

Bridge



Department of Health

This Newsletter aims to promote communication between schools and the Student Health Service of the Department of Health

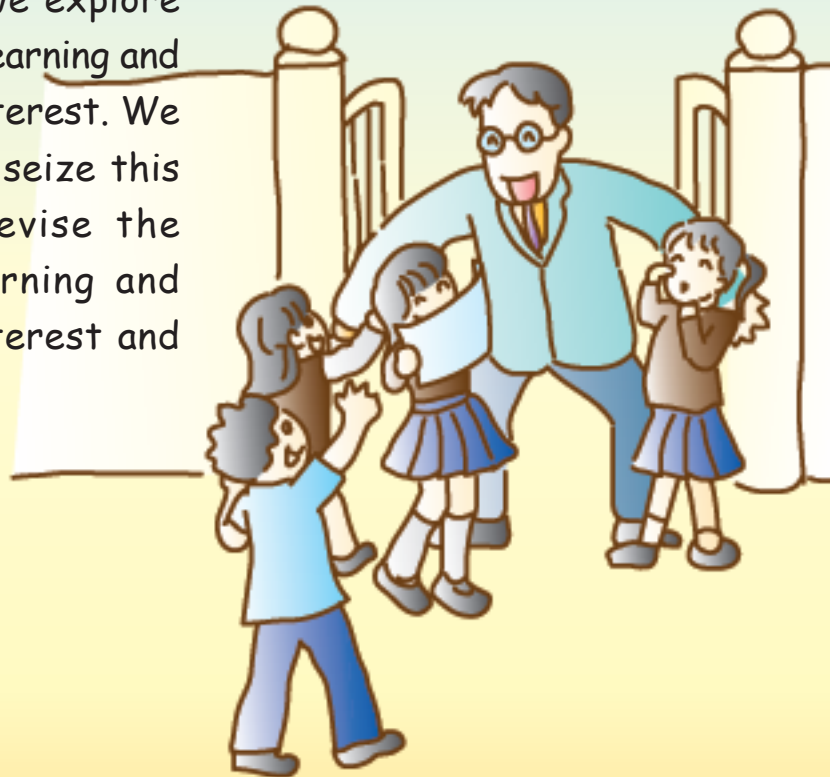
September 2007 Issue No. 36

Published by the Student Health Service, Department of Health



After a long summer holiday, it is time to start a new academic year. Many students like to set up a new study target in the new academic year. No matter what our study target is, we hope that we will gain knowledge through studying and enrich our life.

In this issue, we explore the techniques of learning and how to raise our interest. We hope that you will seize this opportunity to revise the objectives of learning and foster learning interest and skills.



From the Editor

Editorial Board Members: Dr Vivian CHAN, Ms Mary THAM G.S.,
Ms CHOI Choi-fung, Ms FAN Sau-mun, Ms TUNG Yuet-hung

Tel : 2349 4212 / 2349 2772 Fax : 2348 3968

Website : <http://www.studenthealth.gov.hk>

Foster Learning Interest and Skills of Studying

Student Health Service Nursing Administration Section

There is an old Chinese saying that 'learning is fun.' It will be a pity if students only strive for excellent academic result in school but neglect the real purpose of learning and do not enjoy the learning process. The aim of learning is to enrich our knowledge, and just memorizing the books is not the best way to learn. We should be positive and enthusiastic, and master effective learning skills to overcome learning difficulties. Then, our academic result will become better. In addition, we have to develop a healthy lifestyle and maintain a healthy body and mind in order to ensure our capability in learning.

To foster learning interest, we should know the objectives of learning first. The aim of learning is to enrich our knowledge, broaden our horizon and develop our own values. When we acquired knowledge and skills, we will build up self-esteem and self-confidence.



To foster learning interest, we can:

1 Apply what we learned

Learning will become more interesting if we can apply knowledge into daily life, e.g writing a diary, reading a map or doing sums in daily life.

2 Choose appropriate environment

We should fix a place for studying, such as a clear table in a quiet room with adequate lighting helps us to concentrate on our study and foster learning interest.



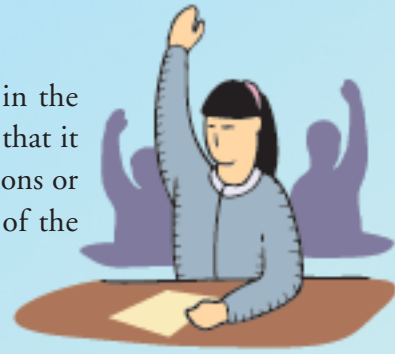
3 Enjoy the process of studying

Learning is an accumulation of experience. We should understand and accept our own abilities, set up an attainable target and learn step by step. We will enjoy the process when our knowledge slowly increases.



4 Stimulate our interest in studying

Read over the text once in advance to stimulate our interest in the subject. Ponder over the content and key points beforehand so that it would be easier to follow in class, to answer the teacher's questions or raise our own questions. We will have a stronger impression of the subject and be able to remember more.



5 Foster self-esteem and self-confidence

We should try to discover our ability, strengths, for example, neat handwriting, creativity in writing sentences etc. Don't place too much emphasis on academic result. We should appreciate the effort we have made and recognize our worth even if there is only a little improvement.



6 Support and challenge each other

We can form a study group to share our experience and knowledge. By giving support and encouragement to each other, our interest in learning will be increased.



“Interest” is a crucial stimulus for learning. It pushes you towards your target. Health also plays an important role on your way to success. Good living habits provide you with a sharp mind and a strong body. In addition, good time management and learning skills increase your learning efficiency.

Time Management:

- **Time is precious**

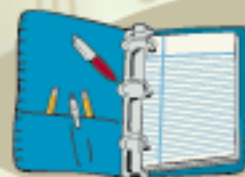
Proper time allocation will increase learning efficiency

- **Timetable/ schedule**

Timetable/schedule gives a framework in utilizing your time. When you implement it, you should be flexible. However, avoid too frequent alterations, otherwise the timetable/schedule is virtually ineffective

- **Revision time**

Time for revision should be allocated to different subjects roughly proportional to your school timetable. Weekend revision should include everything covered that week. This maximizes your ability to assimilate what you have learnt



Lifestyle:

- When doing homework or revision, avoid noisy environment and disturbances which will affect your concentration
- Adequate sleep and rest can help improve concentration. You may take a nap or a short break in the daytime to restore energy
- Keep regular hours and find out your most effective period during the day for studying



- A well balanced diet and regular exercise are good for health and enhance concentration
- Extra-curricular activities can enrich your life and relieve stress from studying. They also train up your concentration and time management skill

Learning Skills:

1 Preparation for class

- Read over the text in advance so that you can get an idea of the content and key points. Mark the part you do not understand and look up dictionaries or reference books. It will then be easier to follow in class, to answer the teacher's questions or to raise your own doubts



2 Attending a lesson

- Listen attentively during lessons. Try to comprehend the lesson and grasp the key points
- Be brave in asking and answering questions. This enhances rational thinking and the ability to express. You can also find out how much you understand as well as helps you to remember

3 Taking notes

- Jotting down key points during the lesson not only helps you concentrate but also enables you to comprehend and memorize. They act like reminders and summaries for your study
- Symbols and short forms can speed up note-taking. Colour or fluorescent pens can be used for major and minor headings or to highlight important points
- Using your own words to write the key points can promote your thinking and analytical power



4 Doing homework

- Try to finish all the homework because it helps you to understand the lessons and provides a chance for you to apply what you have learnt
- Pay close attention to the teacher's comments on your work and try to learn from your mistakes. Understand the reasons for the correct answers in order to lay a good foundation



5 Revision



- You may not have time to study the whole subject in detail before the examination. With a well-organized notebook, you can revise what you have learnt within a limited period of time
- After-class revision can help you consolidate what you have learnt on that day. Deepen your understanding towards the contents by every means, e.g. diagrams, headings and flow charts, etc
- If you find anything that you do not understand during your revision, do not just memorize it. Think carefully or ask your classmates or teachers

6 Memory

- Find out the meaning, logic, process, sequence and causality of the content. Organize them to give a whole picture so that you can understand it thoroughly
- List out the key points by means of diagrams and flow charts, etc. Imagination may help visualize the contents of the text. Pictures and graphics may consolidate your memory
- For two or more items, comparison will help find out their similarities and differences, and so enhance your memory
- Widely apply what you have learnt in your daily life, such as writing an article, keeping a diary, reading a map or doing your sums, etc



Life-long learning is a current trend and ensures a close connection with the society. Life will be much more fun if we can incorporate learning into our daily activities. I hope that students can master different learning skills and use the skills properly to solve problems when they encounter difficulties, and get good academic result in the end.



Students are expected to achieve outstanding academic result in their schooling. Everyone knows the meaning of 'no pain, no gain'. However, we will not be motivated to learn if we do not find it interesting. In addition, lack of proper learning skills results in ineffective learning. How can students enhance their interest and skills in learning? In this issue, the topic of "My view, your view" is 'To enhance the learning interest and skills, I will...' for the students to share their opinions. Let's share their learning experience below.

to study in a quiet environment

learn more vocabulary, do more exercises, do more revision

read more newspapers and extra-curricular books

keep a diary to express my feeling and experience

pay attention in class

develop different interests and participate in healthy activities and games

allocate time properly and prepare a timetable

strike a balance among rest, study, play and work

having a good result in tests will increase my drive in learning

When the examination is near, I will keep a healthy diet so that I can be strong and study hard!

study and discuss with classmates

change the content to story format to help you remember



Dear Health Box members,

How are you? My name is Hok Kan. My grades for the English subjects are very poor. Despite working very hard, there is no improvement at all. I am now studying in Primary Five and I know that the examination result will affect my choice in the selection of secondary school. I am so worried about this and I always think about it, so much so that I can't even pay attention in my lessons. I can't continue like this. Please tell me what to do so that I can go on with my study. My father said that if I continue to get bad grades, he will send me back to China to live with my grandparents and never let me come to Hong Kong again. What should I do? I have no idea; please give me some advice and opinion. Thank you.



Sheung Hok Kan

The process of learning should be fun and enjoyable. If students develop interest in reading and make it into a habit, they will enjoy studying. All parents are concerned about their children and some parents may have great expectation on their children's academic result. They hope that their children can get good grades. Too much expectation from parents will bring stress to the students. From the letter below, we can see how stressful the student was and how he needed the support and encouragement from parents and friends.



Dear Hok Kan,

Thank you for writing to us. I know that you feel unhappy and worry about your academic performance. I hope that I can help you.

Hok Kan, I understand your concern about the examination result affecting your choice in selecting secondary school, but please do not think too much about this. It is wise to concentrate on your study. You said that your English is not good. Do read more English books and magazines. Ask your teacher and discuss with your schoolmates when you have any queries. In addition, you should listen more, write more, talk more and read more. If you work hard, your grades should improve.

Hok Kan, your father is very concerned about you because he hopes that you can get a good examination result so that you can choose an ideal secondary school. Sometimes his wordings and tone of voice may be too harsh. I advise you to communicate more with your parents and express your feelings and needs to them so that they can help you. You can also tell your friends, relatives and teachers about your problems. Remember, don't keep all the things to yourself, let others understand you and help you to solve the problems. Hok Kan, when you finish all the assignments and revision, you may help with the house work so that you can spend more time with your parents. Moreover, as long as you try your best and work hard, I am sure your parents will be happy.

Your friend,
Health Box

Health Tips

Examination brings stress. To some extent stress can help us to be better prepared for the examination. However, too much stress will affect our working performance and efficiency. Appropriate expectation is important in preventing excessive stress.



Interesting Knowledge Q&A



Q. Managing time is

1. Self Management
2. Use time efficiently on worthwhile activities
3. Arrange jobs in priorities
4. All of above

(The answer can be found in the magazine)

Please write your
Name & address:
Contact Tel. No:
in the letter

For enquiries of student's health problem,
please write to 'Health Box'

Health Box
4/F, Lam Tin
Polyclinic, 99 Kai Tin
Road, Kwun Tong,
Kowloon.