

Good morning Principal, Vice Principal, teachers and fellow schoolmates,

The school term has started for a month already. How do you feel now? Exhausted because of the tests and assessments? Frustrated and upset because you are not doing that well at school? Junior form students, especially those who are in Form 1, are you very happy because of your colourful secondary school life? No matter which form you are in, I am sure you are working towards something—be it achieving good results or playing hard in school teams or clubs. But if you tell me you are not working on something or you just go with everything that is assigned to you, then you need to find yourself a goal.

Stepping out of the SA office, I am an ordinary student –like many of you leading a life crammed with homework and tests, hanging out with friends at times. In the past I asked myself, why do we have to go to school? Why cant we just learn from books by ourselves? In Ho Fung, we are luckier as we can join extra-curricular activities, which is a bonus to our study life. For me, joining the volleyball team is one of the best decisions I have ever made. I train up my interpersonal skills. I foster friendships with my teammates, I have a good time whenever I have practice. But do I just play volleyball for fun? Of course not. I compete for glory. In every competition, my teammates and I hope for the best and prepare for the worst. Even though the results may not always come out as expected, we try our best leaving no regrets. We work together towards our goal. As we work harder towards it, we get long-term improvements.

What about study? Do we need to set a goal like getting 100 marks in every test? Why do we have to memorise the historical facts, mathematics equations, log, sin cos tan.....I can dare say, after ten years, we may not be able to remember any of those but we can still lead a good life. Then you may ask, why do we still learn them? I think learning at school is a process. It shapes your personality. When you face failures, don't blame others. Ask yourself 'Have I tried my best?' You will then know that you can't waste a moment in self-pity or complaining I don't like dictations, tests blah blah blah. Then, you start counting for the "present moment" much more. You will live in the moment and stop crying or complaining and then move on. After overcoming hardships, you'll become a stronger person. I truly believe that the hardest times lead to the greatest moment in my future, as do you. Then you can move on with a positive mind. Strong-mindedness and positivity are necessary when you work towards your goal. If you don't have these qualities, you will give up easily and in no way can you achieve your goal or improve yourself.

So in a nutshell, what I want to say is, set a goal. Whatever goal it is, be it short-term or long-term. Set a goal and try your best to achieve it, you will become a stronger person, improve your life and accomplish a bigger goal you set in the future.