



可立中學(嗇色園主辦)

Ho Lap College (Sponsored by Sik Sik Yuen)

九龍新蒲崗爵祿街 15 號 15 Tseuk Luk Street, San Po Kong, Kowloon

電話/Tel : (852) 2322 2229 傳真/Fax : (852) 2320 2414

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## 二零二三至二零二四年度 十二月份學校通告

敬啟者：

現有以下重要事項，敬希 台端垂注，並加配合，以收學校與家庭雙軌教育之效。

### 一、中一至中六級學校活動日

二零二三年十二月十九日(星期二) 為學校活動日，所有中一至中六級學生必須出席，時間為上午八時零五分至下午十二時四十五分。學生當天可選擇穿著便服回校，惟服飾儀容應切合學生身份，以端莊及大方得體為原則。

### 二、中一至中五級上學期考試及中六級模擬考試

本校將於二零二四年一月四日(星期四)至一月十七日(星期三) 舉行中一至中五級上學期考試，中六級模擬考試則於 二零二四年一月八日(星期一)至一月二十五日(星期四) 舉行，現附上「考試範圍」(見附件一)。敬希 閣下督促 貴子弟勤加溫習，爭取佳績。

考試進行期間，學生須於上午 8:05 前返抵學校。如只須應考第二節，學生須於該節開考前二十分鐘返抵學校。如當天沒有考試，毋須回校。現附上「各級考試時間表」(見附件二)，敬請細閱。

學生必須嚴格遵守各項考試規則(請參閱學生手冊第 8-9 頁)，違規者將被處分。有關全學年持續性評估、測驗及考試分數比例可參閱九月份通告。

### 三、教育局「校園·好精神」— 加強推廣校園精神健康的措施

本校一直以全校參與的模式照顧學生成長上不同的需要。本校於 11 月舉辦「多關懷·添幸福」大行動，配合主題及運用教育局提供的參考和活動資料，為學生提供多元化的精神健康活動，包括張貼「多關懷·添幸福」電子海報及派發小錦囊卡、鼓勵班主任與學生進行放鬆練習，提倡自我關懷的信息等。

家庭對學生的成長極為重要，很多研究發現青少年的自我形象及精神健康與家庭功能有着密切關係，他們的情緒會隨父母的言行而變化，亦會對父母的反應非常敏感。因此，父母的壓力是兒童及青少年精神健康的一大風險因素。故此，家長既要好好照顧自己的身心健康，讓自己有休息與紓壓時間，同時也應參加親子教育講座或課程，掌握教養孩子的知識與技能。有關精神健康的參考資源，可參閱《附件三》。

有關上述各項通告，台端如有疑問，歡迎致電本校校務處查詢。

此致

貴家長 / 監護人

齋色園主辦可立中學校長



(黎洛琪校長)

謹啟

二零二三年十一月三十日



## 十二月份 學校通告

**請於十二月八日或之前簽妥回條**

### 【回 條】

敬覆者：

頃閱來函，已知悉下列各項通告事宜，本人定當予以配合：

- 一、中一至中六級學校活動日
- 二、中一至中五級上學期考試及中六級模擬考試
- 三、教育局「校園·好精神」— 加強推廣校園精神健康的措施

此覆

齋色園主辦可立中學校長

家長姓名：\_\_\_\_\_ 簽署：\_\_\_\_\_

學生姓名：\_\_\_\_\_ 班別：\_\_\_\_\_ 班號：\_\_\_\_\_

日期：\_\_\_\_\_



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## 2023-2024 Circular December 2023

30<sup>th</sup> November 2023

Dear Parents / Guardians,

I would like to draw your attention to the following arrangements:

### 1. S.1 to S.6 School Activity Day (19<sup>th</sup> December)

Students are to attend the activity day on 19<sup>th</sup> December, 2023 (Tuesday) from 8:05 a.m. to 12:45 p.m.. Students can choose to wear casual clothes on that day. Please note that students should wear decent clothing which is appropriate to students. Hairstyles and grooming must be in line with the requirements of normal school days.

### 2. Arrangement for S.1 to S.5 First Term Examination and S.6 Mock Examination

The First Term Examination for **S.1 to S.5 students** will be held from **4<sup>th</sup> to 17<sup>th</sup> January, 2024**. **S.6 Mock Examination** will be held from **8<sup>th</sup> to 25<sup>th</sup> January, 2024**. Please refer to *Annex I* for the Examination coverage. Please urge your child to study hard and strive for the best results.

During the examination period, students are to return to school no later than 8:05 a.m. **For students who have examination only in the second session, they are required to return to school at least 20 minutes before the start of the examination.** Students do not need to return to school if no examinations are arranged on that day. Please refer to *Annex II* for the First Term Examination and S.6 Mock Examination Timetables.

All students have to strictly comply with the examination regulations (Please refer to P.8-9 of the Student Handbook). A breach of them will lead to a penalty. For the weightings of continuous assessment, uniform tests and examinations, please refer to the September Circular.

### 3. EDB “Mental Health@School” Measures for Promotion of Students’ Mental Health

The school has been taking a whole-school approach to cater for the different needs of students. In November, the school launched the “Spread the Love, Care and Shine” Campaign, which provided a wide range of mental health activities for students. With the guidelines and activity materials provided by the EDB, the school put up e-posters and distributed message cards. Class teachers led the students to engage in relaxation exercises so as to promote self-care.

Family is extremely important to students' development, and many studies have found that adolescents' self-image and mental health are closely related to family. Their emotions will change according to their parents' words and actions, and they will be very sensitive to their parents' reactions. Therefore, parental stress is a major risk factor for the mental health of children and adolescents. For this reason, parents should not only take good care of their physical and mental health, get time to rest and relieve stress, but also attend parent-child education seminars or courses to master the knowledge and skills of parenting. For reference resources on mental health, please refer to *Annex III*.

Should you have any enquiries, please do not hesitate to contact the school office.

Thank you very much for your kind attention.

Yours faithfully,



Ms. LAI Lok-ki  
Principal



**Reply Slip**

*(Please return the slip on or before 8th December 2023)*

Date: \_\_\_\_\_

Dear Principal,

I fully understand the following circulars and the contents of which are noted.

- 1. S.1 to S.6 School Activity Day (19<sup>th</sup> December, 2023)**
- 2. Arrangement for S.1 to S.5 First Term Examination and S.6 Mock Examination**
- 3. EDB “Mental Health@School” Measures for Promotion of Students’ Mental Health**

Parent’s signature: \_\_\_\_\_

Student’s name: \_\_\_\_\_

Student’s class & class number: \_\_\_\_\_ ( )

HO LAP COLLEGE (Sponsored by Sik Sik Yuen) (2023-2024)  
Coverage of First Term Examination

Level	Subject	Coverage
S1	English	<ul style="list-style-type: none"> <li>● Paper 1 (GE): (75 min)               <ul style="list-style-type: none"> <li>○ Reading comprehension (2 pieces)</li> <li>○ Grammar usage                   <ul style="list-style-type: none"> <li>- Tenses: simple present, simple past, present continuous and future forms</li> <li>- Modals</li> <li>- Prepositions of time, location and movement</li> <li>- Parts of speech</li> <li>- Pronouns and possessives</li> <li>- Adverbs of time and frequency</li> <li>- Previous knowledge learnt at primary school</li> </ul> </li> </ul> </li> <li>● Paper 2 (Writing): (60 min)               <ul style="list-style-type: none"> <li>○ Text Types: descriptive writing / article / an informal email / a letter of reply</li> </ul> </li> <li>● Paper 3 (Listening): (60 min)               <ul style="list-style-type: none"> <li>○ Short tasks &amp; integrated tasks</li> </ul> </li> <li>● Paper 4 (Speaking): (Preparation time: 3 min)               <ul style="list-style-type: none"> <li>○ Individual Presentation (2 min)</li> <li>○ Reading Aloud (1 min)</li> </ul> </li> </ul>
	Chinese	<p>卷一：閱讀 (100%)</p> <p>一、閱讀理解 (40%)</p> <p>1. 白話文及文言文閱讀理解各一篇</p> <p>二、指定閱讀篇章 (50%)</p> <p>1. 《木蘭詩》</p> <p>2. 《董永賣身》</p> <p>3. 《外婆和鞋》</p> <p>4. 《差不多先生傳》</p> <p>5. 《年夜飯》</p> <p>6. 語文知識：包括課文詞彙、成語及修辭</p> <p>三、挑戰題 (答對者可額外取得 10%)</p> <p>四、文言經典賞析 (10%)</p> <p>— 《論語》論孝</p> <p>評估形式：選擇題、判斷題、問答、詞解、語譯、造句、摘錄原文等各類型</p> <p>卷二：寫作 (100%)</p> <p>一、命題寫作 (80%)</p> <p>1. 借事抒情</p> <p>2. 人物描寫</p> <p>兩題選作一題，字數不少於 500</p> <p>二、實用文寫作 (20%)</p> <p>1. 書信</p> <p>2. 啟事</p> <p>必答題，字數不少於 200</p> <p>卷三：說話 (100%)</p> <p>一、考核形式</p> <p>個人短講：每人 1 分鐘</p> <p>二、評估重點</p> <p>1. 內容組織 (50%)</p> <p>2. 表達技巧 (50%)</p>

Mathematics	<p>Paper 1: (1.5 hours) Short and Conventional Questions</p> <p>Paper 2: (1 hour) 36 MCQs</p> <ul style="list-style-type: none"> <li>● Book 1A, Chapter 1: Basic Computation</li> <li>● Book 1A, Chapter 2: Directed Numbers</li> <li>● Book 1A, Chapter 3: Introduction to Algebra</li> <li>● Book 1A, Chapter 4: Linear Equations in One Unknown</li> <li>● Book 1A, Chapter 6: Manipulations of Polynomials</li> <li>● Book 1B, Chapter 7: Percentages (I)</li> </ul>
Integrated Science	Ch.1 (1.1-1.6) and Ch.2 (2.1-2.3) (include all SRL worksheets)
Life and Society	<p>Module 18 International Financial Center (Part A - E)</p> <p>Module 13 Economic Performance of Hong Kong (Part A - C)</p>
Geography	<ul style="list-style-type: none"> <li>● Textbook P.3-33, 40-41, 44</li> <li>● LP Unit 1: Why do people travel to other places?</li> <li>● Map reading: Continents &amp; Oceans, Distance, Direction, Scale, Time Zone, Grid Reference &amp; Square, Conventional Signs</li> <li>● All assignments</li> </ul> <p>*Bring highlight pen, pencil, ruler and protractor</p>
History	Textbook: pp.8-25, 40-45
Chinese History	<p>1【單元一·第一章·第二節·夏商周三代的興替概況】至【單元二·第一章·第三節·秦朝滅亡的原因及其後的楚漢相爭】(中一課本頁 15-71)及</p> <p>2【香港追昔：香港於秦代歸入中國版圖】(九月已統一印發，頁 2)及</p> <p>3【秦代長城】工作紙(十一月統一印發)</p>

**HO LAP COLLEGE (Sponsored by Sik Sik Yuen) (2023-2024)**  
**Coverage of First Term Examination**

Level	Subject	Coverage
S2	English	<ul style="list-style-type: none"> <li>● Paper 1 (GE): (75 min)               <ul style="list-style-type: none"> <li>○ Reading comprehension (2 pieces)</li> <li>○ Grammar usage                   <ul style="list-style-type: none"> <li>- Tenses: simple present, simple past, present continuous, present perfect and future forms</li> <li>- Comparatives and superlatives adjectives</li> <li>- defining clause and non-defining clause</li> <li>- active voice and passive voice</li> <li>- Previous knowledge learnt in S.1</li> </ul> </li> </ul> </li> <li>● Paper 2 (Writing): (60 min)               <ul style="list-style-type: none"> <li>○ Text Types: film review / problem-solution essay / play script / article</li> </ul> </li> <li>● Paper 3 (Listening): (60 min)               <ul style="list-style-type: none"> <li>○ Short tasks &amp; integrated tasks</li> </ul> </li> <li>● Paper 4 (Speaking): (Preparation time: 3 min)               <ul style="list-style-type: none"> <li>○ Individual Presentation (2 min)</li> <li>○ Reading Aloud (1 min)</li> </ul> </li> </ul>
	Chinese	<p>卷一：閱讀 (100%)</p> <p>一、閱讀理解 (40%)</p> <p>1. 白話文及文言文閱讀理解各一篇</p> <p>二、指定閱讀篇章 (50%)</p> <p>1. 《荷塘月色》</p> <p>2. 《在風中》</p> <p>3. 《黃鶴樓》</p> <p>4. 《愛蓮說》</p> <p>5. 語文知識：包括課文詞彙、成語及修辭</p> <p>三、挑戰題 (答對者可額外取得 10%)</p> <p>四、文言經典賞析 (10%)</p> <p>《岳陽樓記》選讀</p> <p>評估形式：選擇題、判斷題、問答、詞解、語譯、造句、摘錄原文等各類題型</p> <p>卷二：寫作 (100%)</p> <p>一、命題寫作 (80%)</p> <p>1. 景物描寫</p> <p>2. 人物描寫</p> <p>兩題選作一題，字數不少於 600</p> <p>二、實用文寫作 (20%)</p> <p>1. 演講辭</p> <p>2. 報告</p> <p>必答題，字數不少於 250</p> <p>卷三：說話 (100%)</p> <p>一、考核形式</p> <p>個人短講：每人 1.5 分鐘</p> <p>二、評估重點</p> <p>1. 內容組織 (50%)</p> <p>2. 表達技巧 (50%)</p>

Mathematics	<p>Paper 1: (1.5 hours) Short and Conventional Questions</p> <p>Paper 2: (1 hour) 36 MCQs</p> <ul style="list-style-type: none"> <li>● Book 2B, Chapter 10: Angles Related to Triangles and Polygons</li> <li>● Book 2A, Chapter 3: Identities</li> <li>● Book 2A, Chapter 4: Factorization of Polynomials</li> <li>● Book 2A, Chapter 5: Algebraic Fractions and Formulae</li> <li>● Book 2A, Chapter 6: Errors in Measurement</li> <li>● Book 2A, Chapter 7: More about Statistical Charts</li> </ul>
Integrated Science	Ch.7 (7.1-7.5) and Ch.8 (8.1-8.6)
Life and Society	<p>Core module 24</p> <p>Socio-political system of our country: Life of Chinese nationals</p> <ul style="list-style-type: none"> <li>● B: Cultural inheritance and modern transformation: p.25 - p.39</li> </ul> <p>Core module 16</p> <p>Economy of our country: Role of Chinese government in the economy</p> <ul style="list-style-type: none"> <li>● A: Ministries, commissions and organizations responsible for making major economic policies of China: p.1 - p.6</li> <li>● B: Economic planning of the Chinese government: p.6 - p.8</li> </ul>
Geography	<p>Textbook p.4-41</p> <p>Assignment book Unit 1 to Unit 4</p> <p>Drawing and interpreting a climatic graph</p> <p>Map reading (scale, distance)</p> <p>*Bring highlight pen, calculator, pencil, ruler</p>
History	Textbook: pp.1-23
Chinese History	<p>1【單元一·第二章·第一節·宋代的文人政治】至【單元二·第一章·第二節·明代的君主集權】(不包括明成祖)(中二課本頁 18-72)及</p> <p>2【香港追昔：宋代北方人士南遷(元朗鄧氏)】(九月已統一印發，頁 8)及</p> <p>3【宋代香港】工作紙(十一月統一印發)</p>



**HO LAP COLLEGE (Sponsored by Sik Sik Yuen) (2023-2024)**  
**Coverage of First Term Examination**

Level	Subject	Coverage
S3	English	<ul style="list-style-type: none"> <li>● Paper 1 (GE): (75 min)               <ul style="list-style-type: none"> <li>○ Reading comprehension (2 pieces)</li> <li>○ Grammar usage                   <ul style="list-style-type: none"> <li>- Tenses</li> <li>- Active &amp; Passive Voices</li> <li>- Gerunds &amp; Infinitives</li> <li>- Subject-verb Agreement</li> <li>- Modals</li> <li>- Conditionals</li> <li>- Reported Speech</li> <li>- Previous knowledge learnt in S.1-S.2</li> </ul> </li> </ul> </li> <li>● Paper 2 (Writing): (60 min)               <ul style="list-style-type: none"> <li>○ Text Types: blog post / article / picture writing / letter</li> </ul> </li> <li>● Paper 3 (Listening): (60 min)               <ul style="list-style-type: none"> <li>○ Short tasks &amp; integrated tasks</li> </ul> </li> <li>● Paper 4 (Speaking): (Preparation time: 3 min)               <ul style="list-style-type: none"> <li>○ Individual Presentation (2 min)</li> <li>○ Reading Aloud (1 min)</li> </ul> </li> </ul>
	Chinese	<p>卷一：閱讀 (100%)</p> <p>一、閱讀理解 (40%)</p> <p>1. 白話文、文言文閱讀理解各一篇</p> <p>二、指定閱讀篇章 (50%)</p> <p>1. 《春夜宴桃李園序》</p> <p>2. 《最苦與最樂》</p> <p>3. 《人生逆境》</p> <p>4. 《鄒忌諷齊王納諫》</p> <p>5. 《說謙虛》</p> <p>6. 語文知識：包括課文詞彙、成語及修辭</p> <p>三、挑戰題 (答對者可額外取得 10%)</p> <p>四、文言經典賞析 (10%)</p> <p>    - 《論語》論君子</p> <p>    - 《岳陽樓記》</p> <p>評估形式：選擇題、判斷題、問答、詞解、語譯、造句、摘錄原文等各類題型</p> <p>卷二：寫作 (100%)</p> <p>一、命題寫作 (80%)</p> <p>1. 景物描寫</p> <p>2. 議論文</p> <p>兩題選作一題，字數不少於 700</p> <p>二、實用文寫作 (20%)</p> <p>1. 書信</p> <p>2. 啟事</p> <p>必答題，字數不少於 250</p> <p>卷三：說話 (100%)</p> <p>一、考核形式</p> <p>個人短講：每人 2 分鐘</p> <p>二、評估重點</p> <p>    1. 內容組織 (50%)</p> <p>    表達技巧 (50%)</p>

Mathematics	<p>Paper 1: (1.5 hours) Short and Conventional Questions</p> <p>Paper 2: (1.25 hours) 45 MCQs</p> <ul style="list-style-type: none"> <li>● HKDSE A1 Questions</li> <li>● Book 3A Chapter 1: Linear Inequalities in One Unknown</li> <li>● Book 3A Chapter 2: Laws of Integral Indices</li> <li>● Book 3A Chapter 3: Percentage</li> <li>● Book 3B Chapter 10: Measures of Central Tendency</li> <li>● Book 3A Chapter 4: Quadrilaterals</li> <li>● Book 3A Chapter 5: More about Geometric Proofs</li> </ul>
Physics	<p>3.1 Light and reflection of light</p> <p>3.2 Refraction of light</p> <p>3.3 Lens</p> <p>3.4 EM Wave and colour</p>
Chemistry	Book 1B Chapter 5, Chapter 6, Chapter 7 p.70-85
Biology	Learning Package pages 2 – 37 + Lab activities on Food Tests and etc + LAC package
Life and Society	<p>Core module 19</p> <p>Global economy: World trade: p.1 - p.30</p> <p>Core module 27</p> <p>Global socio-political system: 'Global city'</p> <ul style="list-style-type: none"> <li>● A: 'Global city' : p.1- p.7</li> </ul>
Geography	<p>LP1: Ecosystems</p> <p>LP2: Ecosystems under stress_Deserts</p> <p>LP3: Ecosystems under stress_Tropical rainforests</p> <p>Include all assignments, worksheets and revision exercises</p>
History	Textbook: pp.6-45
Chinese History	【單元一·第一章·第二節·軍閥政治】至【單元一·第二章·第三節·國共第二次合作】(中三課本頁 20-72)

**HO LAP COLLEGE (Sponsored by Sik Sik Yuen) (2023-2024)**  
**Coverage of First Term Examination**

Level	Subject	Coverage
S4	English	<ul style="list-style-type: none"> <li>● Paper 1: Reading (90 min)               <ul style="list-style-type: none"> <li>○ Part A (Compulsory)</li> <li>○ Part B1 (Easy Section) or Part B2 (Difficult Section)</li> </ul> </li> <li>● Paper 2: Writing (90 min)               <ul style="list-style-type: none"> <li>○ Part A</li> <li>○ Part B (4 questions)</li> </ul> </li> <li>● Paper 3: Listening (120 min)               <ul style="list-style-type: none"> <li>○ Part A (Compulsory)</li> <li>○ Part B1 (Easy Section) or Part B2 (Difficult Section)</li> </ul> </li> <li>● Paper 4: Speaking (Preparation time: 10 min)               <ul style="list-style-type: none"> <li>○ Group Discussion (8 min)</li> </ul> </li> </ul>
	Chinese	<p>卷一：閱讀 (100%)</p> <p>一、指定文言篇章 (40%)</p> <ol style="list-style-type: none"> <li>1. 《論仁論孝論君子》</li> <li>2. 《廉頗藺相如列傳》</li> <li>3. 《逍遙遊》</li> </ol> <p>二、閱讀理解 (60%)</p> <ol style="list-style-type: none"> <li>1. 白話文閱讀理解一/兩篇 (40%)</li> <li>2. 文言文閱讀理解一篇 (20%)</li> </ol> <p>三、評估方式</p> <p>判斷題、問答題、選擇題、填表、填充、詞解、語譯、摘錄原文等各類題型。</p> <p>卷二：寫作 (100%)</p> <p>甲部、實用文寫作 (30%)</p> <p>公函/演講辭</p> <p>*必答題，字數不多於 550</p> <p>乙部、命題寫作 (70%)</p> <ol style="list-style-type: none"> <li>1. 記敘/描寫/抒情</li> <li>2. 議論文</li> </ol> <p>*兩題選作一題，字數不少於 800</p>
	Mathematics	<p>Paper 1: (1.5 hours) Short and Conventional Questions</p> <p>Paper 2: (1.25 hours) 45 MCQs</p> <ul style="list-style-type: none"> <li>● HKDSE A1 Questions</li> <li>● Book 4A Chapter 1: Quadratic Equations in One Unknown (I)</li> <li>● Book 4A Chapter 2: Quadratic Equations in One Unknown (II)</li> <li>● Book 4A Chapter 4: Function and Graphs</li> <li>● Book 4A Chapter 3: Equations of Straight Lines</li> <li>● Book 4A Chapter 5: More about Polynomials</li> </ul>

Citizenship and Social Development	<p>Textbook: p. 1- 135</p> <ul style="list-style-type: none"> <li>● Learning Focus 1: Brief introduction to the origin of the question of Hong Kong and the process of Hong Kong's return to China.</li> <li>● Learning Focus 2: Constitutional relationship between the country and the Hong Kong Special Administrative Region, legal basis of "one country, two systems" and the Basic Law</li> <li>● Learning Focus 3: Significance of safeguarding national security; the National Security Law and promoting long-term development of Hong Kong; and striking the balance between rule of law and human rights</li> <li>● Learning Focus 4: Political Structure of HKSAR</li> <li>● Learning Focus 5: Significance of rule of law</li> <li>● Learning Focus 6: Fundamental rights and duties of Hong Kong residents as stipulated in the Basic Law</li> </ul>
Physics	<p>Book 1 Ch.1-4 Book 2 Ch.1-6</p>
Chemistry	<p>Book 1B Chapter 9, Book 1C Chapter 10-12</p>
Biology	<p>Book 1A Chapter 1 to 4 + Chapter 6 (6.1 to 6.5) Book 1B Chapter 7 (7.1,7.2,7.4)</p>
Economics	<p>4-01 – 4-04 (Textbook: B1C1&amp;2; B2)</p>
Geography	<p>C1 Opportunities and Risk (ALL) C4 Building a Sustainable City (4.1-4.2)</p>
History	<p>Topic: The two world wars and the peace settlements</p> <p>Use the following for revision:</p> <ul style="list-style-type: none"> <li>- TB pp.1-79, supplementary notes, all of the assignments</li> </ul>
Chinese History	<p>只考一份卷，內容涵蓋本科卷一及卷二課程：</p> <p>1【卷一.甲部課程】「單元一.課題 1.第 1 章 周代兩次分封」至「單元二.課題 1.第 2 章 漢武帝的統治政策」(《現代中國歷史課本.四上》頁 8-135) 及</p> <p>2【卷二.選修單元三.3.1 孔子】(《孔子筆記》頁 1-68)</p> <p>【註：即筆記 N01、N02、N03、N04】</p>
Chinese Literature	<p>卷一：文學創作 兩題選答一題，字數不得少於 800，不可寫成詩歌。</p> <p>卷二：文學賞析 兩題必答。 《秦風·蒹葭》、《九章·涉江》、《齊桓晉文之事》、《庖丁解牛》 + 課外篇章</p>
BAFS	<p>Textbook A1 Chapter 1 – 3 Textbook A2 Chapter 4 Textbook C1 Chapter 1</p>

ICT	Textbook A1 Chapter 1 - 3 Textbook D1 Chapter 1 - 3 Supplementary Programming Exercise Q1 - Q120
Visual Arts	-Art appreciation and criticism (Impressionism and Realism) -Charcoal/Graphite drawing
Physical Education (HKDSE)	運動創傷、肌肉系統、心血管系統、成長和發展  維持健康與活動表現的體適能和營養  人體的類型及基本結構、骨骼系統、神經系統
THS	Format: MC, DBQ, Essay  Introduction to Tourism The Meaning of 'Travel', 'Tourism' and 'Tourist' Travel Motivation and Tourist Flows Tourism Products- Attractions and Destination

**HO LAP COLLEGE (Sponsored by Sik Sik Yuen) (2023-2024)**  
**Coverage of First Term Examination**

Level	Subject	Coverage
S5	English	<ul style="list-style-type: none"> <li>● Paper 1: Reading (90 min) <ul style="list-style-type: none"> <li>○ Part A (Compulsory)</li> <li>○ Part B1 (Easy Section) or Part B2 (Difficult Section)</li> </ul> </li> <li>● Paper 2: Writing (90 min) <ul style="list-style-type: none"> <li>○ Part A</li> <li>○ Part B (4 questions)</li> </ul> </li> <li>● Paper 3: Listening (120 min) <ul style="list-style-type: none"> <li>○ Part A (Compulsory)</li> <li>○ Part B1 (Easy Section) or Part B2 (Difficult Section)</li> </ul> </li> <li>● Paper 4: Speaking (Preparation time: 10 min) <ul style="list-style-type: none"> <li>○ Group Discussion (8 min)</li> <li>○ Individual Response (1 min)</li> </ul> </li> </ul>
	Chinese	<p>卷一：閱讀 (100%)</p> <p>一、指定閱讀篇章 (40%)</p> <ol style="list-style-type: none"> <li>1. 《勸學》</li> <li>2. 《魚我所欲也》</li> <li>3. 《月下獨酌》</li> <li>4. 《師說》</li> </ol> <p>二、閱讀理解 (60%)</p> <ol style="list-style-type: none"> <li>1. 白話文閱讀理解一篇 (40%)</li> <li>2. 文言文閱讀理解一篇 (20%)</li> </ol> <p>評估形式：選擇題、判斷題、問答、詞解、語譯、摘錄原文等各類題型</p> <p>卷二：寫作 (100%)</p> <p>甲部、實用文寫作 (30%)</p> <p>建議書/專題文章</p> <p>*必答題，字數不多於 550</p> <p>乙部、命題寫作 (70%)</p> <ol style="list-style-type: none"> <li>1. 記敘/描寫/抒情</li> <li>2. 詞語題 (聯想牽動思緒啟發思考)</li> </ol> <p>*兩題選作一題，字數不少於 900</p>
	Mathematics	<p>Paper 1: (2.25 hours) Short and Conventional Questions (HKDSE Format)</p> <p>Paper 2: (1.25 hours) 45 MCQs</p> <ul style="list-style-type: none"> <li>● HKDSE A1 Questions</li> <li>● Book 4A, Chapter 1-5: Quadratic Equations, Function, Graphs, Complex Numbers, Equation of Straight Lines and Polynomials</li> <li>● Book 4B, Chapter 8-9: More about Equations, Variations.</li> <li>● Book 5A, Chapter 1-2: Properties of Circles and Tangents</li> <li>● Book 5A, Chapter 3-4: Inequalities and Linear Programming</li> <li>● Book 5B, Chapter 9: Statistics and Measures of Dispersion</li> </ul>
	M1	Vol 1: Chapter 1 to Chapter 5
	M2	Vol 1: Chapter 1 to Chapter 7

Citizenship and Social Development	Textbook p. 67-153 <ul style="list-style-type: none"> <li>Learning Focus 3: Enhancement of overall national strength</li> <li>Learning Focus 1: The focuses and policies of the recent Five-Year Plans of our country, and the connection of these focuses and policies with the promotion of the development of our country and Hong Kong</li> </ul>
Physics	Book 1 Book 2 Book 4
Chemistry	Book 2A, 2B, 3A, 4B Chapter 42
Biology	Book 1A (Chapter 2 to 6) Book 1B (Chapter 7 to 8) Book 2 (Chapter 11 to 13)
Economics	4-01 – 4-04, 4-09; 5-01 – 5-06 (Textbook: B1C1&2, B2, B5C1-3&6, B6C8-11&14)
Geography	C1 Opportunities and Risk C2 River and Coast E2 Weather and Climate Map Reading
History	Topic: Modernization and Transformation of China <ul style="list-style-type: none"> <li>Late Qing Reform</li> <li>1911 Revolution</li> <li>May-Fourth Movement</li> <li>Attempts at modernization by the Nanjing government</li> </ul> <p>Use the following for revision:</p> <ul style="list-style-type: none"> <li>TB pp.121-162 , supplementary notes, all of the assignments</li> </ul>
Chinese History	只考一份卷，內容涵蓋本科卷一及卷二課程： 1【卷一.甲部.單元三.魏晉南北朝】「課題 1 北朝的胡漢融和」(《現代中國歷史課本.四上》頁 189-212) 2【卷一.甲部.單元五.宋元明清】「課題 1.1 宋元的中央集權」至【卷一.乙部.單元一.列強的入侵】「課題 1.1 鴉片戰爭-1.2 英法聯軍之役」(《現代中國歷史課本.四下》頁 8-115, 138-185) 3【卷二.單元三.王安石】(筆記 C1.3, 頁 1-44) 【註：即筆記 N07、N11、N12、N13、N14】
Chinese Literature	卷一：文學創作 兩題選答一題，字數不得少於 900，不可寫成詩歌。 卷二：文學賞析 兩題必答。 《進學解》、《醉翁亭記》、《前赤壁賦》 + 課外篇章
BAFS	Textbook A5 Chapter 11 -12 Textbook A6 Chapter 13 -14 Textbook C1 Chapter 1 – 3
ICT	Textbook Elective C Chapter 1 - 8 Textbook Compulsory B Chapter 1 - 3 Textbook Elective A p.1 - p.134 (3.1 Joining Tables) Supplementary Programming Exercise Q1 - Q40

Visual Arts	Western Art, Chinese ink, Chinese contemporary art Part A: Art Appreciation and Criticism (45 minutes) Part B: Visual Arts Making (3 hours)
Physical Education (HKDSE)	單元二 人體 Ch.2 Human Body 單元三 動作分析 Ch.3 Movement Analysis 單元六 運動創傷 Ch.6 Sports Injury 單元九 活動管理 Ch.9 Sport and Recreational Management
THS	Format: MC, DBQ, Essay  Introduction to the Hospitality Industry Introduction to the Accommodation Sector Introduction to the Hotel Operations



**HO LAP COLLEGE (Sponsored by Sik Sik Yuen) (2023-2024)**  
**Coverage of Mock Examination**

Level	Subject	Coverage
S6	English	<ul style="list-style-type: none"> <li>● Paper 1: Reading (90 min) <ul style="list-style-type: none"> <li>○ Part A (Compulsory)</li> <li>○ Part B1 (Easy Section) or Part B2 (Difficult Section)</li> </ul> </li> <li>● Paper 2: Writing (90 min) <ul style="list-style-type: none"> <li>○ Part A</li> <li>○ Part B (4 questions)</li> </ul> </li> <li>● Paper 3: Listening (120 min) <ul style="list-style-type: none"> <li>○ Part A (Compulsory)</li> <li>○ Part B1 (Easy Section) or Part B2 (Difficult Section)</li> </ul> </li> <li>● Paper 4: Speaking (Preparation time: 10 min) <ul style="list-style-type: none"> <li>○ Group Discussion (8 min)</li> <li>○ Individual Response (1 min)</li> </ul> </li> </ul>
	Chinese	<p>卷一：閱讀 (100%)</p> <p>一、課外閱讀理解 (70%)</p> <p>1. 一篇/兩篇白話文 (50%)</p> <p>2. 一篇文言文 (20%)</p> <p>二、指定文言篇章 (30%)</p> <p>共 12 篇</p> <p>三、評估形式</p> <p>選擇題、判斷題、問答、詞解、語譯、摘錄原文等各類題型</p> <p>卷二：寫作 (100%)</p> <p>甲部、實用文寫作 (30%)</p> <p>書信/評論/建議書/演講辭/報告/專題文章</p> <p>*必答題，字數不多於 550 字</p> <p>乙部、命題寫作 (70%)</p> <p>1. 記敘/描寫/抒情</p> <p>2. 詞語題 (聯想牽動思緒啟發思考)</p> <p>3. 議論</p> <p>*三題選作一題，字數不少於 1000</p>
	Mathematics	<p>Whole syllabus</p> <p>Paper 1: (2.25 hours) Short and Conventional Questions</p> <p>Paper 2: (1.25 hours) 45 MCQs</p>
	M1	Whole syllabus
	M2	Whole syllabus
	Citizenship and Social Development	Whole syllabus
	Physics	Whole syllabus
	Chemistry	Whole syllabus
	Biology	Whole syllabus
Economics	Whole syllabus	

Geography	Whole syllabus Paper 1: C1-C7, FBQ Paper 2: E2 & E4
History	Whole Syllabus
Chinese History	全部課程
Chinese Literature	卷一：文學創作 兩題選答一題，字數不得少於 <b>1000</b> ，不可寫成詩歌。 卷二：文學賞析 四題選答兩題。 二十八課指定課文+ 課外篇章
BAFS	Whole syllabus
ICT	Whole syllabus
Visual Arts	Whole syllabus, Paper 1 Part A: Art Appreciation and Criticism (45 minutes) Part B: Visual Arts Making (3 hours 15 mins)
Physical Education (HKDSE)	全部課程

**HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)**  
**2023-24 First Term Examination Timetable (Secondary 1)**

SESSION	VENUE	2024-01-04 THU	2024-01-05 FRI	2024-01-08 MON	2024-01-09 TUE	2024-01-10 WED
SESSION-1 Starting Time: 08:30	1A(304) 1B(303) 1C(302) 1D(301)	S1-CHIN_P1 08:30-10:00 (90 min)	S1-ENG_P3 08:30-09:30 (60 min) Hall	S1-CHIS 08:30-09:45 (75 min)	S1-ENG_P1 08:30-09:45 (75 min)	S1-MATH_P1 08:30-10:00 (90 min)
SESSION-2 Starting Time: 10:45	1A(304) 1B(303) 1C(302) 1D(301)	S1-CHIN_P2 10:45-12:35 (110 min)		S1-CHIN_P3 10:15-11:15 (60 min) Waiting RM:208	S1-ENG_P2 10:45-11:45 (60 min)	S1-MATH_P2 10:45-11:45 (60 min)

SESSION	VENUE	2024-01-11 THU	2024-01-12 FRI	2024-01-15 MON	2024-01-16 TUE	2024-01-17 WED
SESSION-1 Starting Time: 08:30	1A(304) 1B(303) 1C(302) 1D(301)	S1-SCJ 08:30-09:45 (75 min)	S1-GEOG 08:30-09:45 (75 min)	S1-HIST 08:30-09:30 (60 min)	S1-L&S 08:30-09:45 (75 min)	
SESSION-2 Starting Time: 10:45	1A(304) 1B(303) 1C(302) 1D(301)		S1-ENG_P4 10:15-11:45 (90 min) Waiting RM:301,401			

**HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)**  
**2023-24 First Term Examination Timetable (Secondary 2)**

SESSION	VENUE	2024-01-04 THU	2024-01-05 FRI	2024-01-08 MON	2024-01-09 TUE	2024-01-10 WED
SESSION-1 Starting Time: 08:30	2A(204) 2B(203) 2C(202) 2D(201)	S2-SCJ 08:30-09:45 (75 min)	S2-HIST 08:30-09:30 (60 min)	S2-ENG_P1 08:30-09:45 (75 min)	S2-CHIN_P1 08:30-10:00 (90 min)	S2-GEOG 08:30-09:45 (75 min)
SESSION-2 Starting Time: 10:45	2A(204) 2B(203) 2C(202) 2D(201)	S2-CHIN_P3 10:15-11:30 (75 min) Waiting RM:201	S2-ENG_P3 10:45-11:45 (60 min) Hall	S2-ENG_P2 10:45-11:45 (60 min)	S2-CHIN_P2 10:45-12:35 (110 min)	

SESSION	VENUE	2024-01-11 THU	2024-01-12 FRI	2024-01-15 MON	2024-01-16 TUE	2024-01-17 WED
SESSION-1 Starting Time: 08:30	2A(204) 2B(203) 2C(202) 2D(201)	S2-L&S 08:30-09:45 (75 min)	S2-MATH_P1 08:30-10:00 (90 min)	S2-CHIS 08:30-09:45 (75 min)		
SESSION-2 Starting Time: 10:45	2A(204) 2B(203) 2C(202) 2D(201)	S2-ENG_P4 10:30-12:00 (90 min) Waiting RM:201,202	S2-MATH_P2 10:45-11:45 (60 min)			

**HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)**  
**2023-24 First Term Examination Timetable (Secondary 3)**

SESSION	VENUE	2024-01-04 THU	2024-01-05 FRI	2024-01-08 MON	2024-01-09 TUE	2024-01-10 WED
SESSION-1 Starting Time: 08:30	3A(305) 3B(306) 3C(307) 3D(309)	S3-ENG_P1 08:30-09:45 (75 min)	S3-ENG_P2 08:30-09:30 (60 min)	S3-MATH_P1 08:30-10:00 (90 min)	S3-CHIS 08:30-09:45 (75 min)	S3-L&S 08:30-09:45 (75 min)
SESSION-2 Starting Time: 10:45	3A(305) 3B(306) 3C(307) 3D(309)	S3-GEOG 10:45-12:00 (75 min)	S3-CHEM 10:45-11:45 (60 min)	S3-MATH_P2 10:45-12:00 (75 min)	S3-ENG_P4 10:30-12:00 (90 min) Waiting RM:205,305	S3-BIO 10:45-11:45 (60 min)

SESSION	VENUE	2024-01-11 THU	2024-01-12 FRI	2024-01-15 MON	2024-01-16 TUE	2024-01-17 WED
SESSION-1 Starting Time: 08:30	3A(305) 3B(306) 3C(307) 3D(309)	S3-CHIN_P1 08:30-10:00 (90 min)	S3-HIST 08:30-09:45 (75 min)	S3-ENG_P3 08:30-09:30 (60 min) Hall	S3-PHY 08:30-09:30 (60 min)	
SESSION-2 Starting Time: 10:45	3A(305) 3B(306) 3C(307) 3D(309)	S3-CHIN_P2 10:45-12:35 (110 min)			S3-CHIN_P3 10:30-12:10 (100 min) Waiting RM:201	

**HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)**  
**2023-24 First Term Examination Timetable (Secondary 4)**

SESSION	VENUE	2024-01-04 THU	2024-01-05 FRI	2024-01-08 MON	2024-01-09 TUE	2024-01-10 WED
SESSION-1 Starting Time: 08:30	4A(205) 4B(206) 4C(207) 4D(208)	S4-CS 08:30-09:50 (80 min)	S4-CHIN_P1 08:30-10:00 (90 min)	S4-CHIS 08:30-10:30 (120 min) X2: 205  ----- S4-ICT 08:30-10:00 (90 min) X2: 206  ----- S4-TH 08:30-09:30 (60 min) X2: 207	S4-CHEM 08:30-10:00 (90 min) X2: 205 X3: 206	S4-ENG_P1 08:30-10:00 (90 min)
SESSION-2 Starting Time: 10:45	4A(205) 4B(206) 4C(207) 4D(208)	S4-ENG_P3 10:45-12:45 (120 min) Hall	S4-CHIN_P2 10:45-13:00 (135 min)			S4-ENG_P2 10:45-12:15 (90 min)

SESSION	VENUE	2024-01-11 THU	2024-01-12 FRI	2024-01-15 MON	2024-01-16 TUE	2024-01-17 WED
SESSION-1 Starting Time: 08:30	4A(205) 4B(206) 4C(207) 4D(208)	S4-GEOG 08:30-10:00 (90 min) X1: 205 X3: 206	S4-CLIT_P1 08:30-10:30 (120 min) X3: 205  ----- S4-ECON 08:30-10:00 (90 min) X3: 206  ----- S4-PED 08:30-09:30 (60 min) X3: 207  ----- S4-VAD 08:30-11:00 (150 min) X3: Art RM	S4-MACO_P1 08:30-10:00 (90 min)	S4-BIO 08:30-10:00 (90 min) X1: 205 X2: 206	S4-BAFS 08:30-09:45 (75 min) X1: 205  ----- S4-HIST 08:30-09:45 (75 min) X1: 206  ----- S4-PHY 08:30-10:00 (90 min) X1: 207
SESSION-2 Starting Time: 10:45	4A(205) 4B(206) 4C(207) 4D(208)		S4-CLIT_P2 11:00-13:00 (120 min) X3: 205	S4-MACO_P2 10:45-12:00 (75 min)		S4-ENG_P4 10:30-12:30 (120 min) Waiting RM:201,202

**HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)**  
**2023-24 First Term Examination Timetable (Secondary 5)**

SESSION	VENUE	2024-01-04 THU	2024-01-05 FRI	2024-01-08 MON	2024-01-09 TUE	2024-01-10 WED
SESSION-1 Starting Time: 08:30	5A(104) 5B(105) 5C(106) 5D(209)	S5-ENG_P3 08:30-10:30 (120 min) Hall	S5-MACO_P1 08:30-10:45 (135 min)	S5-CLIT_P1 08:30-10:30 (120 min) X3: 104  S5-ECON 08:30-10:30 (120 min) X3: 105  S5-PED 08:30-09:45 (75 min) X3: 106  S5-VAD 08:30-12:15 (225 min) X3: Art RM	S5-CS 08:30-09:50 (80 min)	S5-CHIN_P1 08:30-10:00 (90 min)
SESSION-2 Starting Time: 10:45	5A(104) 5B(105) 5C(106) 5D(209)	S5-BIO 11:00-13:00 (120 min) X1: 104 X2: 105	S5-MACO_P2 11:15-12:30 (75 min)	S5-CLIT_P2 11:00-13:00 (120 min) X3: 104	S5-MAM1 10:45-12:15 (90 min) M1: 104  S5-MAM2 10:45-12:15 (90 min) M2: 105	S5-CHIN_P2 10:45-13:00 (135 min)

SESSION	VENUE	2024-01-11 THU	2024-01-12 FRI	2024-01-15 MON	2024-01-16 TUE	2024-01-17 WED
SESSION-1 Starting Time: 08:30	5A(104) 5B(105) 5C(106) 5D(209)	S5-ENG_P1 08:30-10:00 (90 min)	S5-BAFS_P1 08:30-09:30 (60 min) X1: 104  S5-HIST_P1 08:30-10:00 (90 min) X1: 105  S5-PHY 08:30-10:30 (120 min) X1: 106	S5-GEOG 08:30-10:45 (135 min) X1: 104 X3: 105	S5-CHEM 08:30-10:30 (120 min) X2: 104 X3: 105	S5-CHIS 08:30-10:45 (135 min) X2: 104  S5-ICT 08:30-10:30 (120 min) X2: 105  S5-TH 08:30-09:45 (75 min) X2: 106
SESSION-2 Starting Time: 10:45	5A(104) 5B(105) 5C(106) 5D(209)	S5-ENG_P2 10:45-12:15 (90 min)	S5-BAFS_P2 10:45-12:45 (120 min) X1: 104  S5-HIST_P2 10:45-12:15 (90 min) X1: 105	S5-ENG_P4 11:15-13:15 (120 min) Waiting RM:301,302		

**HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)**  
**2023-24 Mock Examination Timetable (Secondary 6)**

SESSION	VENUE	2024-01-08 MON	2024-01-09 TUE	2024-01-10 WED	2024-01-11 THU	2024-01-12 FRI
SESSION-1 Starting Time: 08:30	HALL	S6-CHIN_P1 08:30-10:00 (90 min)	S6-ENG_P1 08:30-10:00 (90 min)	S6-ENG_P3 08:30-10:30 (120 min)	S6-MACO_P1 08:30-10:45 (135 min)	S6-CS 08:30-10:30 (120 min)
SESSION-2 Starting Time: 10:45	HALL	S6-CHIN_P2 10:45-13:00 (135 min)	S6-ENG_P2 10:45-12:45 (120 min)	S6-ENG_P4 11:15-13:15 (120 min) Waiting RM:201,401	S6-MACO_P2 11:15-12:30 (75 min)	

SESSION	VENUE	2024-01-15 MON	2024-01-16 TUE	2024-01-17 WED	2024-01-18 THU	2024-01-19 FRI
SESSION-1 Starting Time: 08:30	401/ 402/ 403 /Art RM	S6-BAFS_P1 08:30-09:45 (75 min) X1: 401 ----- S6-HIST_P1 08:30-10:15 (105 min) X1: 402 ----- S6-PHY_P1 08:30-11:30 (180 min) X1: 403	S6-GEOG_P1 08:30-11:15 (165 min) X1: 401 X3: 402	S6-CLIT_P1 08:30-10:30 (120 min) X3: 401 ----- S6-PED_P1 08:30-10:45 (135 min) X3: 402 ----- S6-VAD 08:30-12:30 (240 min) X3: Art RM	S6-CHEM_P1 08:30-11:00 (150 min) X2: 401 X3: 402	S6-CHIS_P1 08:30-10:45 (135 min) X2: 401 ----- S6-ICT_P1 08:30-10:30 (120 min) X2: 402
SESSION-2 Starting Time: 10:45	401/ 402/ 403	S6-BAFS_P2 10:45-13:00 (135 min) X1: 401 ----- S6-HIST_P2 10:45-12:15 (90 min) X1: 402 ----- S6-PHY_P2 12:00-13:00 (60 min) X1: 403	S6-GEOG_P2 11:45-13:00 (75 min) X1: 401 X3: 402	S6-CLIT_P2 11:00-13:00 (120 min) X3: 401 ----- S6-PED_P2 11:15-12:30 (75 min) X3: 402	S6-CHEM_P2 11:30-12:30 (60 min) X2: 401 X3: 402	S6-CHIS_P2 11:15-12:35 (80 min) X2: 401 ----- S6-ICT_P2 11:00-12:30 (90 min) X2: 402

SESSION	VENUE	2024-01-22 MON	2024-01-23 TUE	2024-01-24 WED	2024-01-25 THU
SESSION-1 Starting Time: 08:30	401/ 402	S6-ECON_P1 08:30-09:30 (60 min) X2: 401 X3: 402	S6-BIO_P1 08:30-11:00 (150 min) X1: 401 X2: 402	S6-MAM2 08:30-11:00 (150 min) M2: 402	S6-MAM1 08:30-11:00 (150 min) M1: 401
SESSION-2 Starting Time: 10:45	401/ 402	S6-ECON_P2 10:45-13:15 (150 min) X2: 401 X3: 402	S6-BIO_P2 11:30-12:30 (60 min) X1: 401 X2: 402		



## 有關精神健康的參考資源

1. 教育局 – 家長智 Net

「家長智 Net」是為家長而設的教育資訊網頁，方便幼稚園及中、小學的家長取得支援學童身心發展的資訊，其中包括親子關係、管教子女、兒童精神健康等。

<https://www.parent.edu.hk/>

2. 網上支援平台(a) **迎風** - 精神健康網上平台

主要支援有情緒困擾的人士，並提供相關的服務介紹，當中包括免費精神健康諮詢

<https://www.youthmentalhealth.hku.hk/>

(b) **「Open 嚟」** - 24 小時網上平台

專為 11 至 35 歲人士而設的 24 小時網上情緒輔導平台，透過文字訊息去聆聽年青人心聲。透過社交媒體和不同訊息工具與年青人溝通

<https://www.openup.hk/>

(c) **明愛連線 Teen 地** - 網上青年支援隊

為 6 - 24 歲活躍於網上並有較大成長需要的青少年提供網上外展工作

<https://it.caritas.org.hk/>

(d) **「夜貓 Online」** - 香港小童群益會

運用資訊及通訊科技工具，為面對即時危機或高危處境的青少年提供輔導服務、數碼創意及潛能發展訓練

<https://nitecat.bgca.org.hk/>

(e) **「賽馬會心理 e 療站」(JC eClinic)** - 賽馬會慈善信託基金捐助、新生精神康復會舉辦

由專業治療師提供免費網上心理治療課程，服務對象為 15 至 35 歲、面對抑鬱和焦慮情緒困擾的人士。是項計劃採用具臨床實證的「整全情緒治療」方案，包括成人版及在學青少年版本，網上平台提供豐富網上教材，治療過程中亦有專屬治療師陪伴，面談時間及形式均具彈性。

<https://eclinic.hk/>



### 3. 其他相關網站

陪我講 Shall We Talk

<https://www.shallwetalk.hk/zh/>



賽馬會平行心間計劃

<https://www.levelmind.hk/>



賽馬會情緒 GPS 心理支援計劃

<https://www.egps.hk/mental-well-being-info>



賽馬會幸福校園實踐計劃網上資源庫及搜尋器 (Search Engine)

<https://jcprojectwellbeing.hk/resources.php>



賽馬會「樂天心澄」靜觀校園文化行動

<https://www.socsc.hku.hk/jcpanda/jcpanda-initiative/>



Newlife 330 自我關懷練習

<https://www.youtube.com/watch?v=EID0MIRB4qQ&t=1>



《共建卓悅校園》主題網絡計劃

<https://wellbeingfirstschool.hku.hk/>



香港撒瑪利亞防止自殺會

<https://sbhk.org.hk/>



## References and Resources Related to Mental Health

### 1. EDB – Smart Parent Net

“Parent Smart Net” is an educational information website for parents. It enables parents with children from kindergarten to primary and secondary school levels to easily access useful information on supporting the physical and mental development of students. It includes information on parent-child relationship, parenting skills, children’s mental health, etc.

<https://www.parent.edu.hk/en/home>



### 2. Online Support Platforms

#### (a) **Headwind** – mental health online platform

Mainly supports people with emotional distress and provides related services, including free mental health consultation.

<https://www.youthmentalhealth.hku.hk/> (Chinese version only)



#### (b) **“Open Up”** – 24-hour online platform

A 24-hour online emotional counseling platform designed specifically for people aged 11 to 35. Through text messaging and connecting via social media, youth’s views can be heard.

<https://www.openup.hk/en-us>



#### (c) **Caritas Infinity Teens** – Cyber Youth Support Team

Provides online outreach service for young people aged 6-24 with developmental needs and who are active online.

<https://it.caritas.org.hk/> (Chinese version only)



#### (d) **“Nite Cat Online”** – The Boys’ & Girls’ Clubs Association of Hong Kong

Uses information and communication technology tools to provide counselling services, training on digital creativity and talent development for youth in disadvantaged conditions.

<https://nitecat.bgca.org.hk/> (Chinese version only)



**(e) Jockey Club Electronic Clinic for Psychological Service (JC eClinic)** – funded by the Hong Kong Jockey Club Charities Trust, organised by New Life Psychiatric Rehabilitation Association

Provides free online psychological treatment courses delivered by professional therapists, targeting people aged 15 to 35 who are disturbed by depression and anxiety problems. This project adopts evidence-based “Unified Protocol, UP”, including an adult version and a version for adolescents in school. The online platform provides rich online materials. The trained therapists also accompany service users throughout the treatment journey. The interview time and mode are flexible.

<https://eclinic.hk/> (Chinese version only)



### 3. Other Related Websites

Shall We Talk

<https://www.shallwetalk.hk/en/>



LevelMind@JC

<https://www.levelmind.hk/>



Jockey Club eGPS Psychological Support Project

<https://en.egps.hk/mental-well-being-info>



Jockey Club Project Well-being Online Resources Bank and Search Engine

<https://jcprojectwellbeing.hk/resources.php>



Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative

<https://www.socsc.hku.hk/jcpanda/jcpanda-initiative/?lang=en>



Newlife 330 Self-care Exercise

<https://www.youtube.com/watch?v=EID0MIRB4qQ&t=1>

(Chinese version only)



“Wellbeing-First School” Thematic Network Project

<https://wellbeingfirstschool.hku.hk/> (Chinese version only)



The Samaritan Befrienders Hong Kong

[https://sbhk.org.hk/?page\\_id=32063&lang=en](https://sbhk.org.hk/?page_id=32063&lang=en)

