明吸光塵土：白天吸能量，夜晚照亮城市

英國奧雅納工程與設計諮詢公司公布未來城市研究報告，介紹了一種噴塗用吸光塵土。據悉，該塵土可在白天吸收紫外線與能量，待至晚上再將所吸收的能量以光的形式釋放出來，從而照亮城市。

「國際在線」據英國《鏡報》報導，報告中稱，吸光塵土在未來城市中將成為常見事物。此外，透過把生物性發光基因拼接到樹幹和樹枝中，樹木也可能在黑暗中發光。噴塗用吸光塵土和發光樹會大幅減少大城市對街道照明的需求，從而降低碳排放量。同時，它還能改善公園與街巷的安全狀況。

據報導，英國Pro-Tec公司已經研發了一種名為星河噴霧的產品。將其噴在任何固體表面，白天能吸收太陽光，到了晚上就能自己發出柔和的藍光。奧雅納工程與設計諮詢公司在研究報告中說：「星河噴霧能降低公園和街巷對複雜照明設施的需求，同時提高夜間安全性。另一個好處是，由於它不會反光，而且強度相對較低，所以不會增加光污染。」



目前，研究人員已在英國劍橋 Christs Pieces公園的一條小徑上噴塗星河噴霧，以測試效果。

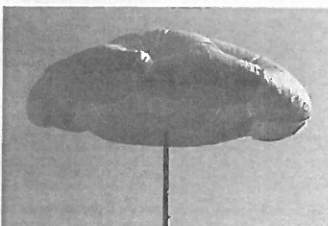
夜晚，吸光塵土發出藍光，將劍橋Christs Pieces公園的小徑裝點得如同星河一般。

能源領域

荷蘭研發防水抗風的太陽能充氣傘

炎熱夏日是不是不想被太陽暴曬？這款防曬發明品可能會幫到你。近期荷蘭一家公司研發出一種遇陽光可自動打開的「太陽能充氣傘」。

這種「太陽能傘」每當吸收陽光後便會自動充氣，為使用者遮擋陽光。該傘用尼龍製造，頂部設有太陽能電池板，吸收陽光後為內置風扇供電。



只需20秒，該傘便會自動充氣成直徑2公尺的雲狀太陽傘。而當陽光消失時，則會自動放氣。該傘的表層以矽膠製作，可以防水，其流線型設計還可抗風。

太陽能充氣傘的表層以矽膠製作，可以防水，其流線型設計還可抗風。

阿聯酋女子發明霧霾天智能照明系統 幫助減少交通事故

據《今日阿聯酋》報導，三位阿聯酋女工程師近日發明了一套新型霧霾天道路智能照明系統，以有效減少霧霾天交通事故的發生。

三位女工程師辛迪婭、希瑪和瑪瑪娃都來自阿聯酋的富查伊拉酋長國。按照她們的設計，這套智能照明系統將安裝在高速公路兩旁，它的最大優點在於，能通過一個智能感應裝置對霧霾等級做出自動評級，如能見度低於一定數值，道路兩旁的照明系統將自動開啟，為駕駛員照明。

同時，這套系統還配有一系列通訊裝置，通過終端設備的提示，按時向駕駛員通報前方路面情況，並提醒他們放緩車速。此外，通訊裝置還會與交警部門連接，隨時向交警通報導路面能見度情況，並提醒他們做好應急預案。

據三位女發明家推算，這套照明系統的最低成本約為每100公里7萬迪拉姆（約合14萬元港幣），但她們相信，這款系統如果投入使用，將百分之百地減少霧霾天交通事故。

儘管這款系統的實用性還需進一步研究，但富查伊拉交通部門還是在近日對三位女發明家的努力與成果作出表彰。而她們並不滿足於此，她們表示，目前正在就該項發明申請國家專利，她們還將繼續對該系統進行改良，尤其對於系統的能源消耗方面，將盡可能使用新型能源，減少電力消耗。



發明家之一辛迪婭正在展示

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資料來源：

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充氣傘：
<http://big5.chinanews.com/89/gj/2014/04-03/6027831.shtml>



校內活動：

校運會



1500米賽跑，健兒們盡力跑完全程！



中六畢業班4x100米接力賽



同學努力比賽，爭取佳績



綠社為今年校運會全場總冠軍！
恭喜！

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盛裝出席，齊渡聖誕！

晚會預備多時，最終完滿結束，辛苦各位！



老少同歡慶團年



載歌載舞，場面非常熱鬧！



老友記投入地搓湯圓，手藝純熟！



感謝全體義工幫忙，讓活動得以順利舉行。



同學們關心長者，慰問送暖！

中一自行分配學位面試



同學們與外籍老師的英語歌唱表演。



同學們分享自己在升中一時的經歷。



姜校長與家長對話，了解家長及學生的需要。

學生會活動——十月圍城



進入密室，緊張刺激



解開迷團便能逃出密室。



即使未能成功逃出密室，也不要氣餒！

新老師介紹

老師姓名：陳詩韻

任教科目：英文

興趣：看電影、旅遊、行山

座右銘：Work hard, play hard!

假如你有超能力，你會想做甚麼？

穿越時空

記述一件你在可立遇到的趣事：

在可立這個家庭裡，學生與老師的關係十分密切，我經常發現很多學生都很親切地直呼老師的英文名，他們又經常與老師閒聊，師生關係密切。



老師姓名：符戴瑋

任教科目：經濟、通識

興趣：聽音樂、看書

座右銘：做最好的準備，有最壞的打算

假如你有超能力，你會想做甚麼？

以自己的超能力完成身邊的人的願望，從而為身邊的人帶來歡樂。

記述一件你在可立遇到的趣事：

與數位中四同學一齊玩學生會籌備的鬼屋，雖然氣氛不太驚嚇以致有點意猶未盡，但在等候以至玩樂的過程中與同學有講有笑，也是賞心樂事。



老師姓名：梁愛玲

任教科目：英文

興趣：遠足、閱讀、繪畫、看電影

座右銘：We make a living by what we get but we make a life by what we give — Winston Churchill

生活只需要賺取，生命則必須要付出——邱吉爾

假如你有超能力，你會想做甚麼？

使全世界的孩童都可以平安快樂地上學。

記述一件你在可立遇到的趣事：

有次在F.1D上課時，有一位同學拿着電線筆玩，我正想制止他，剛說到「Tuck shop」的時候，他突然整個人像觸電般顫抖。自此以後，每當他打瞌睡時，我一說「Tuck shop」，他便會清醒過來，全班便哄堂大笑。



老師姓名：李凱雯

任教科目：科學、生物

興趣：遠足、閱讀、繪畫、看電影

座右銘：人生只能活一次，豈能退而求其次

假如你有超能力，你會想做甚麼？

社會公義很重要，因此希望能擁有「法眼」，便能知道誰是犯法者。

記述一件你在可立遇到的趣事：

暫時沒有，但當見到可立學生就會感到很高興。



老師姓名：潘慧如

任教科目：中文

興趣：閱讀（讀萬卷書）和遠足（行萬里路）

座右銘：留得青山在

假如你有超能力，你會想做甚麼？

突如其來的天災殺得人措手不及。如果我能夠預知大自然的災害，如：暴風雪、颱風、地震、火山爆發、海嘯等，我會成為世界氣象組織（World Meteorological Organization）的代表成員之一。憑著超能力，我會向全世界發出天災預警的信息，讓人類做好預防措施，減少傷亡，甚至讓我們把天災的破壞力轉化為可用的能源。

記述一件你在可立遇到的趣事：

2013年11月7日是可立中學的旅行日。這次學校旅行使我感到有趣和快樂。旅行期間不但有各式美食源源不絕供應，而且我認識到學生參加旅行的目的是飽食和玩樂，真是充滿趣味。最重要的是，我明白到中五乙班的學生為了飽食，樂意付出體力、挖空心思、以及分工合作去準備。對於他們「搵食」的



老師姓名：周家宇 Mr. Eric Chau

任教科目：通識、地理

座右銘：

你當剛強壯膽，不要懼怕，也不要驚惶，因為你無論往那裡去，耶和華你的神必與你同在。

約書亞記1：9



老師姓名：古澤芬

任教科目：化學、數學

興趣：陪伴太太、女兒，教學，聽音樂，幫助別人

座右銘：智者不惑、仁者不憂、勇者不懼

假如你有超能力，你會想做甚麼？

救活患有絕症的病人。

記述一件你在可立遇到的趣事：

今年4月24日是中學文憑試化學考試日子。4月23日早上有一位本校應屆考生回校向我取「貼士」。我花了約3小時，把整個課程中考核機會較大的內容和我在測驗、模擬考試的一部分題目向同學介紹，並且把有關題目和答案複印一份，給他回去溫習。此外，我建議他不要溫習補習社給予的大熱門貼士。

4月25日早上，這個同學發短訊給我，欲知一道選擇題答案是否正確，結果他的答案錯了，他有些不快，但我安慰他不要介意，因我估計這道選擇題將有超過九成考生答錯。他說多虧我提點他，他只錯了一道選擇題，而且還說我的「貼士」很準確呢！



老師姓名：黃穎怡

任教科目：英文

興趣：看電影

座右銘：Practice makes perfect

假如你有超能力，你會想做甚麼？

希望有一扇像叮嚀一樣的隨意門，心想到的地方，便可隨時到達。

你有什麼想和同學分享？

記得小時候，每當在學業上遇到挫折時，父母都沒有責怪我，反而不斷鼓勵我，令我明白一次失敗不等於終身失敗，最重要的是從錯誤中學習，改善自己的不足之處。

父母的不斷鼓勵也使我明白作為一個教育工作者，每當學生遇到困難時，我都需要鼓勵他們努力學習，只要他們付出過，縱使結果未如理想，至少也問心無愧。

我明白沒有學生是完美的，所以在學習過程中，每位學生往往會有不同程度的需要。作為老師的我會不斷調節教學方法以切合學生能力，而作為學生，他們亦需要配合老師的教學，例如專注上課、主動回答問題，從而提高互動性，增加教與學的效能。

希望可立中學的學生能珍惜現在所擁有的讀書機會，努力學習，將來做一個有貢獻的人，回饋社會。



老師姓名：潘文讚

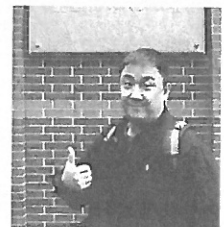
任教科目：中文、中國歷史

座右銘：天道酬勤

有甚麼想與學生分享？

可立中學的同學學習態度認真，不少更是多才多藝，八面玲瓏。當然亦不少同學不夠別人出類拔萃，難免因此氣餒。在此想分享晚清名臣曾國藩的故事：少年時的他並不聰明，某次夜裏背書，多次不成，氣得等待他入睡才爆竊的賊人入屋大罵他笨蛋，然後在他面前看一次就背下整篇文章才揚長而去。曾國藩沒有因此氣餒，反而將勤補拙，比別人更勤力，最終成就一代偉業。

這些老生常談，相信同學已聽過千百遍，問題在於是否願意付出成功必須的代價而已。別因今天自己的無能，忽略將來自己的可能。



老師姓名：鄧欣杰

任教科目：數學（中一、中二）

興趣：行山、跑步、唱歌、Ukulele、小提琴

座右銘：要做的事情總會找到時間和機會，只要堅持就能把事情做好。

假如你有超能力，你想做什麼？

我會選擇環遊世界各地，感受每個地方的獨有特色及文化，增廣自己的見聞。

記述一件你在可立遇到的趣事：

第一天回校時，我走到校務處詢問一些關於開學的事宜。校務處的職員誤以為我是學生，令我尷尬萬分。幸好後來有校務處職員記得我，化解了這件趣事。

有什麼想和可立的同學分享？



