

TWGHs S. C. Gaw Memorial College

Lines to dear S7 Students,

Come February; and, to our Secondary 7 students, that means yet another month of revisions and examinations.

In this time of the year, you will have to sit for your S7 Mock Examination and in about 2 months, it's the HKALE 2011. As I look around and chat with your schoolmates, a saying of Thomas Edison comes to mind:

“If we did all the things we're capable of doing,
we would literally astound ourselves.”

It's simple but true. Though examinations are not the most important things you will ever do in your life, it does earmark a very important stage in your life. The fact is, pass or fail, you are more than a grade on a piece of paper. **Remember that, if you have revised your work thoroughly and study persistently, you will surely give a full play in your examinations.** Now you are “*on your mark*” *for a new start*, whether you are going to take up a career or further your studies which is indeed a priceless start of your life.

It's January now. It seems time is running short. Don't suck your head into the hysteria of examination season and get over-stressed. At this crucial moment, let me share with you some insights about “Examination Calm”, that is, “How to stay cool and still pass or even get good results!” To this, I suggest to you a word ‘BOOM’, that means ‘prosperity’ in its literary sense.

B : Believe in yourself

Think you're not smart enough to achieve good results?

Studies show that you do not have to have an incredibly high IQ to pass examinations. However, **you do have to believe in yourself and your ability to work.**

O : One at a time

Are you getting confused with all the subjects you are studying?

Focus on just one subject at a time. Halfway through the day swap, and make sure that the next subject is totally different.

O : Out and about

Do you know that a healthy body equals a healthy mind and a positive attitude?

Go outside and **get some exercise.** Even a short walk around the room will help clear your mind.

M : Maximize your mind

Think that your brain needs a workout?

Studies show that the more you exercise your brain in the morning, the better your memory will be all day. This means that you should **tackle the more difficult subjects first.**

Always remember: It's never too late to study for an examination or ask for help. Don't let your self-confidence be eaten away. Try your best and you're not alone — your teachers, parents or friends are with you.

As we are going to bid farewell, I am looking forward to seeing all your cheerful faces at the end of June (when you come back to collect your HKALE Results Slip). I really hope that you will cherish every day of your life at S. C. Gaw. My colleagues and I are proud of you.

Wishing you every success!