

# 冠軍獲獎文章

## 黃惠楠 — 應用科學（榮譽）理學士（健康學）

一個人到底能走多少里路，視乎其體力、耐力和意志力。不過，我認為除此以外，自信心亦是不可或缺的因素。從前的我是個缺乏自信的女孩，不肯定自己的能力和價值；這性格的弱點曾耽誤了我的學習。

猶記得當年應考香港中學文憑試的日子我患了重病。那時的我虛弱得很，身體肌肉近乎全部萎縮，情況嚴重到我雙腳就連踏上小巴的那兩步階梯的力也沒有，要由父母兩個一人在旁一人從後把我「擠」上車。坦白說，當時我深知自己不論體能或精力都不足以應付這場關乎前途的考試，但上大學是我的夢想，一直以來寒窗苦讀都是為了這場仗，所以我咬緊牙關強撐下去。結果可想而知，放榜當天，我在醫院深切治療部接獲那張令人失望的成績單，內心崩潰，躺在病榻上的我，凝望著那些插在身上縱橫交錯的喉管，簡直無法接受這個毫無用處的自己。

與家人和醫生商議後，我決定停學一年。一來可以靜心休養，好讓身體機能恢復正常，二來是因為我沒有勇氣再向前走。香港中學文憑試失敗的經驗，令我對自己完全失去信心。我想：前面必然是荊棘滿途，我不可能捱下去；即使可以忍痛向前，我又能走多遠、走多久呢？縱使有家人及朋友的支持和鼓勵，我亦經常對自己的能力抱有懷疑。那時的我，扶著身旁的欄桿喘息，對前路一臉迷茫。

後來，我報讀了香港專業教育學院的兩年制食品及營養科學高級文憑。開學前，我很擔心自己未能適應新的學習環境，又憂慮自己瘦削的外形會惹來別人討厭甚或歧視，所以九月一日對我來說就如雪崩發生之日，厚厚的冰雪從後湧過來，張開大口要奪取人命，我不得不走避，卻偏偏害怕向前。面對心理上巨大的壓力，我的確不懂得如何釋放，只好每晚無聲的孤泣。

與我同床共枕的妹妹發現了我這行為。某一個晚上，當我再次在被窩裏飲泣之際，她把手放在我一邊肩膀上，說：「If your dreams do not scare you, they are not big enough，家姐，之前與病魔對抗的那場仗你都捱得過，所以你要相信自己，踏出一步爭取學習機會，不要讓自卑與恐懼攔截自己走向光明大道！」妹妹如此啟發性的一句話植根我的大腦，正能量由雙耳注入我體內每塊肌肉組織，足以讓我重新站起來。

小塵埃<嗚>一曲中有段歌詞說得很妙：  
再是猶豫與自疑，能夠自救亦變太遲  
如今的我已不許再幼稚  
然後淚乾再堅持  
來讓夢想變真像

在修讀高級文憑那兩年間，我積極投入多元化的活動和服務，例如參加說出成功路計劃、成為校園大使、甚至走出香港飛往地球另一端的澳洲遊學。我昂首走過了精彩青春的一頁，現在覺得自己愈走愈起勁，正要飛向香港理工大學專業進修學院完成學位這夢想！

## 亞軍獲獎文章

莊清芬 — 市場營銷（榮譽）文學士（市場營銷及公共關係）

There is much debate about nature versus nurture on talent and skills. I am not quite sure about the answer. But the example of Yao Ming, one of the most renowned Chinese basketball players has given me some clues. He might be born a talented basketball player and his 2.29m height is an advantage genetically determined. But it was his sweat, pain and tears in every practice and competition that brought him achievements and recognition in the basketball world. Without giving his best endeavors, Yao Ming would just be another very tall man.

Natural talent or sensitivity certainly plays a part to success in many professions like science, journalism or art. But without continuous efforts in experiments, writing and artwork production, one can never achieve success. No one is born to be good at things! We excel through hard work and practice.

A dream rarely comes true without hurdles, delays or problems. It is normal that we encounter obstacles, pain and failures before achieving any targets. Some people may give up, some persist and struggle until they succeed. For me, I will focus on my goals. “Keep trying, learning and exploring”, “seek help and support against all odds” ... All these powerful words came from my mentors who have fueled courage and persistence in my life.

I met my first mentor when I was awarded a PolyU SPEED sponsorship to join an exchange programme at the University of California, Berkeley in the USA. He was my classmate in the exchange programme. On the first school day, he surprised all my classmates because he was over 60 years old. Our surprise implied no discrimination but just an unexpected excitement of having a classmate with such a big difference in age. As a routine, we introduced ourselves. He told us his dream was to enter university because he missed the chance to study during childhood. I was so inspired by his story then and kept asking myself what my goal was. Shall I follow the social norms and find a job immediately after graduation? Or fulfil my family's expectation? Finally, I decided to focus on my goal and follow my passion for travel. I deferred my master's degree study at University College London (UCL) for a year and applied for working holiday in Ireland.

My friends and even my family thought that I was stupid to defer my study in such a famous university. I believe sometimes there is more to be explored other than study. I wish to discover the world and myself when I am still young and have the chance. I didn't regret that I went for the working holiday and worked as a waitress in a restaurant. I felt very grateful that I was able to travel to over 10 countries around Europe and met hundreds of beautiful people with their unique and extraordinary stories waiting for me to discover during that period.

Most important of all, I met my second mentor there. He was my manager and also a chef. The restaurant I worked for is the most popular one in town. Every work day was like a war. Without any hospitality experience, I made mistakes all the time, for example, breaking glasses, taking wrong orders, pouring wine onto customers' shirts, making unqualified coffee...and more, which were too shameful to mention. No matter how many mistakes I had made, my manager never

scolded me. He told me that tonnes of ingredients were wasted before his signature dishes were served. As a manager, he faced dozens of complaints every day. “You won’t necessarily succeed in everything the first time you try. Just keep going and learning, Fanny!” His words of encouragement have been engraved in my heart. Some of the most successful people in the world are indeed these who have had the most failures. J. K. Rowling’s first Harry Potter book was rejected twelve times before it was finally published. So why should I feel frustrated by my making mistakes? Never let our failures define ourselves – let them teach us how to do better next time.

After one year of working holiday, I was supposed to be enrolled in the UCL programme. Unfortunately, due to family issues, I had to postpone my study again. I won’t give up my master’s degree study as it is one of my dreams.

Presently, I am working in the hospitality sector which is not too related to my academic background in marketing. But I love my job, my colleagues and also my Executive Assistant Manager (EAM). He is my third mentor. My company has a rigid hierarchy. Some managers require us to follow their commands only. They think they are always right and they are very impolite, except my EAM. He is a real gentleman as well as a kind, open-minded and confident leader. He cares for every single employee and has strived for a 5-day work schedule for us to have a better work-life balance. Once I had a conversation with him and I was deeply inspired. “Don’t be afraid to ask questions. Don’t be afraid to ask for help when you need it. I do that every day. Asking for help isn’t a sign of weakness, but a sign of strength instead. It shows we have the courage to admit when we don’t know something, and to learn something new. My door is always open for any of my staff, including you...”

Life is a bumpy road. We are actually the vehicle moving along an unpaved path with potholes and pits, and bushes and brambles scraping on “our body”. Whether or not we can reach our final destination depends on the driver—our attitude. If the “driver” resolves to focus on the goal and ask for help humbly, no matter how uncomfortable and bumpy the ride is, we can go the extra miles and reach our destination.

# 季軍獲獎文章

## 鍾寶怡 — 應用及媒體藝術（榮譽）文學士

學習的道路總是充滿挑戰，假如你問我如何克服它們並實現目標，我會說我從來都未曾完全克服困難，但我學會了從容面對，以平常心看待每一個新挑戰，定能有所得著。

從事藝術設計工作是我夢寐以求的理想，可是一路以來並不順利，從小因家庭經濟狀況不許可，除了中小學的視藝課外，我未曾在校外學習有關方面的知識。而且我所就讀的中學並沒有視藝課作選修科，因此我在中三之後，就沒有接受這方面的教育。可是那時候的我學會積極面對，即使沒有老師教導，沒有其他同行者，但我開始自學，在網上瀏覽各種不同資訊，增加自己對藝術設計的了解，也多參考他人的作品，更看過不少教學材料，自我學習，久而久之，雖然沒有太多人的支持，但我追求夢想的勇氣可是有增無減。

在沒有任何人的幫助下，我讀中六的時候開始編製屬於我的作品集，到各大院校面試，最後終於入讀了香港理工大學香港專上學院的設計科。有人說，這不是一個大學學位，設計科更是沒有出息的科目，把我看低，可是我又學會了從容面對，因為對於我來說，這確確實實是我正式接受藝術設計教育的機會，因此我沒有受他人影響自己的決心，我決意要在這兩年學會更多有關方面的知識，努力向理想踏前一步。

在香港理工大學香港專上學院的那兩年，我不但從老師身上吸收了好多藝術設計方面的資訊，我也學到了如何不受限制地作出有創意而特別的作品，我相信這些學習經歷有助我做出更好的作品。除了學習上的幫助，我更欣賞導師對我們心靈上的照顧，還記得當時我家庭出現一些變化，令學習有所阻礙，那時候的我更想過要停學，專心處理問題。可是我跟老師討論後，他對我的一番話改變了我負面的想法，我更學會了放鬆自己，以平常心看待每一個新挑戰，因為我知道緊張的情緒只會令事情每況愈下，也於事無補，這反而讓我有所得著，讓我知道我不可以受負面情緒影響，所以我再一次學會了從容面對的重要性。

最後，我總算以不俗的成績在香港理工大學香港專上學院畢業，然後升讀了香港理工大學專業進修學院，也進入人生另一個重要階段。在這裡的學習有別於過去，我們再也不是小孩，沒有簡單的理論，老師也不會重新教導基本的知識，我更因此學會了主動，因為我知道，只有自己努力才能進步，我們不能再依賴別人的幫助，所以在過去的一個學期我改變了自己過往的學習方式，我變得更獨立及學會解難，希望日後的我也能從容不迫，以平常心看待每一個新挑戰。