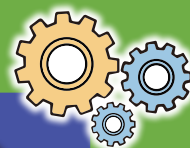


TWGHs Sun Hoi Directors' College

Magasun 2025-2026



“Learn to manage,



Nurture to cherish,



Act to excel.”



Editors' message

Dear Readers,

We are excited to welcome you to this edition of Magasun. Our goal is to support and inspire each of you on your learning journey. We know that studying English can sometimes feel challenging, but remember: every step you take opens new doors and possibilities.

This magazine is especially for you. Inside, you'll find stories, ideas, and achievements from fellow schoolmates. We hope these pages encourage you to read more, think deeply, and share your own voice with confidence.

We believe in your potential. With effort, curiosity, and a positive attitude, you can achieve great things. Let's keep learning together and make Sunners proud.

Happy reading!

Editors

Content

Editors' message.....	1
Content page.....	2

Manage

How I Tackle Challenges and Manage School Life	Vincent Hung, 1B.....	3
Overcoming Challenges in My First Year of Secondary School	Lai Yik Ling, Ellie, 1A.....	4
How to Manage Problems	Liang Hui Ran, Wynne, 3A.....	5
How Do You Manage Your School Life?	Chan Cho Sin, Ezra, 3D	6
Importance of Responsibility	Law Tsz Shing, Dicky, 4A	7
Get Well with Your Anxiety	Huang Zitong , Tina, 5A	8
How I Tackle Problems in My Life.....	Xie Cai Wei, Elva, 5D.....	9

Cherish

Cherishing Family and Friends: The True Value of Every Moment	Cheung Chun Yeung, Moses, 1B	10
Grandmother's Quiet Support.....	Tsoi Yu Ching, Evelyn, 2A	11
Cherishing Connections: Family, Friends and Trust.....	Yu Kin Yan, Agnes, 4C	12
Cherish Life.....	Chiu Yu Tong, Tim, 5A	13
Cherishing Bonds: Family and Friends	Zeng Zi Yan, Candy, 5A.....	14

Nurture

Managing My School Life: Strategies for Success	Lam Pui Shuen, Shanice, 2D	15
Growing Through Small Wins.....	Chan Yau Fung, Kevin, 2A.....	16
The Power of Goals and Growth	Jiang Ruiqian, Celia, 3A	17
From Pressure to Purpose	Chen Sai Ho, Klaus, 5A.....	18

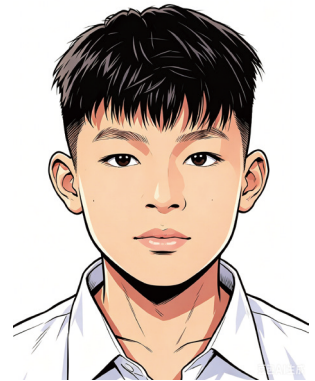
Excel

Ka Kiu's Blog: My Dream of Being a Designer.....	Wong Ka Kiu, Ashley, 1A	19
How I Aspire to Excel in My Future.....	Mok Yuen Ching, Jan, 2C	20
Exploring Nature and Setting Ambitious Goals	Kwan Pak Hin, Ivan, 4A	21
How Will I Excel in My Future?	Pan Ka Yan, Erica, 4B	22
Planning for the Future	Wong Chung Fei, Louis, 5A	23
Editors		24

Manage

How I Tackle Challenges and Manage School Life

Vincent Hung, 1B



Encountering obstacles is an inevitable part of growing up, and my journey through school has taught me valuable lessons about handling problems with resilience and optimism. Whenever I face a difficulty, whether academic or personal, I pause to reflect rather than react impulsively. This moment of calm lets me analyse the situation objectively, breaking it down into manageable parts to identify the root cause. For instance, when I struggled with Mathematics last term, I realised my anxiety stemmed from not understanding certain concepts, not the subject itself. Before a big exam, I felt overwhelmed, but after pinpointing the specific topics I found challenging, I could focus my efforts more effectively.

Seeking support is my next step. I reach out to trusted friends, who often share similar experiences and offer empathy, as well as to my parents, whose encouragement helps me see things from a broader perspective. Teachers also play a crucial role; their advice and willingness to explain difficult topics have been instrumental in my progress. For example, my English teacher once stayed after class to help me improve my essay writing, which boosted my confidence. After gathering different viewpoints, I formulate a practical plan, such as creating a study timetable, attending tutorials, or collaborating with classmates to review materials. By setting clear goals and tracking my progress, I regain a sense of control and direction.

Maintaining a positive attitude is essential throughout this process. I remind myself that every challenge is an opportunity for growth, echoing the message from the inspirational video about Mr Jensen: sometimes what appears to be a problem is actually a hidden talent waiting to be discovered. When setbacks occur, I try to learn from them rather than dwell on disappointment. To balance schoolwork and friendships, I establish routines that include time for homework, revision, and participation in sports teams and clubs. These activities relieve stress and strengthen my relationships, making school life more enjoyable and meaningful. For example, joining the basketball team helped me make new friends and taught me the value of teamwork.

In summary, managing problems and school life requires self-reflection, seeking help, strategic planning, and optimism. By embracing these steps, I have become more resilient and confident, ready to face future challenges with determination and hope.

Overcoming Challenges in My First Year of Secondary School

Lai Yik Ling, Ellie, 1A

Hi! I'm Ellie from Class 1A. Learning in secondary school is hard for someone who has just graduated from primary school, so I faced many challenges when I first arrived. One particular challenge was difficult to overcome.



Yes, subjects — you heard me right! Let me explain. In primary school, the subjects are basic and easy to understand: languages, mathematics, PE, art, music, etc. The same applies in secondary school, but with extra subjects such as history, geography and science. I'm pretty sure there are also some subjects only for the senior forms.

Learning new subjects is difficult for a Form 1 student. Studying several subjects for a test or exam means you need to pay extra attention in class. For some students, it's hard to concentrate when their gaze is glued to their surroundings rather than the teacher. You also have to remember a lot of facts — Greek history, how to round a number to the nearest hundred, and so on. It's frustrating and stressful; I'm already feeling overwhelmed before I even make it to S2! The worst part is that you have to take written assessments for eight days instead of four for the exam.

But the biggest challenge of all was learning classical Chinese writing. The ancient Chinese style makes you sound like a millennial elder! I'm not very strong in Chinese, and when I see it in an exam, I feel desperate. When the exam asks me to write what a word means, I sometimes put a random word that sounds right enough. For multiple-choice questions, I try to eliminate the least likely option and then gamble on the remaining choices; it's better to answer than not to.

So, how am I trying to overcome those challenges? The idea is simple: I pay attention in class and study at home. I also read a book I bought from the book fair last year that explains how classical Chinese writing works.

The second-term assessments are coming, and I hope you have studied enough for them! I haven't studied yet, but I'm sure I can force myself to.

How to Manage Problems

Liang Hui Ran, Wynne, 3A

We face problems every day, from small daily issues to challenges with studying and relationships with friends and family. From my perspective, problems should be solved step by step.

First, to avoid relying on others, I try to tackle the problem myself. There are several ways to do this. For example, we can search online or ask an AI chatbot for help. Libraries also allow us to look for information in books. Learning to search for information in different ways helps you gain more knowledge. If I am still unable to solve the problem, I will politely and pleasantly ask my friends or teachers for assistance.



Making a plan is also a vital step in addressing an issue. Procrastination negatively affects problem solving and can prevent us from finishing on time. Therefore, to avoid procrastination, we should make a clear plan. Creating a timetable and placing it somewhere visible on your desk may help you avoid forgetting the task, so you can cope with the problem in time. After all, good time management plays a significant role in solving problems.

For relationship problems, such as an argument with friends or parents, we should keep communicating. Remember, communication is the key to better understanding. If you do nothing wrong, don't dwell on the past, regret it, or feel sorry all the time. Staying positive is also important. Treat the task as a game challenge — it can be motivating. Therefore, keeping an optimistic attitude helps you solve problems more effectively.

In conclusion, there are many methods to manage problems. I hope you find one that suits you.

How Do You Manage Your School Life?

Chan Cho Sin, Ezra, 3D

In a life full of problems and hard times, I tend to struggle and panic. Then I end up avoiding my problems and making things worse. This was a bad habit, so I needed a solution — a new life. I used to have no goals in my school life. I just attended my lessons, drew on my books, and daydreamed until I realised that I shouldn't waste my talents and time like that.



The first thing I did was trying to make a routine. I wrote down everything I had to do in a week, making a list of the things I needed to accomplish each day. For example, on Friday, I have drum lessons, so I need to go home early and finish most of my work. But then I found out it didn't really work because I always forgot about it, and sometimes I was too lazy to make a routine. I hated it this way, so I came up with a second solution.

Instead of doing everything on my own, I asked my friends and parents to remind me. Of course, I can't always count on them, so I keep notes about my tasks on my phone. Soon enough, I managed to get back into my routine. Now my friends help remind me about homework when I forget. Speaking of homework and making time for friends, I also make time for them. After school, I always walk home with my friends or ask them to help me with my homework. It's like we work together as a team, helping each other because friendship is magic.

To make my school life more enjoyable, I have decided to spare some free time for myself. I participated in school competitions, such as designing a traditional Chinese carrier.

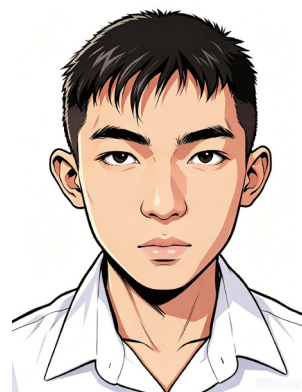
I have also decided to discover my talents, like drawing. There are also things I have done since I was a child, such as reading books about space, because I love space so much.

At last, I have created a school life that I can manage with the support of my friends and family. I hope this continues so that I can keep improving myself.

Importance of Responsibility

Law Tsz Shing, Dicky, 4A

Have you ever wondered why we need to be responsible for the things in our lives? In society, people even set up laws to make us follow rules. When we do not follow the rules, we must face punishment or consequences. You might find these rules annoying. If so, read the following paragraphs — they may answer your questions.



Have you thought about what could happen if you were responsible for everything in your life? Let me give you some examples to help you think. If you are responsible for your studies, or even just your homework, you will not hand it in late or forget tasks because you will remember your responsibilities. If you do forget, it may result in detention and a penalty to your conduct marks. For another example, imagine you misbehave or break the rules: you will be shouted at by disciplinary teachers as punishment. Think further: when you finish your studies and start working, you face more limitations and need to be more responsible for your actions. After reading these examples, you should realise that being responsible is extremely important throughout life.

As a student, you are responsible for your learning and should work hard to achieve good grades in examinations. The years of free compulsory education are supported by taxes from your parents and other citizens of Hong Kong, and by donations from kind people. In other words, our education relies on the assistance of many people. Therefore, we should be responsible for our studies and repay the contributions they make. Otherwise, free education may no longer be provided for us. Also, remember that you are part of your family, so you need to be responsible at home, too. You should do some housework to reduce your parents' stress, since they work hard to support the family. As a result, the relationship between you and your parents will improve.

After reading this, you should understand the importance of being responsible. It not only prevents punishment but also reduces the distance between you and your family. I hope this article inspires you to become a more responsible person.

Get Well with Your Anxiety

Huang Zitong , Tina, 5A

In the past, I was easily immersed in negative emotions. Like many of my peers, I was troubled by a few quizzes and my academic performance. Nevertheless, I couldn't help playing and worrying about my future at the same time. The feeling of anxiety was always with me. I had no idea how to fight it or drive it away.



On a normal Saturday morning, I was busy revising for an upcoming mathematics test. A few minutes later, I felt an invisible pull from my phone.

I strongly wanted to grab it and scroll through the streaming videos. After a period of psychological struggle, I chose to take my phone. Since the content on the phone was attractive, I gradually lost track of time. When my eyes felt strained, I finally realised that I had been addicted to social media for two hours, yet my revision had not progressed.

Then a strong sense of anxiety overwhelmed me. I thought about my future and felt lost. I regretted wasting so much time and became very pessimistic, so I couldn't concentrate on revising. It seemed I had fallen into a vicious circle: I neither wanted to study nor face my own mind with a clear conscience because of my indiscipline.

Out of sheer helplessness, I opened a website. It showed an article called "The Concept of Anxiety." A sentence caught my eye: "Anxiety is the dizziness of freedom." Initially, I couldn't fully understand its meaning, but I followed my curiosity and read on. The article explained why we feel anxious. In fact, anxiety often stems from having freedom. When you have too many options, it is difficult to decide and easy to become distracted, so you fail to reach your targets. That's why you feel anxious.

I had a sudden moment of clarity. From another perspective, this means that because you have the freedom to choose, you also have the ability to move away from anxiety and act immediately.

Ever since that realisation, I have learnt to make peace with my anxiety and to take back control of myself whenever it strikes.

How I Tackle Problems in My Life

Xie Cai Wei, Elva, 5D

We all face problems in life. Some are small, like losing a phone charger; others are much more serious, such as struggling with exams or falling out with a friend. No matter what the problem is, I have learned that how I manage it matters more than the problem itself.

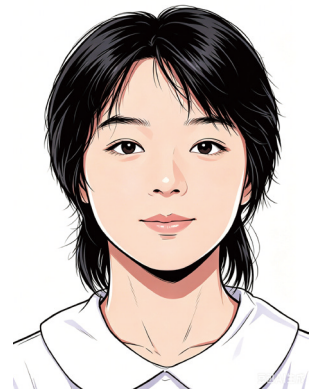
When I face a problem, my first step is to stay calm and figure out exactly what is troubling me. I find that if I rush or panic, I often make things worse. So I pause, take a deep breath and try to see the situation clearly.

I am lucky to have people I can turn to for help. My parents are always there to listen and give me practical advice. My teachers help me with problems related to schoolwork. My friends offer a different kind of support — they remind me that I am not alone. Sometimes just talking about the problem makes me feel relieved.

After I understand the problem and hear different views, I make a plan. I write down what needs to be done and break it into small steps. This helps me feel less overwhelmed. I also set a timeline to track my progress. Having a clear plan gives me confidence and stops me worrying too much.

Staying positive is not always easy, but I have developed some habits that help. First, I remind myself that no problem lasts forever. Second, I focus on what I can control instead of worrying about what I cannot. If I have a test coming up, I study hard instead of worrying about the result. Third, I make time for things that make me happy. Whether it is playing basketball, watching a funny video or spending time with my family, these activities keep me balanced.

In the end, I believe problems are not obstacles — they are opportunities to learn, improve and become stronger.

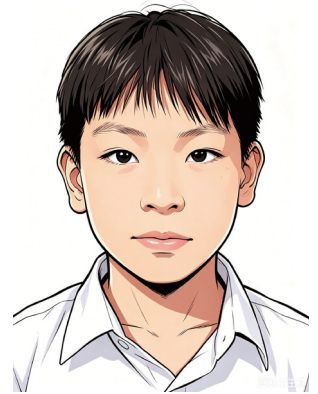


Cherish

Cherishing Family and Friends: The True Value of Every Moment

Cheung Chun Yeung, Moses, 1B

In the tapestry of life, family and friends are the threads that hold everything together. I have learnt that every second spent with loved ones is precious, and it is essential to cherish these moments wholeheartedly. Whenever I feel down or encounter difficulties, my family is always there to support me. Their kindness and patience help me overcome sadness, and their guidance teaches me valuable lessons. I often share my feelings with them, knowing they will listen with understanding and offer advice. This open communication strengthens our bond and reminds me to appreciate their unwavering support, whether it is helping with homework or simply being present during challenging times.



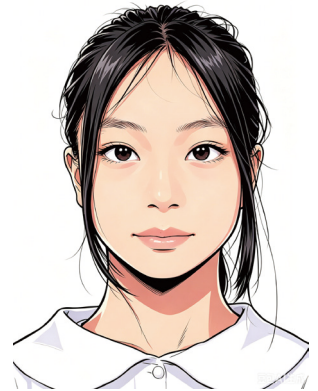
Beyond receiving support, I believe in giving back to my family. When they need assistance, I am eager to help with household chores such as washing the dishes, sweeping the floor, or tidying the house. Supporting them during their own struggles is my way of showing gratitude. For example, when my younger sibling feels stressed about school, I offer to help with their assignments or encourage them to take a break and relax together. I listen carefully to their concerns, especially when I make mistakes, and strive to learn from their wisdom. Trust is another cornerstone of our relationship; when I have secrets, I know my family will keep them safe, and I am trusted to do the same.

Cherishing loved ones extends to friends and teachers as well. It means valuing every interaction, listening, supporting, and being trustworthy. For instance, when a friend confides in me about a problem, I make sure to listen patiently and offer comfort or practical help. Time is fleeting, and as people grow older, opportunities to express care may not return. Therefore, I believe that cherishing every person in my life is not only a responsibility but also a privilege. By valuing these relationships, I create memories that last and build a foundation of love and trust for the future.

Grandmother's Quiet Support

Tsoi Yu Ching, Evelyn, 2A

We all carry secrets sometimes — not the kind we keep from the world, but the ones that flicker in our hearts nonstop. I'm pretty sure you have experienced this too. I used to be one of those people. I had pressure from all directions, and even friends — the people who are supposed to support you — somehow made me feel uneasy and stressed. I was slowly collapsing under it all until someone pulled me up: my grandmother.



My grandmother has always been there for me. She was the first person to hold me as I stepped into this new world. She would bathe me while my parents were busy with trips. She's the one I grew up with. She was there for my first step and my first word. We were inseparable. Then, after some discussion between my parents, we moved a few blocks away to a new apartment. At first, my brother and I still visited her daily for tea after school.

But as days went on, those visits became less frequent. Life felt more complicated every day, and soon I started to forget — not her face, but the amazing childhood we had spent together. I'd always known something was missing, but I never realised what it was. Guilt kept growing deeper and deeper.

Then one day, my grandmother was rushed to hospital. I didn't know why, but I ran there as fast as I could. As soon as I arrived, I learned the truth. She had become heartbroken at not seeing us, and that loneliness had broken her down. I felt guilt and shame. For weeks, I brought her soup every day. As days went by, her condition began to improve, and I saw her warm smile growing brighter.

That's when I made a promise to myself: I wouldn't let busyness keep us apart. So I started to visit her every single day — not because of an emergency or because I had to bring her soup, but because it was the right thing to do. Even just having dinner with her every Tuesday and Thursday meant she no longer suffered from loneliness. Sometimes she would tell me about her childhood and how hard it was to carry four children across the ocean just to reach Hong Kong. I still find those stories fascinating, and she mentions them from time to time. On other days, we would lie on the couch watching the news while sharing the same tub of Ben & Jerry's Cookie Dough ice cream.

Now, even when days feel stressful, I still have an amazing listener to whom I can spill my feelings and cry my heart out. My grandmother isn't just a guilty memory anymore — she's in every day of my life, silently supporting me with all she has.

I love my grandmother, and I'll treasure every moment I have with her and my family.

Cherishing Connections: Family, Friends and Trust

Yu Kin Yan, Agnes, 4C

Welcome to my blog about the people I value and love in my life. I really cherish my family and friends. My family have raised me well, and my friends have been with me through all my highs and lows. Because my family and friends are dear to me, I try my best to cherish them and show my gratitude.



One way I maintain a good relationship with them is by trusting them with my feelings. I know some people find it hard to open up to their families. I try to connect with mine at dinner by putting my phone away and chatting about our day. I share my feelings and problems with them and sometimes ask for advice. Talking to my family members more helps things feel less awkward between us; the same goes for my friends. I also remember details of their lives to let them know that I truly care and that they are important people in my life.

When my family or friends need support, I will always be there. Once, a friend was failing a subject; I listened to her problems and did my best to explain the material. From my perspective, true friends support each other no matter what the problem is.

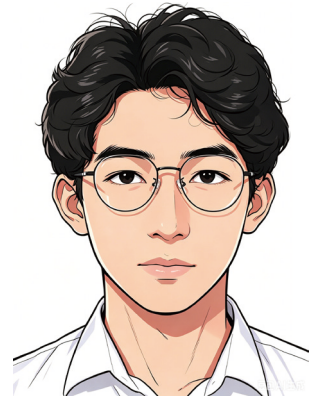
My family and friends often give me advice or help me with things. Most of the time I accept their offers and listen, but sometimes I can get defensive, especially when the advice sounds critical. Each time this happens, I pause, calm down and try to see things from their point of view.

Trust is the currency of all relationships. When someone tells me a secret, it means they trust me, and I would never betray that trust.

In conclusion, cherishing my family and friends is very important to me. I will continue to show up for them, listen to them and protect them — it is the most rewarding work I know.

Cherish Life

Chiu Yu Tong, Tim, 5A



I dreamt we might buy some osmanthus,
set sail with wine,
and trace the contentment that once was yours and mine.
But those who made those moments shine -
their light was so bright.
Where can I find them now,
beyond the time when the day turns to night?
The flowers bloom; the wine is ready here
Yet the hands I long to share it with,
my dear,
have slipped like petals through the grasp of time,
and left me with no answer but this rhyme.

As we all know, time slips through our fingers like a startled steed gone before we can even turn to look. The moment comes, and the moment goes by. Time asks nothing and takes everything. Therefore, we should cherish our family and friends — and even casual acquaintances.

As the saying goes, "Time waits for no man." When destiny has a sense of humour, it is called serendipity. Every encounter in life is the beginning of a chance meeting. Like two boats drifting on a boundless river, we meet for a moment, a while, or for a long time.

In this journey called life, we should learn to value the people and things around us. Sometimes we miss the beauty right in front of us because we are too busy; at other times, we hurt those we love in moments we wish we could take back. When we look back years later, we finally understand that what we once took for granted mattered most. Therefore, we should keep a grateful heart to enrich our lives, deepen them, and make them more wonderful.

We also need to learn to let things go — to release the grip of past attachments and regrets that weigh upon the present. Life is a journey, and uneven roads will always meet our feet. Unsatisfactory things may surround us, but we cannot afford to stall where we stumbled or drown in the shallows of what might have been. Instead, we should face the future with courage, embrace challenges and seize opportunities. Turn each lesson into forward motion: with every misstep, trust in your own strength, for our life still stretches before us. Cherish every gathering, whether the warm moments spent with family, the laughter shared with friends, or the fleeting grace of a stranger's smile. Cherish the strolls under sunlight and the contemplation under the stars. These are the most beautiful moments of life. Slow your steps to feel them, hold them and enjoy them — not only in your heart. They will accompany you through every season and become the most precious memories you leave behind.

To conclude, it is no exaggeration to say that every memory and every moment we spend with friends, family and even casual acquaintances is like an unforgettable, permanent flower blooming in the river of my memories.

Cherishing Bonds: Family and Friends

Zeng Zi Yan, Candy, 5A

Family and friends are the most precious gifts in our lives. They bring joy, understanding and support. Therefore, cherishing them means valuing their presence and nurturing the bonds we share. They not only make our life journey more enjoyable but also help us become better people.



In my daily life, I make an effort to share both my joys and struggles with my friends and family. When I encounter difficulties, whether a challenging school assignment or a personal worry, I usually do not keep them to myself. Instead, I reach out to others. Sharing problems alleviates my anxiety. At the same time, I enjoy spending time with them: we chat during free time, laugh at funny things, or simply stay there for each other. These everyday moments strengthen our connection and remind me how lucky I am to have them by my side.

Family and friendship are about mutual support. When my friends and family face problems, I do my best to help them, whether by listening patiently, offering advice or simply being there to comfort them. If they ask for my opinion, I try to give honest, thoughtful suggestions. Likewise, when they give me advice, I listen carefully because I know that they genuinely care about what is best for me. Helping each other through difficult times has strengthened and deepened our relationships.

Trust is the foundation of friendship and family. They know they can rely on me to keep their secrets and that I will never betray their confidence. I value their trust deeply and always treat it with care. In return, I trust them too: they respect my feelings and keep my private matters safe. This mutual trust allows us to be open and honest with each other, creating a safe space where we can truly be ourselves.

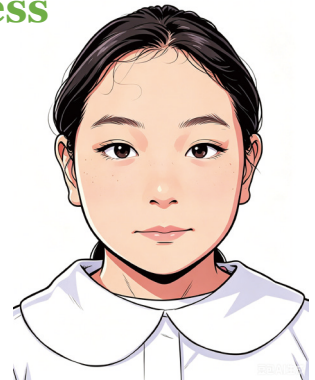
In conclusion, cherishing friends and family means being present, supportive and trustworthy. I am grateful for them in my life and will always treasure the bonds we share because true friendship and family are two of the most beautiful things a person can have.

Nurture

Managing My School Life: Strategies for Success

Lam Pui Shuen, Shanice, 2D

School life can be challenging, especially when juggling homework, friendships, and extracurricular activities. In the past, I often found myself overwhelmed, staying up late to finish assignments and feeling exhausted during lessons. However, through trial and error, I have developed several effective strategies to manage my school life more efficiently and positively.



Firstly, I have learned the importance of planning ahead. Each morning, I record my homework and tasks in my school handbook, and I use my phone to set reminders for important deadlines. This habit helps me stay organised and prevents me from forgetting crucial assignments. When I encounter difficulties, I no longer hesitate to seek help. Previously, I was reluctant to ask questions, fearing that others might laugh at me. Yet, after reaching out to a friend for assistance with my science homework, I realised that collaboration not only clarifies doubts but also strengthens relationships. Teachers and classmates are valuable resources, and their support has been instrumental in my academic progress.

Balancing schoolwork and friendships is another essential aspect of my routine. I prioritise completing my homework before engaging in leisure activities, which allows me to focus better and enjoy my free time without stress. Sometimes my friends and I study together, helping each other with challenging subjects, then relax and play games. This approach fosters a sense of teamwork and mutual encouragement. Additionally, I participate in sports teams and school clubs, which provide opportunities to develop new skills and build confidence. After training or club meetings, I set aside time for revision and ensure I get enough rest to recharge for the next day.

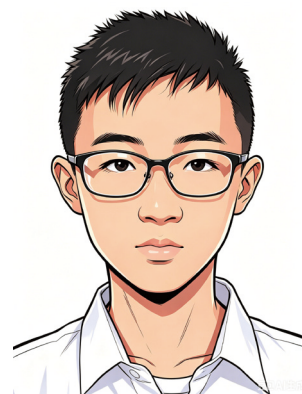
Ultimately, managing school life requires a combination of organisation, communication, and self-care. By planning my schedule, seeking support, and maintaining a healthy balance between academics and activities, I have become more resilient and optimistic. Inspired by messages from Mr Jensen and Matt Cutts, I believe that small changes and encouragement can lead to significant personal growth. With these strategies, I am able to enjoy school life and face challenges with a positive attitude. I hope my experiences can help others find their own path to success.

Growing Through Small Wins

Chan Yau Fung, Kevin, 2A

Hello everyone — I am sure you have had difficult problems before, so I would like to share how to handle them.

When I was young, in P1, my English was really poor — you can't imagine. You would think a word like 'apple' is easy to spell, but I couldn't. I was frightened of English examinations because I always got an F.



I couldn't accept this terrible situation, so I wanted to change. I asked my English teacher for some tips. My teacher said, "Try to make English fun for you." After that, I tried to speak English with my friend. Ken used English, and I liked it too. We often used English words as jokes, and we laughed all day long.

Eventually, another English exam arrived. I stayed calm and felt relaxed about it. Then I got an "A". I felt over the moon because I had never had such an amazing result in my life. I learnt that small changes can lead to big personal growth. You don't need a huge transformation — trying one small new thing can boost confidence and motivation.

Because of this, I formed a group with my friends where we could play games, hang out, travel together in English, and more. As a result, we were all in the top 10 in our English class at school. We also needed to balance other subjects, so we often studied together and helped each other. Your aim is to find a group of people who challenge and inspire you, and who will spend a lot of time with you. If you can't do this, all I have to say is: it's better to be alone than in bad company — it will change your life.

In addition, I also joined sports teams, clubs, and activities. At first, I did not know which activities I wanted to join. However, my teachers, friends, and classmates recommended basketball and English drama because they said I was tall and good at English. Therefore, I joined these activities. After a month, I felt I loved being on the basketball team and in English drama because I made new friends and kept fit. I also earned many achievements through these activities. I learnt that everyone has unique gifts waiting to be discovered, so try to learn about yourself and step out of your comfort zone.

Finally, time becomes more meaningful when you try new things. Therefore, don't waste your time — try something new today instead of waiting. You've got this!

The Power of Goals and Growth

Jiang Ruiqian, Celia, 3A

Looking ahead, I am convinced that intentional goal-setting and continuous growth will be the keys to my future success. My journey begins with a clear academic goal: to work diligently through my senior years and gain admission to a university. It aligns with my passion for social science and creative communication. This means not only getting good grades but also actively engaging in lessons, joining discussion groups, and seeking mentorship from teachers to deepen my understanding of complex topics. I know that every study session and every question I ask in class is a step toward building the knowledge and critical thinking skills I will need to thrive in higher education and beyond.



Beyond academics, I am committed to lifelong learning and skill development. In a rapidly changing world, technical and soft skills are equally vital, so I plan to master digital tools like graphic design and basic coding, which will open doors in fields like media and education. I also aim to refine my leadership and public-speaking abilities by taking on more responsibilities in student organisations — like I did as a student ambassador and leader in school activities. These experiences will teach me to collaborate effectively, solve problems under pressure, and inspire others — qualities essential to success in any career.

Equally important to my future is nurturing relationships. I want to care for my parents, who have sacrificed so much to support my dreams. As I grow older, I hope to ease their burdens by helping with household chores, listening to their concerns, and eventually assisting them financially. For my friends from Sun Hoi, I promise to stay connected even as our paths diverge. We have shared laughter, tears, and countless memories at school, and I will make time to meet, celebrate milestones, and support one another through life's challenges.

Finally, I hope to travel and explore new cultures, broadening my perspective and helping me become a more empathetic global citizen. Moving out on my own will also teach me independence and resilience, preparing me to face the world with confidence. These relationships have nurtured and supported me, making me who I am today.

From Pressure to Purpose

Chen Sai Ho, Klaus, 5A



As students of Sun Hoi, we often find ourselves standing at a crossroads, looking for a future that feels both exciting and intimidating. Indeed, many students feel overwhelmed when asked how to excel in the future, as academic grades and decision-making come to mind, increasing the pressure on them. However, that pressure can be transformed into a motivating force on the path to success.

Thinking of the uncertainty of the future reminds me of myself studying in the self-study room with mountains of chemistry and physics papers stacked on my desk. The weight of the upcoming exams felt like a physical burden.

I seldom doubt my ability to study, but this time I felt sceptical about the purpose of achieving high exam grades. Honestly, I almost gave up, losing perseverance and hope, but just before that, my class teacher walked by. He did not lecture me about my grades; instead, he sat down and helped me break my revision into small, fifteen-minute tasks, which inspired me not to give up.

The moment taught me the power of being nurtured. We do not walk this path alone. Whether it is a teacher offering a word of wisdom or our parents preparing a warm meal after a long day, these significant others provide an emotional foundation that allows us to take risks. This nurturing is like a safety net; it gives us the confidence to aim higher because we know we have support if we fail.

Looking ahead, I see a future in which I continue to excel by setting ambitious goals. Whether my path leads to a local university or a career abroad, my aim is to never stop learning. I hope to travel and experience the world, but I also plan to stay connected to my Sun Hoi roots, which have cared for me.

Excel

Ka Kiu's Blog: My Dream of Being a Designer

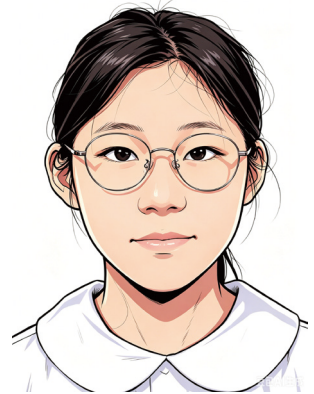
Wong Ka Kiu, Ashley, 1A

I'm Wong Ka Kiu, Ashley. I am an introverted and creative person. My future dream is to be a designer. I want to be a fashion designer because I am good at observing and imagining.

My strength is drawing. I have been learning fashion design for four years. I learned it from my Art teacher. I started learning when I saw a magazine about clothes and models. I was attracted to the glamorous dresses and the beautiful faces of the models. Then I wanted those models to wear my own clothes and walk on stage. I feel a sense of success when people like the clothes I design.

If I want to be a designer, I need to improve my design thinking. I need to learn business logic and consider users' requirements. In the future, I hope to improve my tailoring skills by watching online videos and taking notes. I will also complete many projects, applying what I've learned each week.

I want to study in the Faculty of Arts at the University of Hong Kong because this course teaches the history of art from different countries. If I study this course, I can improve my taste and broaden my design ideas. I will also take design courses and join design competitions to make my dream come true. I believe I can enrich my ideas and learn from other talented designers in international fashion competitions.



How I Aspire to Excel in My Future

Mok Yuen Ching, Jan, 2C



Excelling in life is not merely about achieving high marks or winning awards; it is about cultivating virtues and embracing growth, even in the face of uncertainty. As I look ahead, I believe that resilience, curiosity and compassion are the cornerstones of true success. Inspired by stories like Mr Jensen's encouragement of Clint, I have come to realise that a single act of belief can transform a person's life. For example, when Clint's constant tapping was seen as a problem by most teachers, Mr Jensen recognised it as a sign of musical talent. This simple shift in perspective unlocked Clint's confidence and passion, showing me that what appears to be a weakness may actually be a hidden strength. Therefore, I strive to nurture self-belief and to see challenges as opportunities to discover my own unique gifts.

When I encounter obstacles, I remind myself to stand tall, to reflect on my mistakes, and to approach each setback with hope and rationality. For instance, when I struggled with mathematics last year, I felt frustrated and discouraged. However, instead of giving up, I reached out to my teacher for extra help and formed a study group with classmates. Through their support and my determination, I gradually improved my grades and gained a deeper understanding of the subject. I have learnt to seek advice from my parents and teachers, who guide me with wisdom and patience, and from friends, who offer support and understanding. By making thoughtful plans and setting realistic goals, such as creating a weekly study schedule and breaking large tasks into smaller steps, I am able to break the cycle of fear and repetition and, instead, build a future that is both meaningful and fulfilling.

In the coming years, I hope to expand my horizons beyond the classroom. I am eager to explore new hobbies, such as pottery, painting, or even learning a musical instrument, as I believe that trying something new for thirty days can spark personal growth and make life more memorable. Inspired by Matt Cutts's idea of small changes, I once challenged myself to write a journal entry every day for a month. This simple habit helped me reflect on my experiences and appreciate the little moments in life. I also wish to travel and experience different cultures, which will help me develop empathy and a broader perspective. For example, visiting Japan last summer opened my eyes to new traditions and ways of thinking, making me more open-minded and adaptable.

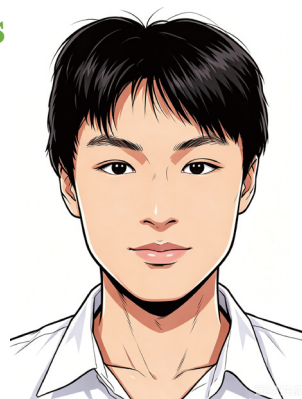
While I am determined to pursue academic excellence and perhaps attend university, I understand the importance of balancing ambition with gratitude. I will cherish my family, caring for them as they have cared for me, and remain loyal to my friends, even as life changes. I hope to support my parents as they grow older and stay connected with my schoolmates, the Sunners, no matter where life takes us. Ultimately, my goal is to live with integrity, to support others in need, and to continue learning with an open and hopeful heart. Whether or not I achieve every dream, I am committed to living each day with purpose, kindness and the courage to embrace the unknown. By focusing on growth, connection, and self-belief, I am confident I can excel in the future and make a positive difference in the world.

Exploring Nature and Setting Ambitious Goals

Kwan Pak Hin, Ivan, 4A

Have you ever been to a European country? Have you ever explored nature? How do you set goals? Before you answer these questions, please read the following.

I have a range of goals I want to achieve before I am 50. I want to achieve them while I am young. One day I asked my friend, “Have you ever thought about your goals?” He looked confused and said, “I want to graduate from a renowned tertiary institution. After I finish my degree, I will secure a high-paying job so that I can do anything when I am old.” For him, the goals are mainly about making more money.



Among my many goals, the first is always to explore nature — for example, to travel to Iceland. I believe a truly intelligent person is someone who has explored the world firsthand, not only through books. My parents often ask why I do not visit famous historical buildings such as the Leaning Tower of Pisa or Tower Bridge in London. I always reply, “These historical sites are so traditional and boring.”

To achieve my goal, I first need to improve my English. If I am not fluent in English, I will face many problems because of language barriers. Therefore, I will keep learning new words every day and listen to English channels on YouTube and TV.

Although many popular tourist activities include chasing the Northern Lights and visiting the Blue Lagoon, I think the most important thing is to learn the local culture and develop cultural awareness. In this way, I can broaden my perspective on other cultures and histories. This will help me reach various milestones in life.

After I share my goal, I hope you will set an inspiring goal for yourself. To attain your goal, you need to make plans and develop strategies that lead you to it step by step. I also hope you will move out of your comfort zone to do something meaningful. When you are old and look back, you will have no regrets.

How Will I Excel in My Future?

Pan Ka Yan, Erica, 4B



As I approach my senior secondary years, I reflect on the trajectory of my future. The question "How will you excel in your future?" is not just a prompt but a challenge to envision a life shaped by ambition, resilience and moral purpose.

My foremost aspiration is academic excellence. I am committed to achieving outstanding results in my final examinations, aiming for Level Five in Chemistry. This goal is not only about grades but about cultivating discipline and intellectual curiosity. Success in my studies will pave the way for admission to Hong Kong Polytechnic University, where I intend to pursue a five-year nursing programme. Upon graduation, I hope to contribute meaningfully to the healthcare sector, supporting patients and families during their most vulnerable moments.

My journey does not end with university. I believe in lifelong learning and continuous self-improvement. After gaining experience as a nurse, I aim to specialise in cardiology, driven by a fascination with the human heart. To achieve this, I plan to save diligently and invest in further studies, ensuring I remain at the forefront of medical knowledge. I am also eager to acquire practical skills, such as obtaining a driving licence, which will enhance my independence.

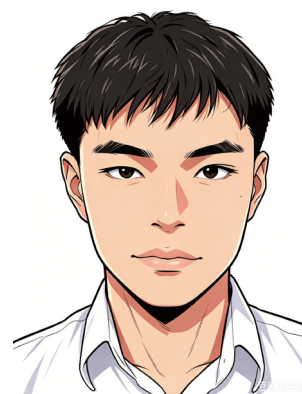
Beyond professional ambitions, I am passionate about broadening my horizons through travel. Visiting every Disneyland in the world is a whimsical dream that symbolises my desire to explore diverse cultures and perspectives. I look forward to experiencing local traditions, tasting new cuisines and making friends from different backgrounds. Eventually, I hope to settle in England, purchase a home and create a nurturing environment for my family. Despite this relocation, my commitment to my parents remains unwavering. I will return to Hong Kong regularly to care for them, recognising that their roots and cultural identity are deeply intertwined with the city. Daily phone calls will bridge the distance and ensure our bond remains strong.

Friendship is also an essential aspect of my future. While I may drift apart from current classmates as we pursue different paths, I am excited to forge new connections at university and beyond. Embracing change, I will seek friendships that enrich my life.

In conclusion, I am enthusiastic about the journey ahead. With determination, I will realise my dreams and make a positive impact on those around me.

Planning for the Future

Wong Chung Fei, Louis, 5A



Have you ever planned for your future? The future is abstract for everyone, which is why I want to plan early. Your future plan determines your aspirations in life. If you have no idea how to start, I will provide my future plan as a template.

To begin with, it is crucial to set goals. For example, I will take the DSE soon. As a result, I try to identify my strengths in different subjects. I have discovered that Chemistry is my strong suit; I enjoy studying organic compounds in class. Therefore, I searched university websites for programmes leading to a Bachelor of Chemistry. I found a programme that includes comprehensive chemistry, cosmetic chemistry and forensic chemistry. These areas could shape my future career options.

In comprehensive chemistry, I can strengthen my practical laboratory skills. Cosmetic chemistry provides knowledge of fragrances and formulations, which could prepare me for jobs in the cosmetics industry. Forensic chemistry teaches us how to search for clues, much like detectives at a crime scene — perhaps I would work in crime-solving in the future.

Future life can also be a process of self-directed learning. You may ask, “Why?” The development of artificial intelligence is rapid, and AI is excellent at memorising vast amounts of data and analysing it. Therefore, jobs involving large-scale data processing and routine analysis, such as some programming roles, may be affected. Because of this, I will learn skills that are harder for AI to master. For example, after securing a stable job, I will continue my studies at the Institute of Technology — VTC. I plan to learn practical skills, such as plumbing, electrical work and gas technician skills. These jobs involve fixing complex systems by hand and coping with sudden hazardous situations, which makes them difficult to automate.

Last but not least, I will care for the important people in my life. First, I plan to live with my parents after university. I will share my experiences and initial impressions of the workplace with them, and I hope to receive their support. As for my ‘Sunner’ friends, we are planning a graduation trip to Japan because we all love the country. Through the trip, we can develop practical life skills independently.

Your future can take any direction, but the most crucial element is to include self-directed learning in your plan. That way, you will be better prepared to succeed in unexpected situations.

Editors

Mr Tsoi Ka Chi, Lawrence

Ms Lam Yuen Pui, Judy

Mr Fu Tsz Kit, Anson

Ms Ho Wun Yee, Natalie

Ms Chung Yee Lin, Elaine

Mr Li Wing Lun, Warren

Ms Fung Kit Yue, Kelly

Ms Kwan Sze Wan, Christy

Mr David McDonough-Engelsberg

Mr Laurence Richard Finnerty

About us



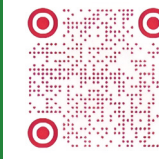
 Website



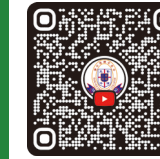
 Facebook



 Instagram



 Xiaohongshu



 Youtube

