

UNIVERSITY MARKETPLACE

大學廣場

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支持環保 齊創綠色校園



Office of Student Affairs
The Chinese University of Hong Kong

From the Chief Editor

Greener life, better future!

Environmental protection is one of the heated issues in the past two decades. The issue is not only discussed by politicians or alarmed by environmentalist, but is also addressed by governments all over the world taking concerted action with an aim to lower the carbon emissions.

In fact, the concern of environmental sustainability has, little by little, become part of people's life and it is also our responsibility to ensure that our environment is protected, from the production of food and clothes that we consume, to the means that we travel to school or workplace. As an individual, we can take actions and measures, too. We can help by following a 3R-rule, i.e. Reduce, Re-use and Re-cycle! Think twice before you print, reuse your shopping bag, re-cycle the used paper, reduce electricity usage, give your old clothes to the needy.....

The university is also adopting a greener campus as its target of development. A pedestrian trail was designed to connect the lower and upper parts of the campus in order to encourage walking on campus. To know more, check out the Green Campus website at www.cuhk.edu.hk/greencampus/en/ for more green tips.

Let's act now for a greener life, a better future.

Dora Dai

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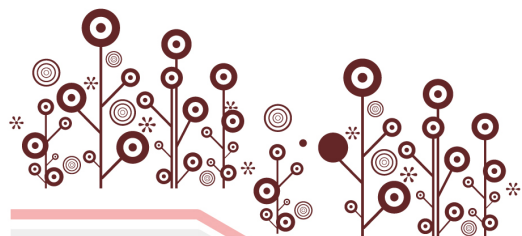
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First-class University with a Cultural Mix

Cheung Ah Li, Leah

What makes a first-class University? According to Professor Joseph Sung, the Vice Chancellor of CUHK at the “VC’s meeting with Mainland students 2010-11” held on 27th September, both hardware and software of the University are essential for an excellent University. Hardware of the University refers to the campus, college systems, facilities, etc. Software is of a more abstract concept including the objectives, the policies and the planning of the University. Different views on both software and hardware were exchanged during this annual meeting between the VC and the mainland students.

Apart from that, issues relating to the integration between Mainland and local students were the main themes most of the time. It is the first time for new Mainland students to participate in the College Orientation camp this year. The feedbacks were highly positive. Inter-cultural exchange and sense of belongings were encouraged. Students were happy to make new friends from different backgrounds to enhance mutual understanding. They also suggested that an International Orientation Day be organized for all local, non-local, and exchange students to promote a multi-cultural campus in CUHK.

Integration is a process, and it takes time. As a facilitator, the University brings students from different backgrounds together while students themselves should also be more active and open-minded to integration. The VC reconfirmed that the University would continue to provide resources and support in promoting a better environment and an all-round campus life for the Mainland students. The representative of the Mainland Undergraduate Association also expressed gratitude to the VC for all the University care and support. A group photo with everyone smiling brightly, was taken at the end of the meeting and everyone was happy to see the on-going harmonious integration in CUHK.



綠色中大 我鍾意

學生記者：如水



綠色象徵生命力、自然、和平。我們想像的大自然，是藍天白雲、青翠田野、鳥獸悠然自得。近年新聞報導中內容，不是專家警告大自然受到危害，便是自然災害日益頻繁，情況堪虞。即使綠色議題在香港社會尚未成熟，卻令不少人反思生活與自然之關係和影響，用行動回應大自然的求救。

為響應「世界無車日」，支持減少溫室氣體排放，我參加了九月二十二日的「樂步行」活動，以步行代替乘車，身體力行減少碳排放，延緩地球氣候變化。

「樂步行」開步禮

活動當日天陰微雨，我和四百多名教職員在校長沈祖堯教授的帶領下，由大學港鐵站出發至富爾敦樓拾步而上。一邊走著，我一邊和身邊的參加者談起他們為何願意那麼早參加「樂步行」活動。有不少同學表示他們本身已很關注環境保護的議題，如不把握現身表達的機會，則很難向身邊的朋友和家人推廣和宣傳環保概念和其重要性。

另一位參加者認為地球是大家的生活依歸，但其資源有限，人類需索則無限，一旦超出地球負荷，最終受害的是我們自己。故此，每一個人人都應該改變生活模式，採取各種改善環境的措施。學校則可從學生活動中灌輸環保意識，或向關注綠色議題之學生組織提供更多資源，以提高同學對環保方面的興趣。



「中大無車日」

在開步禮上，我還遇到了本身為車主的李小姐。她響應當天同時舉辦的「中大無車日」而沒有駕車上班。對她來說，汽車解決日常生活所需，帶來便利。與此同時，她期望透過改變生活習慣，讓生活變得「綠色」。在使用汽車方面，她盡量考慮更換細車，減少廢氣排放，如非必要仍不會常駕駛。在家居或工作方面，她建議大家留意是否充分利用各種資源，包括混合使用電風扇和冷氣、雙面書寫、分類可回收物品等，並以身作則，藉以感染家人和朋友，互相提醒。

個人來說，我認為校車服務是必要的，但私家車等運輸工具應可減少使用。當在中大內來往行走的車輛數量下降，廢氣相應減少排放，空氣質素亦將可改善。



綠色校園

「樂步行」活動結束了，「中大無車日」也結束了，一年後才會重來，那餘下日子我們將怎麼辦？難道我們對任何議題的關注只有一天那麼短？難道我們對理想和生活的堅持只有那麼弱？難道我們只求形式不重實際？在參加完「樂步行」後，我深深感受到學校內有一群人和我一樣，關懷我們的校園環境，願意身體力行活出「綠色生活」。

每個人的行動故然能帶來轉變，若能輔以制度上和硬件上的配合，更是相得益彰。校長沈祖堯教授在「樂步行」開步禮致辭時提到，日後校園建設工程會考慮減少斜路，增加平路，方便同學步行穿梭校園。另外，我聽說大學會在校園設計及工程著手，希望能提供一個更舒適便利的步行環境。其中，興建行人電梯連接大學站至體育館等方案正在商議當中。這些都是讓人振奮的好消息！



珍惜校園 — 中大樹木計劃

中文大學環境蒼翠如濯，樹木品種多達一百九十二種，佔全港樹木品種三分之一以上。為鼓勵同學愛惜大學的自然寶貴資源，中大樹木計劃自08年起，於校園內拍攝逾萬張校園樹木、花卉、果實和枝葉的四時照片，以三年時間，把近二百種樹木的所在位置一一標示，製成全港首個完備的校園樹木互動地圖；並設立網上短片圖文資源數據庫，讓同學及市民能夠從科學以及藝術兩種角度體驗樹木之美。

游走校園間，記起了剛開拓的中大樹木徑，午飯後跟三五同學作伴，從合一亭出發，繞過聯合瀑布、小聖堂再到達終點未圓湖。沿途山水縈紆，花木扶疏，更可透過網上的互動式地圖聲音介紹沿途所見之樹木，讓我對棲息於校園中的樹木增加了認識，更讓我對校園樹木增添了一份歸屬感。希望同學們亦一起感受這綠山城的脈搏，在這悠悠然的樹木徑留下你的生態足印。

實踐綠色校園，你亦有責！

校園環境委員會誠邀各位同學參與「環境持續大使計劃」。此計劃提供一天訓練課程，由多位專家介紹氣候變化對全球和香港的影響、如何愛護環境及推廣減少溫室氣體排放。此外，參加者亦會認識各種環保節能措施，並參與以環保署及機電工程署的「碳減排計劃」為藍本與「碳審計」有關的訓練。

在完成培訓後，各環境持續大使將獲頒發證書，並可自願參與大學部門「碳審計」的義務工作。

日期及時間：	1) 2010年11月2日(星期二) 0900 - 1700 或 2) 2010年11月6日(星期六) 0900 - 1345
地點：	中大校園(地點待定)
參加者資格：	已完成一年級的全日制本科生
名額：	有限(獲邀出席者將會收到個別通知)
報名方法：	請把個人資料和聯絡方法電郵至 attlehui@emo.cuhk.edu.hk(許小姐) 或 viviantse@emo.cuhk.edu.hk(謝小姐)
查詢：	許小姐(3163 4299 / attlehui@emo.cuhk.edu.hk) 謝小姐(3169 4444 / viviantse@emo.cuhk.edu.hk)
報名截止日期：	2010年10月28日(星期四)

綠色亦代表「行動力」的象徵，只要你我攜手，雖不至立杆見影，亦定可聚沙成塔。來吧，一起共創綠色校園！



Newly Arrived

Why CUHK?

More than 3,000 undergraduate students become our new members every year. Out of this new cohort of students, one tenth of them are non-local students. What drives them to travel along the way and choose CUHK for nurturing their academic and personal growth? Let's hear some of their stories.

Lee Chang Yoon **(IBBA, from South Korea)**

By the time I spent 5 years in an international school on the Himalayas, North India, I thought I pretty much became an Indian, and the idea of leaving India for University abroad made me sad. When I was considering which University I should head to, I read an article about CUHK in the newspaper. It was about how, as a global business center in the world, Hong Kong universities are well recognized internationally which, I believed, would help me study business in a suitable environment. Moreover, as I was going through the profiles and comments about the universities, I found out that CUHK students are friendly and in spirit like a big family. In fact, I felt it personally during the Orientation Camp of S.H. Ho College. In CUHK, everyone is caring for each other. I do not feel homesick now, and I do not feel lonely as students and staff here are really supportive and willing to help at any time I struggle, CUHK is a good choice for me.



Wang Ce **(Business Stream, from Liaoning Province, Mainland China)**



當初選擇中大，看中的是她與大陸截然不同的環境與以及更加豐富的機會。在香港這個中西文化交匯的地方，加入中大就彷彿我的一隻腳已經走出了國門，讓我既紮根於中國的土壤又有更多的機會與世界交流。如今來到這裡，我真正感受到中大那獨特的魅力，優美的校園環境、英文授課的模式、五彩繽紛的活動、豐富的各種資源，都為我提供了一個展示自己、提升自己的平台。相信四年在中大的生活，一定會成為我今後難以忘懷的經歷！

Rafael Pardo Gonzalez **(Architecture, from Mexico)**

My opportunity to come to CUHK was through the Exchange Programme of my former university in Mexico. I was impressed by Hong Kong's diversity and its role as an international hub in many aspects, I then decided to have my undergraduate programme here. Hong Kong, the city where CUHK is located, not just reminds me of NYC where I lived for two years prior to my tertiary education, but its immense competition also heightens my passion for architecture.

The challenges faced in classes enhance my reasoning ability. The programme incorporating environmental sustainable designs and the project-based approach of the courses allow me to be better prepared for handling the environmental problems in architectural design in the future. In addition, the art facilities and up-to-date equipments in the architectural studio aid me to better present my designs. Working with other fellow students enlightens me with new ideas for my projects that I would not have should I stay in Mexico.

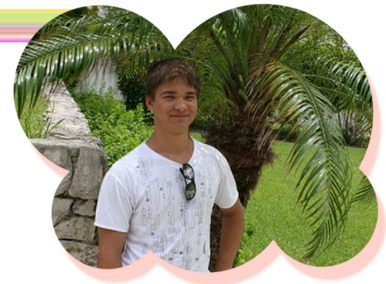


Lan Ying **(Science Stream, from Beijing, Mainland China)**

I began to know Hong Kong and fall in love with the city when I came to take English language test some time ago. And now being a CUHK student for a month, I've found many things here full of excitement and joy, especially my life in Morningside College where I can discuss ethic problems and global issues with students from Russia, Thailand, Britain, Singapore, Korea, etc. I always learn something new and interesting from my local and international friends during the Culture Night talks. We attend classes, exchange and share our own traditions, and most importantly, learn to discover ourselves together. I am really enjoying my life in CUHK.

Shakirov Timur
(Systems Engineering and Engineering Management, from Russian Federation)

I am interested in Logistics and therefore I wanted to choose a University which offer the study of this field. I would like to explore something new, and Asia is a place full of happenings that I haven't experienced before. As language barrier would be a concern for me when choosing a university, Hong Kong is a perfect choice as it is an international city in which English is also the major language. Also, logistics is one of the major industries in Hong Kong, which also attracts me to come here. I chose CUHK's Systems Engineering and Engineering Management as Logistics and Supply Chain Management is one of the major streams.



Leary Qian Li
(BBA, from Tianjin, Mainland China)



There's one thing that constantly pulls me back to stay in China when thinking about studying abroad, it's the food. I strongly believe that one's food reflects his own culture. China's got 5,000 years of food history with countless creation of dishes. Hong Kong, is the place where we serve those delicacies to the world. You could easily find Dim Sum served in bamboo steamers, mouthwatering barbecued pork, and refreshing causal drink from Huilaushan all around Hong Kong. And that's why I choose Hong Kong, for the love of food.

Wan Suchen
(Science Stream, from Hainan Province, Mainland China)

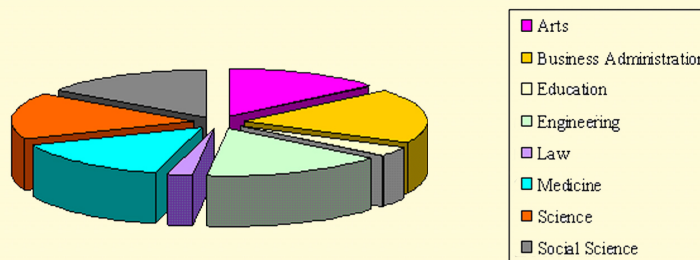


香港中文大學是我一直嚮往的校園，也是支持我渡過高考的動力。這裡自由開放平等的氛圍吸引著我，對各種人才的重視及人性化的管理都讓我十分嚮往。來到中大不久，我就知道自己的選擇是對的，這裡的一切都沒有讓我失望。我享受著每一天的學習與生活，學會獨立與別人合作，讓這裡成為我夢想開始的地方。

2,874 local and 365 non-local undergraduate students are admitted in Year 2010-11. Their distribution by faculty are shown in Graph 1 and 2 below:

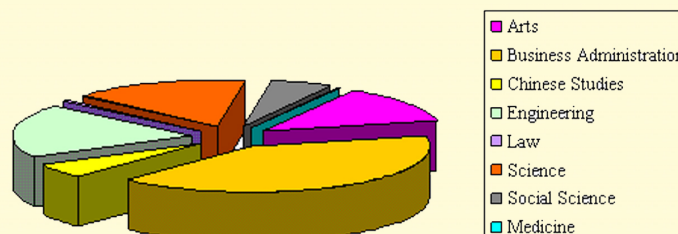


Graph 1: Faculty Distribution of Local Undergraduate Students



For the non-local intake, this year 365 students were admitted to CUHK from 25 mainland provinces and municipalities, Macau, Taiwan, as well as countries all over the world, including Canada, Indonesia, Korea, Malaysia, Mexico, Mauritius, Russia, Singapore, Thailand, the UK, and the US.

Graph 2: Faculty Distribution of Non-local Undergraduate Students



Remark: Mainland students are admitted into 4 streams, Arts/Education/Law/Social Science (figures shown under Arts), Business Administration, Engineering and Medicine/Science (figures shown under Science).

Newly Arrived

New Colleges, New Homes



What does a College mean to you? A unit that offers general education and hostel places? A place where you can apply scholarships and join various kinds of activities? Now, with the newly formed colleges, the idea of "College" can be referred as "Home". Starting from 2010, two newly formed colleges, Morningside College and S.H. Ho College, admit their first class of students. Another 3 new colleges, namely, Lee Woo Sing College, CW Chu College and Wu Yee Sun College, are expected to come into operation by 2011 for the former one and 2012 for the latter two.

Full residence and communal dining are the key elements that integrate students and college members together in these 2 new colleges, which make a family with members coming from different origins and cultural backgrounds.

Full Residence

The students who are admitted to the new college do not just enter a college, they find a "home" away from home. Throughout their undergraduate studies, all students live in the colleges' hostel. Before the completion of their hostel buildings next summer, students of Morningside College and S.H. Ho College are now staying at the International House.

Communal Dining

The students dine regularly at the canteen with the Master and College members, either in the format of high table dinners, cultural dinners and communal dinners.

Let's see how students of S.H. Ho College think about their new homes.

MENG Fan Yi Lloyd (Faculty of Law, LLB Legal Studies, Year 1)



Lloyd Meng (2nd from left) is glad to be the MC at the first High Table Dinner

"I was lucky enough to be able to speak with Master Samuel Sun during my interview with the college. I had asked whether or not the college had an established basketball team. Professor Sun told me that there wasn't one, but they looked for students that wished to be a pioneer to start such a team. This idea struck me and I began to think. I decided to put this newfound freedom to test, and started a College Newsletter over the summer. I am happy that through the support of everyone at the college, the newsletter's first edition was completed.

And it is always a pleasure to attend communal dining. The presence of professors and students at the dinner every week thus encourages people to meet each other and become a tight-knit group of friends. I must stress that the food is always delicious, and everyone always eats his fill!"

WANG Boya (ASLE Stream, Year 1)



"The full residence allows us to live with others like a family in one block. We tidy up our apartment and cook together. We watch TV programmes, wash clothes and sing songs together. We learn each other's mother tongue in different ways together. We are together, and we are a family.

And the communal dining every week at our college helps sweep away our homesickness and the atmosphere there encourages us to play more, learn more, and therefore, enjoy more. I will never forget the steamed Shanghai buns that my local friends brought me while I was absent from a dining session, nor the happiness that we shared at the table and the games we played in the canteen."

WANG Boya (Left), enjoys her life living with her "sisters" and "brothers".





獎譽雖可貴



體驗價更高

中大學生活躍於大專界活動，表現屢創佳績，中大辯論隊便是其中的表表者。不過，隊中各人均深明獎譽並非最重要，在訓練和比賽過程中汲取的經驗才是一生受用。

伍思齊同學 在今年的兩大辯論賽（「兩大」）中得到最佳辯論員，從立法會議員李華明先生手中接受獎項。他愛辯論；不愛吵架。相信成功不是一人力量，愛與隊友並肩作戰。

得到兩大辯論賽2010最佳辯論員的感覺如何？

很快樂，也很滿足。個人認為「兩大」是整個粵語辯論界中最難處理的比賽，準備時間短、辯題範疇闊、發言時間又長，能夠在如此富挑戰的賽事中奪得最佳辯論員，絕對是對自己能力的一種肯定。辯論比賽是一隊人的比賽，每個人的成就也是建基在其他隊友的努力和精采表現上，故我非常感激隊友們的付出，這個獎項也是他們的。

從辯論中，你學到什麼呢？

學無止境。每一條辯題都是一個等待去被發掘的世界，每一個站方都是一種被聽眾去認識的觀點。世界沒有完美，也沒有絕對的正與反。大學生立身處世，不應輕言對錯，但應分清事實真假，客觀判斷正反之間的「中道」。在辯論中，理性的根據和分析是最重要的，但背後的理念和團隊才是最重要的。珍惜你的隊友，尊重你的老師——包括師兄姐和對手。世上不存在不適合辯論的人，只有不想、不敢辯論的人。



伍思齊
中大粵語辯論隊隊員
哲學系三年級

林真如同學 常帶領普通話辯論隊到不同的地區比賽。單單在這個暑假，便到過北京、貴州、馬來西亞等地方參與多場賽事。

什麼時候喜歡上辯論？為什麼會喜歡？

從小我就喜歡看與法律、社會、文學有關的書籍。初中時偶然一次發現在辯論場上，可以和大家交流思想和啟發，嘗試從不同角度分析自己平時獲得的知識。從此，我就喜歡在辯論中研究知識，開拓視野。

辯論隊隊長的工作是什麼？

辯論隊隊長主要組織日常訓練，包括訂場、作新舊隊員之間的樞紐、與學校部門和比賽主辦方聯繫和外校辯論隊聯誼，以及帶隊到各地比賽等等。如要出外比賽，隊長首要定好出行計劃，再安排上場及後勤人員，同時，和主辦方聯絡，瞭解當地環境和狀況，時刻提醒隊員注意身體健康。



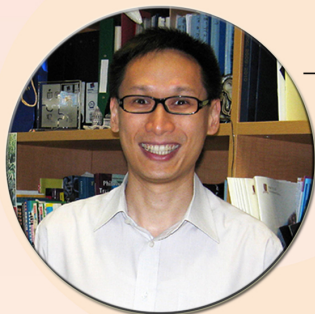
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還談迎新？ 有些感覺，歷久常新……

「新生輔導聯合委員會」是甚麼？

新生輔導聯合委員會簡稱「輔聯」，其主席由校長委任，成員包括學生事務處代表、各書院同事，以及書院迎新籌委會及學院同學代表。「輔聯」的工作是計劃及協調各書院及院系會為新生舉辦之迎新輔導活動，並為舉辦迎新營的籌委會提供由宿舍、場地、器材以至校巴等全方位的支援。

今年的「輔聯」有多達七個工作小組，它們的職能非常全面，包括分配宿位、處理突發事件及投訴、迎新營宣傳、書院聯合活動、開發迎新營網上報名平台，以及本地及內地新生輔導工作交流等等。



「輔聯」主席陳浩然教授

2010年度「輔聯」主席乃中大生命科學學院副教授，他自2009年開始擔任「輔聯」主席一職。陳教授除任教席外，亦研究小腦萎縮症。陳教授的實驗室團隊經過十二年的研究，為此不治之症的臨床治療找到新方向，憑著這項卓越研究成果，陳教授獲中大頒發「2009年青年學者研究成就獎」。

儘管忙碌於教學及科研工作，陳教授仍積極投入多個與學生有關的工作，包括「輔聯」主席、研究生宿舍（二至三座）舍監、崇基學院走讀生舍堂舍監等。

今次我們很高興可以和陳教授作出專訪，分享他作為「輔聯」主席的感受及對O'Camp的看法。



你在學生時期有參與O'Camp嗎？當中有甚麼感受和難忘的事情？

在大學一年級時曾參加「大0」及「細0」；升上二年級時則負責做「0C」（籌委）；三年級的時候就做「組爸」（輔導員）。

我在參加「細0」時進行了第一次大學選課。當年未有電腦選課系統，選課場地分佈於學校的不同角落。當時組爸組媽為我們提供意見，籌委則因應選課場地的遠近來安排我們前往排隊的時間。為了能順利選讀自己心儀的課程，我們需要通宵達旦地排隊輪候。期間，組爸組媽不時為我們送上清水及為我們加油打氣，令我們深受感動。這些片段都充份體現了O'Camp籌委會對一眾新生的關懷與照顧。

我也曾參加「大0」，還記得當年「大0」的主題為「編織我的夢」。通過討論和分享，令我學懂了如何全面地計劃整個大學生活。



擔任「輔聯」主席期間，有甚麼難忘的回憶？

通常「輔聯」會議完畢後，各小組仍繼續逗留在會議室進行討論，討論往往持續多時。這讓我感受到有很多學生、同事均十分用心去辦好迎新活動，無論是會內會外，都是百分百投入。

記得去年人類豬型流感襲港的時候，為了做足在迎新活動中的防範流感措施，「輔聯」做了不少事前準備，例如參加的同學需定時量體溫。籌委在推行活動期間，仍樂意及認真地執行這些措施，實在值得欣賞。



今年O'Camp的特色是甚麼？

「融合」。當中包括內地生與本地生融合，以及四書院與新書院的融合。

今年書院O'Camp增加了內地生與本地生相處的時間，希望藉此提供一個良好的環境，讓內地生與本地生有更多溝通的機會。

每年的新生均會在書院O'Camp第三天參加「書院會師顯創意」的環節，以增加各書院同學對大學的歸屬感。今年該環節的圖案為「I ♥ CU」，當中的心型圖案包括內外兩環（「大的心型圖案」圍著「小的的心型圖案」），這表達了四書院同學對新書院同學的關愛。



你對明年的O'Camp有甚麼展望？

希望明年有更多新生參與O'Camp，新生能藉此盡早適應並投入校園生活。

對新生來說，O'Camp有助同學建立人際網絡及讓同學盡早投入校園生活。對擔任輔導員或籌委的同學來說，O'Camp就是一個實踐團隊精神、訓練領導才能的好機會。讓我們看看今年的O'Camp輔導員、籌委及新生分別對O'Camp有什麼感受吧！

鄒焯茵 逸夫書院中文系二年級 迎新營輔導員

「可能很多人覺得迎新營只有玩樂，但其實它為舊生與新生一起寫下難忘的回憶，令新生對書院產生歸屬感。去年我以新生的身份參與迎新營有很多得著，今年作為輔導員，我把自己得到的回饋給新生。我認為迎新營的真義就是一種薪火相傳的精神。」



張贊威 崇基學院計算機科學系三年級 迎新營籌委

「曾經作為新生及輔導員的我，今年以籌委的身份第三次現身迎新營。身邊的同學都在為前途奮鬥時，我卻在做一些吃力不討好的工作，甚至被友人嘲笑。但當我看到新生參加活動時的笑容、書院會師時的投入、被「I ♥ CU」莊觀場面感動時的表情，我就知道我這個畢業前的暑假沒白過。」

張自強 晨興書院生命科學系一年級 新生

「參加晨興書院O'Camp前，我不是很期待，因為她不是我的首選書院。不過三天之後，我發現晨興人材濟濟，很多同學也玩得投入，我們很快就認識所有人！猶記得玩「Hookey」那個遊戲，大家都盡全力，即使趴在地上，也為自己組別爭取分數。希望O'Camp過後，大家也繼續全力『喇身搞好』晨興書院。」



Do you under-invest for your interviews?

~ A sharing of Alex Wong

Have you ever counted the hours you invested in a 3-credit core course that comes with exams, projects and presentations throughout a semester? It could easily go over 50 hours. But did you invest 50 hours in total in all the job/scholarship/exchange interviews in the past semester?

If your answer is yes, congratulations! You are among the small group of people who at least get the mindset right. There are a lot more to take in order to get a good job offer but at least you stand a higher chance. Practice always makes perfect.

If your answer is no, take this article as a wake-up call. You are competing with students who answered yes to this question and very rarely, you are able to beat students who are well-prepared.



During my years of experience as an interview coach, particularly for investment bank applicants, I see huge differences between prepared and unprepared applicants. The former ones answer every question perfectly as if they have expected these questions. The latter ones make me feel that they are just like other hundreds of candidates who will get a rejection letter few weeks later.

Interview preparation can be more extensive than you can imagine. One of my students started to plan his career path in year 1 and he has already got the big names like UBS, Mckinsey on his résumé. Another one spent 2 hours everyday for a year to get updated with global economics and market news and he could talk like a trader.

The most successful student I have seen had a list of 100 past interview questions specifically for the division he is applying to. He prepared answers to all questions, conducted mock interview with friends, sought advice from alumni in the industry, and repeated the process again and again. It was a 6 months' project for him. In return, he got 4 offers, all from top-tier investment banks.

At the end of the day, this is your career we are talking about. It's going to affect how you live the rest of your life, who you will be associating with and most importantly, who you will become. It's worthwhile to invest more than 50 hours per semester.

Terrifying and worrying? Don't be! There are always support from friends, family, school, alumni and many other channels. Let's get things started before it is too late!



About Alex Wong



Alex Wong is an experienced career consultant and interview coach for internship and full-time job interviews. Before graduating from Chinese University of Hong Kong with a BSc in Quantitative Finance and London School of Economics with a BSc in Economics, he secured internship positions in several global banks with diverse exposure to trading, investment and commercial banking. In his penultimate year, Alex was offered analyst positions from top investment banks and management consulting firm. In his final year, he joined a reputable global strategic consulting firm and is currently based in Hong Kong.

A DAY OF FUN, COOPERATION AND FRIENDSHIP

After the Orientation Camp, we have learnt a lot about our university life especially on studying and playing. However, in my opinion, the most important part is to make friends in the University. Many Mainland students became friends with each other on the Adventure-based Training Day organized by the Incoming Students Section of the Office of Student Affairs.

Before the training, some students felt anxious and regarded it as the Military Training in the Mainland. When we arrived at the base of Salvation Army, we could only find a small building and a small playground. We were all confused: "What can we do in such a small place?"

We had the answer soon. Our instructors introduced themselves and the rundown of the day to us. Everyone wrote down their expectation about the training, e.g. "making more friends", "finishing all the training" and "becoming more mature", etc.



Working cooperatively to drive the boat.



Their friendship builds up during playing the game.

Then it came to the game time! The first game was "Cross the Amazon", in which we needed to travel about 20 meters on the playground with shabby boats made up with one board, some sticks and barrels without our hands or feet touching the ground. There were three boats in total, but only one had completed. Another game was "Fire on the Skyscraper" which was more difficult. More than half of student failed to finish this game. Although we did badly in the morning session, the rewards were fruitful. We had a discussion and evaluation after each game to share our feelings and the reasons of success or failure. We all agreed that cooperation and rapport played important roles in the game and everyday life.

During lunch time, we started to learn more about each other's background such as our hometown, college and major. The mutual understanding helped us prepare for the afternoon session a lot. We completed all the games perfectly. We shared gratitude, happiness and joy of success together. Our group was like a family and we all promised that we should have frequent group reunion afterwards. When it was the time to say goodbye, everyone was reluctant to part from each other. I hope we can have similar activities in the future! It was really a time for fun, cooperation and friendship!

Su Tong (Year 1 Business Stream Student from Yunnan Province, Mainland China)



All of them have spent a meaningful time in the camp!!!





In 2009-10, the Student Counselling and Development Service (the Service) launched a campus-wide campaign focusing on the development of a 'Caring Campus & Culture' in CUHK. To echo this theme, the Service also conducted a Study among 1,400 first-year students in order to increase awareness of how, as individuals, each of us can contribute to the establishment of a truly caring campus through self-reflection and enhancement of personal character strengths such as kindness, empathic concern, teamwork, etc.

Kindness

'An orientation of the self towards the other, especially for no utilitarian reasons', forms the basis of much helping behaviour in our daily life. In the present Study, respondents were asked to give ratings to each of 10 statements on Kindness.

Over half of the respondents indicated strong agreement with statements that reflected friendly and helpful dispositions towards others (Table 1). On the other hand, less than half of the respondents indicated strong agreement with statements that recalled actual experiences of help-giving. It appeared that, while respondents might readily endorse an attitude or thought of kindness in principle, practical considerations or circumstances might interfere with the actual expression of such beliefs through behaviour or concrete acts of kindness in real life.

Table 1. Mean scores and percentages of respondents on Kindness

Questionnaire items on Kindness	Means (scoring from 1 to 5)		Percentages of respondents scoring 4 or 5
	Male	Female	
我喜歡友善待人	4.09	4.27	86.4
我非常樂意幫助朋友	3.97	4.02	80.2
我樂於分享他人的成功及喜悅	3.65	3.98	72
別人愁眉不展時，我會安慰／鼓勵他們	3.61	3.95	69.8
別人喜歡跟我傾訴他們的問題和不快經歷	3.34	3.76	55.5
朋友患病時，我一定會致電慰問	3.09	3.44	41.5
我絕少妒忌別人的成功	3.17	3.36	39.8
別人走運時，我會像自己交上好運那樣高興	3.04	3.37	37.3
我從不因太忙而不去幫助朋友	3.12	3.15	33
前一個月我曾義務幫助鄰居	2.26	2.47	17.6

Empathic Concern

An act of kindness is often preceded by **'a concern for other people's need or suffering'**, which could be regarded as the cognitive-emotional aspect of kindness or Empathic Concern. How would you feel when you see someone being taken advantage of? How would you feel towards people who are less fortunate than you?

Table 2 illustrates that respondents were generally empathic towards others' distress. They tended to endorse statements that reflected caring responses towards others' misfortunes while disagreeing with statements that indicated a lack of concern.

Table 2. Mean scores and percentages of respondents on Empathic Concern

Some questionnaire items on Empathic Concern	Means (scoring from 1 to 5)		Percentages of respondents scoring 4 or 5
	Male	Female	
看見別人被人佔便宜時，我有想保護他／她的衝動	3.81	3.81	69.3
對於比我不幸的人，我常懷著關切的心情	3.69	3.91	68.7
我會將自己形容為一個軟心腸的人	3.59	3.73	61.5
我常常被眼見的事感動	3.33	3.83	57.9

♥ Other Positive Interpersonal Attributes

In addition to Kindness, there are other positive interpersonal qualities or character strengths which foster a caring and supportive social environment such as **Teamwork, Forgiveness, Gratitude, Kindness, Love, and Social Intelligence**.

In the present Study, over half of the respondents showed strong agreement with all these character strengths, to which they assigned a score of 4 or 5 on a 5-point scale (Table 3).

Table 3. Mean scores and percentages of respondents on six Character Strengths

Questionnaire items on six Character Strengths	Means (scoring from 1 to 5)		Percentages of respondents scoring 4 or 5
	Male	Female	
我珍惜互相分享、彼此愛護與支持（例如家人和朋友）的親密關係（‘Love’）	3.91	4.26	80.5
我做有利他人的事，幫助及照顧他人（‘Kindness’）	3.70	3.84	69.6
我對所屬團體忠心盡責（‘Teamwork’）	3.68	3.77	65
我常懷感激之心（‘Gratitude’）	3.57	3.82	63.4
我原諒犯錯的人，給予他們改過的機會，不懷報復之心（‘Forgiveness’）	3.52	3.60	56.6
我能夠體察自己和他人的感受和需要，懂得如何適應不同的社交場合（‘Social Intelligence’）	3.43	3.55	53.2

♥ Character Strengths, Happiness, Health and Success

Psychologists believe that people are born with character strengths which represent the inner sources of positive emotions and sense of well-being. Results of the present Study generally supported this view. All the six character strengths listed in the Study were found to have positive correlations with the subjective levels of happiness, health and success. In other words, respondents who described themselves as possessing such character strengths also tended to perceive themselves as being happy, healthy, and successful individuals.

♥ Keep Caring

The character strengths and interpersonal attitudes being explored in the present Study correspond to those positive attributes and social behaviour being actively promoted by our ‘Caring Campus Campaign’. It is evident that many of our freshmen possessed the necessary personal qualities which can enable them to contribute to the realization of a caring and supportive campus. We also believe that each and every member of our community, both staff and student, has the capacity to actively contribute to the same cause. In this regard, we encourage you to visit our Service’s website for further tips on ways to enhance your personal attributes and relevant character strengths.

https://osantd.osa.cuhk.edu.hk/scdsmain/chihtml/index.php?page=towards_caring#



Let’s ‘Keep Caring’ so that all can enjoy happiness, health and success!

* For full version of the Study, please visit the Service’s website <http://osantd.osa.cuhk.edu.hk/scdsmain/chihtml/>

Reference

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遊·學·神州

盧志豪

在北京清華大學的五個月生活裡，真讓我樂而忘返。除了認識了一班感情很好、常常一起遊玩的同學外，也訓練了一口流利而不標準的普通話。僅僅五個月的時間，我走遍、吃遍、玩遍了整個北京。我們還去了濟南、青島、蒙古、成都、峨眉山、九寨溝等地方。其中九寨溝真的令人嘆為觀止。俗語說“九寨歸來不看水”，看來講得真有道。對於一些想擺脫沉悶大學生活和沉重學業壓力，或是追求挑戰和寫意生活、幫自己充電的同學們，北京真是一個不錯的選擇。



清華大學東門



九寨溝中的五花海

志豪遊學小檔案：

- 工商管理學系三年級
- 2009至2010年下學期到北京清華大學作交換生一個學期

2011-12年度學生交換計劃

申請日期：11月1日（星期一）下午3時至11月10日（星期三）下午3時

（網上申請表格：http://www.cuhk.edu.hk/oal/navigation_student.exchange/how_to_apply/apply.tm）

期望豐富你的大學生活及人生閱歷嗎？千萬不要錯過申請二零一一至一二年度學生交換計劃的機會呢！香港中文大學與超過二百所海外院校結盟，提供橫跨世界不同角落的海外學習課程給你選擇。請留意以下由學術交流處舉辦的一系列宣傳活動：



宣傳活動	日期	時間	地點
路演	2010年10月8日（五）	11:00-11:30; 13:00-13:30	逸夫書院大講堂入口
		15:00-15:30; 17:00-17:30	邵逸夫堂入口
	2010年10月14日（四）	12:00-12:30	西部教學大樓講堂六平台 (提供各地不同的美味小吃，歡迎親臨品嚐)
	2010年10月15日（五）	11:00-11:45	崇基學院教堂入口
13:00-13:30; 15:00-15:30		邵逸夫堂入口	
說明會	2010年10月14日（四）	12:30- 14:00	西部教學大樓講堂六
	2010年10月20日（三）	16:30-18:00	西部教學大樓講堂七
諮詢會	2010年10月26至28日（二至四）	14:00-17:00	學術交流處，何東夫人堂
「足跡遍神州」文化交流日	2010年11月2日（二）	12:00-15:00	文化廣場



First Aid for Mental Health

With the belief that it is important to strengthen our resilience and equip ourselves to cope with life's challenges, a 12-hour Mental Health First Aid Standard Course will be organized in December 2010. In this course, you will be able to learn about basic knowledge of depression, anxiety disorders, psychosis and substance use disorder, the possible crisis arising from these problems and necessary intervention, as well as community resources available.


Target audience:	Full-time Postgraduate Students
Date:	6, 8, 13 and 15 December 2010 (Mondays and Wednesdays)
Time:	2:15p.m. - 5:15p.m.
Instructor:	Mental Health Education Counsellor, Student Counselling and Development Service
Venue:	TCW 301
Quota:	Max. 25 (First come first served)
Language:	Mainly Cantonese
Course fee:	HK\$ 60.00 (Including Manual and Certificate)
Registration:	www.cuhk.edu.hk/osa/scds
Deadline of application:	24 November 2010 (Wednesday)
Enquiry:	2696 1804 (Ms. Flora Kong)

Participants who complete the course will be awarded a "Mental Health First Aid Standard Course Certificate" issued by the Hong Kong Mental Health Association and acknowledged by ORYGEN Research Center of the Department of Psychiatry at the University of Melbourne.

「踏出大學站 續上成長路」短片放送

為推廣關顧文化，學生輔導及發展組延續去年的「校園關顧情」短片，今年以「踏出大學站 續上成長路」為題，製作另一套新的短片，為新同學獻上關懷和支持。





「踏出大學站 續上成長路」 短片詳情如下：

導演：余卓善同學（新醫傳播四年級）

內容：片中訪問了分別來自不同年級、學系和地域的同學。他們以過來人的身份，娓娓道來如何走過適應新生活故事—從初到中大時的人地生疏、處處碰壁，到後來享受箇中的生活點滴、開拓視野等。片段末，他們更分享了自己對適應大學生活的心得，對各新鮮人極具參考價值。

上述短片已上載於學生輔導及發展組網頁www.cuhk.edu.hk/osa/scds供大家觀賞。短片亦已製作成光碟，限量派發。

uBuddies 2010 現已投入服務



首屆的uBuddies朋輩輔導員在過去一年已接受了一連串有系統的培訓，包括基本心理輔導技巧、精神健康急救基礎課程、歷奇為本訓練營，及在學生事務處學生輔導及發展組的督導下進行輔導實習等。現已開始為同學提供服務，詳情如下：

1. 新鮮人分享小組

- 參加資格：一年級本科生
- 選擇組別：Group III: 11月3日(三) / Group IV: 11月18日(四)
- 時間：4:30p.m. - 6:00p.m.
- 地點：富爾敦樓206室
- 網上報名：<https://webapp1.itsc.cuhk.edu.hk/wrs/public/login.aspx?AppID=13>
- 查詢：26961804 (江小姐)

2. uBuddies信箱

- 對象：中大全日制本科生
- 目的：為在適應大學、人際關係、學業等各方面遇到疑難而需要支援和協助的同學提供‘uBuddies’朋輩輔導服務。
- 使用方法：透過中大學生電郵帳號發件至 ubuddies@cuhk.edu.hk (請註明所屬書院、主修科及年級)

uBuddies E-box



服務時段：2010年10月1日至11月30日
逢星期一至五(假期除外)

uBuddies 信箱

相信同學們在享受從更多采的大學生活時，偶爾會遇上一些困難和障礙，如大學生活適應、人際關係和學業壓力等，需要別人的支持及鼓勵，那可考慮透過電郵與我們的朋輩輔導員‘uBuddies’傾訴。

‘uBuddies’是一班接受過一系列朋輩輔導及精神健康急救培訓的中大本科同學，他們願意與你分享在大學裏成長中的體驗與智慧。如果你是中大全日制本科生，便可使用uBuddies信箱服務，與‘uBuddies’聯繫。有興趣使用此服務的同學，可透過中大學生電郵帳號發郵件至 ubuddies@cuhk.edu.hk (請註明所屬書院、主修科及年級)，‘uBuddies’樂意聆聽你的心聲。

我的



開飯日記 之 2

.....By Li Weijia

你知道UC canteen 最好吃的小吃是什麼嗎？讓我來告訴你吧！是又平又靚的豆腐花！單買5元，如果和雙饊飯一起買，只要3元，真是十分超值！我最鐘意吃桂花味，另外原味和薑汁的口味也很不錯。和內地的豆腐花不同，香港的豆腐花味道清甜，是解暑清涼的佳選！

另外，UC的雙饊飯和原汁牛腩麵也是很好吃！雙饊飯的品種多多，特別是有一些辣味的食物，可以滿足喜歡嗜辣的同學。原汁牛腩麵的牛腩嫩滑香甜，還配上蔬菜湯。可謂集健康、營養與美味於一身！



「我的開飯日記」徵稿



如你心目中也有一系列的中大美食餐單，或有既易學又美味的食譜，不要吝嗇，快些投稿來與大家分享你的推介！來稿或查詢請電郵至 marketp@osa.cuhk.edu.hk。

「范記」新景象

開學後，同學不難發覺范克廉樓入口比以前寬闊了很多，午膳時人頭湧湧擠在飯堂門口排隊的情況亦大有改善。這些改變，全因大學棄用流動型的佈告板，改用天井原有和文化廣場的全新佈告板。

文化廣場佈告板自九月下旬正式啟用。十塊固定佈告板以白色複合鋁板製成，配上玻璃簷蓬及有定時開關功能的射燈，即使在下雨天和晚上，同學仍可細看活動海報和通告。佈告板的其中六塊由中大學生會統籌使用，而餘下四塊則由學生事務處管理。

以上轉變只是范克廉樓天井改善工程的第一階段，師生中心管理委員會日後會陸續為「范記」門前及天井位置翻新。大家拭目以待。



展覽廊舊貌



 香港中文大學
The Chinese University of Hong Kong

THE CUHK CAREERS GUIDE 2011

<http://cpdc.osa.cuhk.edu.hk>



hongkongs100.com

INSIDE THIS GUIDE:

- ▮ Job and internship opportunities
- ▮ Graduates share career insights
- ▮ Make winning applications
- ▮ Other options after graduation



A practical and useful careers guide: our first-ever issue

Not knowing how to prepare for your job hunting? Know nothing about the industry interested? Now, you may be able to work on it with ease for the first CUHK Careers Guide is out now!

This Guide will not only provide you with useful information to achieve your career goals, but also with practical advice on job hunting and career preparation skills.

The Guide is available for all final-year students at Student Services Centre at 1/F, Benjamin Franklin Centre, CUHK. For non-final year students, you can also find a e-version of the guide at <http://viewer.zmags.com/publication/a8f19cae#/a8f19cae/1>.

Now, take a look at how the guide can help you to find your dream job!

Stay Tuned

Career Planning and Development Centre, OSA For enquiry: Tel: 2609 7202 cpdc@cuhk.edu.hk
(Please note that the following events are subject to change. Students may refer to our website: <http://cpdc.osa.cuhk.edu.hk/> for the most updated information.)

Events	Organizer/Speaker	Date
Guidance Programmes		
Small Group Consultation Session - Personal Image & Interview Skills (for Postgraduates)	Ms Shireena S. M. of Sheens Image Consulting	29 Oct 2010
Investment Banking (2 workshops)	CPDC	30 Oct 2010
Credit Suisse – CV & Interview Skills Workshop	Credit Suisse	1 Nov 2010
Student Traders Trophy Competition	Oxyor	3 Nov 2010
Briefing Session - PMP	CPDC	3 Nov 2010
Student Traders Trophy Competition - Final Round	Oxyor	5 Nov 2010
360-Degree Career Preparatory Program	Mr Alex Lam	6 Nov 2010
Preparatory Training for AO Posts	Mr Stephen Ng	8 Nov 2010
Banking Seminar by Societe Generale	Societe Generale	10 Nov 2010
Social Etiquette Workshop for Undergraduate	Ms Shireena S. M. of Sheens Image Consulting	11 Nov 2010
Recruitment Talks		
NWS Holdings Limited	CPDC	28 Oct 2010
Cathay Pacific (Flight Attendant)	CPDC	1 Nov 2010
Oracle	CPDC	1 Nov 2010
Dragonair	CPDC	2 Nov 2010
Airport Authority	CPDC	3 Nov 2010
Sun Hung Kai Properties	CPDC	4 Nov 2010
Procter & Gamble	CPDC	5 Nov 2010
Unilever	CPDC	8 Nov 2010
Dairy Farm	CPDC	9 Nov 2010
Wing Hang Bank	CPDC	10 Nov 2010
CTI	CPDC	11 Nov 2010
Manulife	CPDC	15 Nov 2010
Securities and Futures Commission	CPDC	16 Nov 2010
IBM	CPDC	18 Nov 2010
Philips	CPDC	22 Nov 2010
Tricor	CPDC	22 Nov 2010
Incoming Students Section, OSA For enquiry: Tel: 2696 1533 isso@cuhk.edu.hk		
Events	Organizer/Speaker	Date
Workshop on Effective Learning- Time Management Skills	ISS	Late Oct 2010
Workshop on Effective Learning- Presentation Skills	ISS	15 Nov 2010
Culture Blog Radio Programme	ISS	16 Nov 2010
Dialogue in the Dark	ISS	Nov 2010
Student Activities and Amenities Section, OSA For enquiry: Tel: 2609 7216 saau@cuhk.edu.hk		
Events	Organizer/Speaker	Date
VC's Tea Gathering with Student Bodies	SAAS	28 Oct 2010
Campus Development Sharing Session	SAAS	9 Nov 2010
VC's Meeting with Students of New Asia College	SAAS / NAC	10 Nov 2010
VC's Dinner with Students of Morningside College	SAAS / MC	30 Nov 2010
VC's Meeting with Students at Cultural Square	SAAS	30 Nov 2010
Student Counselling and Development Section, OSA For enquiry: Tel: 2609 7208 scds@cuhk.edu.hk		
Events	Organizer/Speaker	Date
Mental Health First Aid Standard Course for Postgraduate Students	SCDS	6, 8, 13, 15 Dec 2010

WANTED!!

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To apply, complete the application form (<https://www.cuhk.edu.hk/osa/marketp/Reporter1011.pdf>) and submit it together with your résumé and sample work to marketp@osa.cuhk.edu.hk or fax to 2603 7705. Short-listed applicants will be contacted and invited for an interview.

For further information about the requirement and remuneration, please contact Mr. Kwan at 2609 7323 or Ms Cheung at 2696 1731.