

火炬

英華書院校報

創於一九六五年

第五十八輯

貳零貳肆年



編者的話

暖風拂過，捲起窗外棉絮飄雪，原來五月在無聲之中走了一半。《火炬》的編務工作即將塵埃落定，回望過去一年的工作，總算不負所托。

這兩年間《火炬》教會我的，大概是責任感。畢竟《火炬》編輯負責的不再只是供自娛消遣的狂想曲或如出一轍的應試文章，而是求真的作品。面向全校師生的封面故事和校園點滴，內容真實無訛、用字簡練精要才是重中之重。每次下筆，往往較平常寫作多了一份謹慎、一份執著，只希望以文字綻放的火光，照亮校園。

當天自告奮勇接下傳承了五十七載的《火炬》時，比起創作之責，心中所思所想是如何好好保持薪火不滅。九月初在尋找新印刷商、籌組編委會和擬定封面故事主題等事上一波三折，幸得良師益友相助，最終有驚無險度過難關。各版文字創作一路以來越發順遂，有賴各位編輯和顧問老師戮力同心、砥礪前行。諸位以心血灌溉、時間捶打成的文字鑄煉出第五十八輯《火炬》。其中中文版內容囊括近年備受矚目的香港電影行業，老師和人物訪問，乃至同學佳作。老師同學不妨細閱。

同時今年《火炬》幸得多名年輕新力軍參與，星星火苗，已然種下。假以時日，他們也能成長為燎原之火，一展所長，令火炬薪火長存。

「莫聽穿林打葉聲，何妨吟嘯且徐行。」編務工作總會遇上困頓、挫折，道阻且長，但行則將至。享受為期一年的編務工作，且行且珍惜，沿途經歷會成為你日後常掛口邊的故事。

最後再次向每位編委會成員致以衷心的感謝和敬意。全賴你們鼎力支持，第五十八輯《火炬》才能順利出版。

又到了傳遞火炬的時候。

《火炬》總編輯 譚宇軒

《火炬》 第五十八輯 編輯委員會

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註：有*號為該版主編

香港製造。 香港電影

引言

香港電影曾風靡一時，有說：「有華人的地方，就有香港電影。」曾幾何時，香港電影在全球放映，走過李小龍功夫片的七十年代，歷盡新浪潮電影的八十年代，邁向周星馳喜劇片和王家衛非主流藝術電影的九十年代，踏入千禧年代卻停滯不前。香港電影業與其他市場爭妍鬥麗的年代如記憶的殘片，我們又怎能想像「東方荷里活」曾經存在呢？

然而，香港電影業最近看似柳暗花明，更有港產片突破香港電影業的票房紀錄，可謂捲土重來。本文將會回顧香港電影業近年的發展歷程，繼而探討香港電影與社會的關係。



【壹】

扎根本土， 融合社會

「當一部電影成功到某個程度，它就會變成社會學事件。」
法國導演楚浮

有道是：「香港電影已死。」電影界普遍認為香港電影業已不及以前「東方荷里活」的年代，需要另覓生機。香港電影監製文佩卿更直言香港電影業如焚燒成灰燼的廢墟：「當我們整間屋已經一把火燒了，沒有的啦，我們要承認我們是沒什麼剩的了，要重新開始。」然而，若斷言香港電影已死，事實又並非如此。綜觀現況，現在香港仍有25萬人從事影視業，而部分港產片的數量有所增長，觀眾亦有增無減，《毒舌大狀》（2023）更是以1.1億港元的票房，打破香港華語電影票房紀錄。由是觀之，香港電影業也許不如以往蓬勃，但尚未稱得上死亡，香港仍然有數之不盡的新導演和新演員在默默耕耘。

面對香港電影業的窘境，香港電影人想法不一。有人傾向抓緊國家發展機遇上發展，認為內地市場消費者較多，所獲取的資金亦較豐裕，因此導演和監製可以購買先進的攝影器材及使用先進的電腦合成影像技術，並透過邀請兩岸三地的著名演員出演，推出一部部享譽盛名的電影。

另一派電影人則認為香港電影市場仍有增長的可能性，故此積極發掘本地題材和人才，開拓香港市場。於是有部分電影人，尤其新導演決意保存香港電影的主體性，以聚焦社會為主調，題材通常包括弱勢社群和香港民間文化等，希望通過電影銀幕弘揚香港精神，藉此重新打入國際市場。有些觀眾被本土製作所感召，有些觀眾則因電影內容引起共鳴而重返戲院，成功帶動香港電影業的發展。

近年，香港電影的本土化成為趨勢，掀起人文關懷的熱潮，形成社會議題。這些電影情節寫實，主力探討各類社會議題，因而引起香港觀眾共鳴和關注，有些電影更是卓具聲譽，在亞洲夏季電影節、中美電影節大獎、亞洲電影大獎和金馬獎等受國際電影界認同。香港政府在近二十年意識到香港電影業有發展潛力，於一九九九年設立香港電影發展局。除了積極發掘有潛質的電影人才，亦大舉投資香港電影，例如推出「首部劇情電影計劃」、「電影製作資助計劃」和「電影製作融資計劃」，推廣香港電影文化至中國和國際市場。

時任行政長官梁振英在二零一六年施政報告中宣布以「鼓勵增加港產片的製作量、培育新秀、拓展觀眾羣，以及推廣香港電影品牌」作為其政策目標，至今從本地票房和社會關注方面看，確有起色。

拍電影需要龐大資金，香港導演需謹慎構思電影內容，以說服政府資助，讓製片商投放更多資源，不再只用一些嘩眾取寵的情節和特效去吸引觀眾，減少粗製濫造的情況。



「首部劇情電影計劃」電影票房排名

1	《年少日記》 (2023)	卓亦謙導演	23,456,482 港元
2	《淪落人》 (2018)	陳小娟導演	19,811,169 港元
3	《一念無明》 (2017)	黃進導演	16,923,985 港元

「電影製作融資計劃」電影票房排名

1	《毒舌大狀》 (2023)	吳煒倫導演	115,060,394 港元
2	《阿媽有咗第二個》 (2022)	彭秀慧導演	43,990,654 港元
3	《正義迴廊》 (2022)	何爵天導演	43,012,421 港元

【貳】 落地生根

「電影不應避開社會議題……我覺得電影唯一的價值是，讓人看時有少少啟發。」

爾冬陞監製



電影與社會的關係密不可分，電影取材源於社會，迴響於社會。香港人在新聞頭條或社交媒體頻頻看見種種社會議題的報導，也許無從入手，但香港電影能用易懂的藝術方式去呈現社會錯綜複雜的議題，當中包括外傭、老人殘疾院舍、學生精神健康和香港住屋問題等，對香港觀眾而言啟發良多，並引起社會討論，造就社會議題電影在電影業的主導地位。

《淪落人》探討香港社會傭工議題 同是天涯淪落人， 相逢何必曾相識 (2018)

電影圍繞兩個香港社會的「淪落人」——傷殘人士梁昌榮和菲傭 Evelyn，他們同樣面對社會重重困擾，例如梁昌榮家庭支離破碎，只有以前地盤工的好朋友張輝和妹妹的陪伴，經常感到孤獨和自責，以及 Evelyn 因為要照顧菲律賓貧窮的家庭，沒有金錢追尋攝影夢，但是他們互相守望，各自以「己之力成就彼此，走出「淪落人」的陰霾。



■ Evelyn 與昌榮的生活片段

陳小娟導演

第28屆亞洲電影大獎：最佳新導演和最佳編劇
第38屆香港電影金像獎 新晉導演



圖片來源：互聯網



■ 身體的障礙沒法剝削昌榮追夢的權利

下半身不遂， 險些送去他的下半生

Evelyn：「你無法決定人生會不會坐輪椅，但你可以選擇自己要在輪椅上展開什麼樣的人生。」

一場原本致命的意外，昌榮卻倖存了。對昌榮來說，這一點也不幸運，這是一個殘酷的詛咒。半身不遂的他，失去了身體大部分的機能，性情變得暴躁，把妻兒和傭人都嚇走了。此時的他，除了身軀癱瘓，心靈亦隨之癱瘓了，心灰意冷之際，遇上另一位淪落人——Evelyn。Evelyn同樣經歷生活難題，只好輟學賺錢，婚事不如意，被逼放棄了自己的夢想，誰知一扇門關上的時候，同時也開了一扇窗，讓縷縷陽光照進屋內，他倆的生命頓時洋溢了希望。

僕人或是家人？

「你只是工作，不要投放太多情感。」

香港外傭是否能夠融入香港社會的議題向來議論紛紛，傭人在香港生活往往會出現許多問題。在《淪落人》中，Evelyn的僱主阿榮不擅長英文，而Evelyn也不熟悉香港的環境，兩個互相不認識的陌生人，卻要生存在同一個狹小的空間，幾經磨合，終成功建立互信。

周日放假時，Evelyn和她的朋友會一起去中環聚餐，她們都是來港工作數年的傭人，認為自己是來打工的，並為了減少自己的工作量，都裝得呆愣愣的。Evelyn起初把她們的意見聽進耳內，卻釀成意外，險些被解僱。之後，她心生歉疚，決心要學好廣東話，融入香港生活。昌榮知道Evelyn知錯能改，並非心腸歹毒，一心謀財，昌榮慢慢對她改觀，更視她為自己的家人。

然而，昌榮身邊有很多人都質疑Evelyn的一番好意，尤其是他的妹妹晶瑩。

晶瑩：「你同『寶妹』一齊咗呀？」

昌榮：「你唔好亂講嘢，依家『寶妹』唔係人呀？你講嘢可唔可以尊重啲呀？」

在《淪落人》中，角色的所思所想吻合某些香港人的固有看法。昌榮在片頭勸告Evelyn不要騙她機票錢和住宿費用，好友張輝質疑昌榮為何要買生日禮物給Evelyn，晶瑩更認為Evelyn與晶瑩一起吃飯不合禮節，反映了外傭和僱主有隔閡，而《淪落人》的故事想表達的訊息其實很簡單，就是傭人也可以是家庭一

員，也可以和僱主同舟共濟，互勉互勵。

你有沒有尖 (dream) ？

Evelyn：「人人都可以做夢。」

昌榮有一個夢想，卻以為是南柯一夢。往往追夢失意的人都會無意中奚落揶揄別人，想向身邊的人報復，但昌榮不是一個這樣的人。他雖然看起來很硬朗，其實他對Evelyn格外細心。Evelyn喜歡攝影，昌榮念在自己根本沒有能力實踐夢想，他便買下一台相機送給Evelyn，並且鼓勵她好好追夢。當Evelyn貿然放棄自己的夢想時，昌榮極其憤怒，但後來知道原來Evelyn家裡急需錢，而母親反對她追尋攝影夢，她才無奈要把相機當押了。昌榮於是平息了心中怒火，一方面到當舖贖回相機，一方面跟她母親抱打不平，其後更為她報名參加攝影比賽。Evelyn的作品最後獲得攝影界認同。電影中對追夢的過程刻劃細膩，追尋夢想的過程就是應該經過無數錘煉，就算得到別人的批評，仍要砥礪前行，方可夢想成真。

「(得獎者是) 菲傭來的！怎可以合資格獲獎呢？太瘋狂了！」

Evelyn這個角色打破了大家固有觀念，電影中有一位角色曾經是菲傭，現在成為了一名教授，她在戲中的一句話語出驚人，貫穿整個故事：「即使我們在最脆弱的時候，別忘記我們也可以變得強大。」

最後，昌榮還回Evelyn的護照，給她一對翅膀。Evelyn離開的一天，她在棉絮翩翩的護送下，展翼高飛。

社會迴響

菲律賓在七十年代修改勞工法，輸出菲律賓勞工，促進經濟，隨着香港經濟起飛，家庭對外傭需求大增，在香港有35.57萬住戶僱用家傭，現在佔香港人口的3%。

傭人已成爲許多香港家庭的共同回憶，他們亦慢慢成爲香港社會的一分子，然而我們時常會聽見家傭被僱主苛刻對待，到底飄泊異鄉的外傭，心中帶着一個怎樣的故事呢？

有人認爲《淪落人》是一個童話，現實中像 Evelyn 一樣的故事寥寥可數，反而僱主和外傭之間水火不容更爲常見。此外，許多外傭都是離鄉別井，與家人分離甚久。雖然電影是有美化香港傭人的待遇，但不能否認這部電影充滿正能量，對夢想的詮釋令人鼓舞，也能引起香港觀眾對外傭議題的關注與討論。

早前，港府修例規管外傭「跳工」（提早結束僱傭合約）亦引來爭議。大眾都質疑外傭在疫情期間面對經濟窘境，難保「飯碗」，難免會因為市場上有更好的工作機會而轉工。然而，部分外傭反映轉工亦是因為與僱主性格不合、工作環境欠佳或工作壓力不勝負荷。其實，外傭遠道而來工作，在港只是一個異鄉人，大多都只是想賺錢供養家庭，別無他意。翻看《淪落人》這部電影，我們需要反思香港社會是否真的有接納和尊重過這些為香港人勞心勞力的外傭。



■ 昌榮曾經想過輕生



■ 昌榮妹妹（圖右）昌瑩認爲傭人不能成爲家人



■ Evelyn 為了實踐夢想，最終離開昌榮。

淪落人

(2018)

《年少日記》探討青少年心理健康議題 一個不能贖的罪 (2023)

年少輕狂，天真爛漫，只願闖一片屬於自己的天地，相信對此想法你我也不會陌生。將至二八之年，人漸漸有了獨立思想，想走上自己的康莊大道，身仍緊緊連繫着家庭，父母之命是依靠還是受束縛呢？

主角鄭有俊是一位中文老師，有一天他在教書的時候發現了一封信，字裡行間透露了作者壓抑已久的抑鬱和困苦，萌生輕生念頭。學校僅把這件事交託社工，但有俊自告奮勇，明察暗訪，希望找出信函的主人。這關乎生死的事令他記起哥哥有傑的往事。



卓亦謙導演

「首部劇情電影計劃」第五屆大專組得獎作品
第六十屆金馬獎 觀眾票選最佳影片
第二十屆香港電影評論學會大獎 推薦電影
第六十屆金馬獎 最佳新導演
第42屆香港電影金像獎 新晉導演

缺愛的家庭

家庭既可以成為與世無爭的避風港，給你親人的溫暖，也可以成為人生中的夢魘，給你壓力。有傑的家境殷實，然而這個家庭缺乏的不是金錢，不是溫飽，而是愛。

當今的孩子們都要背着光宗耀祖的包袱，在家長望子成龍的壓力下成長，有傑也不例外。他希望在學業和音樂上一展才華，可惜造化弄人，無論有傑多麼努力去證明自己，但是他始終一事無成，得不到爸爸的歡心。



■ 面對家庭的壓力，兩兄弟情同手足。

《年少日記》(2023)

或許，子女距離成功只乏家庭和朋友的勉勵。

人生路上起伏跌宕，既想在人生高峰時同甘，在人生低谷時又不願共苦。在爸爸拿着藤條不斷鞭打兒子，尖叫聲震耳欲聾，縈繞客廳之際，媽媽背着他們，默默啜泣；弟弟專心做功課，假裝淡定，彷彿在這個家庭中，這事都變得尋常不過。

「事情當需要說出來的時候，沉默就是怯懦。」甘地

你能聽見他的吶喊嗎？你能聽見他的呼喚嗎？對着空氣吶喊，有傑很多時候都把煩惱鬱結於心，隱藏自己的興趣，連看漫畫也是偷偷摸摸，是誰教孩子做人要光明正大呢？

一家之主的專制令家庭成員之間的關係支離破碎，一家人之間難道不能開心見誠溝通嗎？當謾罵咄咄逼人，蓋過鼓勵和希望，換來的是啞忍和絕望。當絕望充斥內心，沖昏頭腦的時候，只會釀成一場人間慘劇。

陪伴是最大的力量

我們各自都有傾聽和關心的能力，我們固然能傷害彼此，更能成就彼此；我們能落井下石，更能雪中送炭。作為爸媽，難道不能選擇溫柔和善意？作為弟弟，難道不能釋出兄弟情？作為老師和朋友，難道不能多些關懷，不將別人的痛苦當作笑柄？

「抑鬱不是一種選擇。」卓亦謙導演

卓亦謙導演在映後分享會自言大學時期曾經歷朋友輕生，驚覺「原來我認識的人都可以突然離開」。他慨嘆這個社會對情緒受困擾的人非常不友善，甚至

指責輕生的人自私。

人生不如意事十常八九，與其將生命的一切煩惱鬱藏於心，不如釋出心房的一點空間，讓家人和朋友陪伴着你，走過漫漫人生路。

「我未必可以幫到你，但我會陪着你。」《年少日記》

有傑從來沒有奢望要任何名貴的東西。在他眼中，出自爸媽內心的讚賞勝過所有物質。這個世代的年輕人，更需要一句關心問候的說話，一個窩心暖人的懷抱和一個默默支持的心腑。

有傑成長後，抱着垂垂老矣的父親，父親熱淚盈眶自責悔不當初，悔恨害死自己骨肉，悔恨犯下無法補贖的罪名。

社會迴響

學童心理問題在香港社會議論紛紛，卻久久不能得到解決。最近傳媒常常報導學童心理問題，香港社會增加對青少年的心靈健康的關注。香港「推動青少年精神健康計劃」調查指出超過七成半青年人有輕度或以上的焦慮，當中超過兩成半達中度或嚴重的焦慮水平，令人擔憂。常言「年輕人是未來社會的棟樑」，然而這個社會卻對青年人的心聲置若罔聞，對青年人的理想冷嘲熱諷，《年少日記》給出一種釋放和自由，讓人把憋在內心的抑鬱宣洩出來，成為這個時代的樹洞。



■ 哥哥鄭有傑



■ 母親得知哥哥鄭有傑的成績不足以升班後，神情恍惚。



■ 弟弟鄭有俊長大後成為了一位老師

《白日之下》探討香港殘疾和安老院舍監管不善的問題 撥開雲霧見青天（2023）

故事靈感取材於曾經轟動全港的「康橋之家」院長性侵院友案與「劍橋護老院」強迫長者光天化日下脫光洗澡一事。女主角凌曉琪假扮院友周健通孫女，潛伏到「彩橋之家」殘疾院舍，發現院內環境猶如人間煉獄，院友被職員差別對待的事件屢見不鮮，引起社會嘩然。



簡君晉導演

作品入圍香港金像獎十六項大獎提名
第30屆香港電影評論學會推薦大獎

尊嚴何價？

電影根據真人真事改編，「劍橋護老院」在2015年強迫長者在露天天台脫光，及後職員以水喉噴射「洗澡」。電影中段，這一幕重新呈現於港人眼前，配以導演高明的場面調度及澎湃的音樂，再次揭開香港私



■ 彩橋之家院長章劍華



■ 彩橋之家的職員用水喉為院友洗澡，引起社會回響。

營老人院的累累傷疤。當時，院長以「人手不足」解釋這件事，然而，問題根源單單在於「人手」嗎？電影中，院舍的空間猶如迷你倉般狹隘，把80多位長者如貨物般寄存。有部分老人更被人以索帶綁着手腳，倘若不服從職員的命令，更會被職員施加暴力。護老院職員兇神惡煞的樣子和殘暴不仁的手段，使院友墮進無底深淵，心生畏懼，每天都在垂死掙扎，受盡折磨。任何掙扎卻未能在社會曝光，他們永遠都只是活在黑暗之中，苦苦等待解脫的一天。難道窮困，行動不便就可以被人剝奪尊嚴？難道寄人籬下就要受人委屈？尊嚴無價，因為尊嚴是與生俱來的，不論生老病死，也需要有尊嚴地活。

香港人口老化問題嚴重，照顧殘疾的配套亦匱乏。然而，香港在有關方面的政策欠謹慎，放寬院舍指引變相縱容私營院舍罔顧失去自理能力的弱勢社群的生命和尊嚴。金錢不能補償受害人的傷害，更不能贖回他們的尊嚴。

扭曲的時代

彩橋護老院的醜聞不但剝奪院友尊嚴，人面獸心的院長更性侵女院友。然而，公義最終得不到彰顯，當時因為性侵受害者患有創傷後遺症而不適宜出庭作供，控方最終撤控。扭曲不只是時代，更是人心。院長作為電影的反派人物，他卻與傳統反派不太一樣。院長自以為為院舍盡心竭力，更自命不凡，認為多虧自己悉心經營院舍，殘疾人士才能在社會上有容身之所。因此，他內心認為性侵院友只是他從自己的無私奉獻中收取一點報酬。林保怡飾演的院長協助無良商人經營院舍，從中獲利，不只是助紂為虐，更可謂喪心病狂。

電影中，院友周健通這個角色甚至比主角更為突出，他臉憨皮厚，經常前言不對後語。在電影的中段，觀眾得知無根無柢的他在這間院舍已經生存了十五年，早已明察這裡的生存法則。他決計明哲保身，避免觸怒職員而慘遭毒打。然而，女主角凌曉琪公義善良的心打動了周健通，他冒險為她拍攝院長性侵犯院友的罪證，一改他一貫作風。她的出現，也許成為周健通晚年深入骨髓的孤獨中的一點曙光。

「人生很多事都有得選擇，做選擇嘅人少，做唔選擇嘅人更少，所以唔好為咗做咗一件事而內疚。」周健通

電影的結局，凌曉琪在滂沱大雨中見證「彩虹橋之家」牌照被撤銷，一個個無家可歸的院友在大雨中衣衫濡濕，狼狽不堪，曉琪與他們一一擦肩，伸張公義的她不但沒有得到院友們的青睞，更遭他們狠狠謾罵，頓時打擊了她的信念。在這扭曲的時代，正義也不是非黑即白，善也不一定得善報。走到周健通身邊，他依舊面帶笑容，寄語凌曉琪：「儘管受千夫所指，也別為正確的決定而內疚。」

記者的社會責任

傳媒被譽為「第四權」，受法律授予對社會事務進行監察的權利，以保障大眾利益和知情權，成為「無聲者」的「傳聲筒」。在電影中，記者凌曉琪帶上隱藏鏡頭潛入院舍假扮院友周健通的孫女，以獲取更多關於虐待院友的資訊，期間拍下一段段院友被職員謾罵和施暴的影片，卻被主編指「沒有fact check（查證）」。其後，院長章劍華被控「性侵犯院友」，社會輿論紛紜之際，他反常地親臨傳媒的辦公室，指控傳媒意氣用事，刻意抹黑，難免令人思考新聞的主觀性。



■ 記者凌曉琪同院友周健通關係甚好，兩人如同爺孫。



■ 「A1新聞社」偵查組

社會迴響

監製

「電影未必可改變世界，但可提出問題。」爾冬陞

《白日之下》確實重現了當時轟動人心的「康橋之家」案和「劍橋護老院」案，筆者猶記得在戲院觀看電影時，旁邊的觀眾不時嘩然，對情節感到難以置信，相信現在仍深深烙印腦海中。導演希望社會能瞭解絕望，雖然院舍制度的確存在漏洞，現況不堪入目，但他也希望將現實的無力感轉化成希望。縱使社會上有着魑魅魍魎，但依然有人擁抱正義和善良，勇敢揭開黑幕。

傳媒有責任報道社會黑暗，也有責任遵守道德操守，現今社會有很多「內容農場」的傳媒掛着「持平」之名，行「搶眼」之實，為了引起社會輿論嘩然，特意誇大和偏頗地報道事件，未能反映事實的全部。因此，電影發人深省之處在於「傳媒的責任」，到底記者應該保持一個怎樣的態度把事情查個水落石出？到底傳媒是否應該成為「民間法庭」未審先判？記者凌曉琪抱打不平，堅持求真，同時沒有埋沒專業道德，體諒受害人家屬不願公開指證，以免受害人有二次傷害，秉持記者的社會責任。

電影最後一幕呈現一群記者趕往現場報道，傳達對正義的絲絲希望。傳媒雖然在民眾間毀譽參半，但社會那顆求真的心沸騰依然，可見傳媒仍是不可或缺。

那些年， 我們一起看的 香港電影

時至今日，社會依然不乏「香港電影已死」的論調。然而，香港仍有電影人無懼挑戰，繼續拍攝。我們有幸邀請黃修平校友進行訪問，希望能夠了解他在近十多年的電影創作生涯和他對近年電影發展的一些看法。



#黃修平

#香港電影導演
#成名作有《狂舞派》和《哪一天我們會飛》
#浸會大學電影教授
#受許鞍華導演啟蒙
#電影需尊重角色
#製作需細膩
#熱情
#求真
#不躺平

你眼中的香港電影是什麼？

我在八、九十年代成長，正值香港電影的黃金時代，香港電影曾經歷繁華盛世，歸根究底是因為那時代的有利條件。

首先，香港經濟持續增長，促使香港人追求娛樂，而電影成為不二之選。當時的觀眾最感興趣的電影類型，多是喜劇和動作片，這些電影具濃厚香港特色，容易令觀眾產生共鳴，而且香港電影人在一個開放的年代更勇於突破，促使當時香港電影風靡一時，對香港觀眾而言可謂震撼人心。

此外，九七主權移交將至，香港人對前途看法不一。香港電影人面對一個時代的落幕，擔心未來的電影創作不如以往，因此當時的電影人的靈感和創意力澎湃，可謂「爆晒出來」。

無可否認的是「盡皆過火，盡是癡狂」的獨特風格深深印在外國觀眾腦海裡，促使香港電影揚名海外。外國導演昆汀·塔倫提諾受林嶺東等香港導演的電影啟發和薰陶，拍成處女作《落水狗》，成為「Cult片」（非主流電影）的代表作，而我曾教授一名韓國交換生，他的作品最後記述韓國人對黃金時代的香港電影的鍾愛，向香港電影致敬，可見香港電影的文化軟實力登峰造極。

近年香港電影業發展緩慢，之後更被新冠疫情陰霾籠罩，香港電影業反而未見不振，二零二三年的《毒舌大狀》更創下香港電影票房的最高紀錄，抗衡《風再起時》和《暗殺風暴》等合拍片。這些以本土題材為主題的香港電影在內地票房相當不俗，但我難以評論以本地議題作題材的電影是否成為主流，就讓我們拭目以待吧。

你眼中的狂舞派是什麼？

我記得《狂舞派》的故事靈感來源自理工大學的跳舞聖地，當時學校舞蹈學會因為被校方禁止申請使用正規場地練舞，舞蹈學會於是將訓練場地搬遷至便利店門前的空地，後來該地方吸引了五湖四海的人聚集練舞，成為著名的跳舞聖地。這件事件耐人尋味，我亦希望營造一個充滿能量和熱情的故事，因此沒有刻意聚焦在角色的學業壓力和生活苦楚，而是將它拍成具漫畫色彩與個人風格的《狂舞派》。

《狂舞派》大獲好評，觀眾高呼「拍續集」，於是我經過一番考慮，決定拍《狂舞派3》，而《狂舞派2》是「戲中戲」。戲中《狂舞派2》雖然繼承了前作的熱血，但沒有像前作般票房高收，觀眾反應冷淡，而電影的參與者開始要面對現實的殘酷和矛盾，例如地產商希望收購《狂舞派2》以作宣傳，但地產商的所作所為正正是打擊舞者發展的黑手。我認為如果《狂舞派2》是單純的熱情，那《狂舞派3》便是患難見熱情。兩部戲同樣熱血，但《狂舞派3》以一顆熱血不羈的赤子之心，爭取「土地正義」，追尋跳舞夢，更貼合社會現實。



■ 黃修平導演的工作照



■ 黃修平導演的工作照



■ 黃修平導演的工作照

【叁】 含苞待放

近年，本土社會類型的電影雖然賣座，但是長遠來說香港電影需要發展不同題材的電影，否則只是原地踏步，不能持續發展。千禧年代的香港電影主要依靠中港市場「兩條腿走路」，現在很多行內的電影人都希望尋求更多發展方向（「第三條腿」），但是發展藍圖眾說紛紜。

微電影

近年已有不少影片創作者證明，不需斥巨資亦可拍攝一套媲美電影的微電影作品。鮮浪潮是香港受認證的短片比賽，鼓勵香港新晉演員和導演製作具深度和藝術感的短片，當中得獎導演也在香港電影界發展事業，以李駿碩導演為例，他在二零一七年以《瀏陽河》獲頒「鮮浪潮大獎」，並在二零二二年製作長片《濁水漂流》，得到電影界的認可及支持。可見，微電影除了是電影業發展的延伸，更可以是一個踏台階，鼓勵更多新晉電影人留在香港，為香港電影業出一分力。

小朋友樂也融融，課餘時間都會相聚玩耍，誰知時代無情，使這群孩子各散東西。《直到我看見彼岸》是香港第十七屆鮮浪潮國際短片節作品之一，描寫少年在香港移民潮的無力感，榮獲金馬獎最佳劇情短片獎。

市場拓展

當問到對香港電影業未來發展的看法，黃修平導演透露大多年輕人都抱着求真的心拍電影，因此以社會作題材的電影居多，希望透過電影看透是非黑白、聚焦社會弱勢。雖然資源和配套匱乏，但電影人靈活變動，不斷試驗不同電影拍攝方法，效果多元且破格，大大提升香港電影的創意力。在新聞平台《報導者》

一篇有關「四字導演」的專題中，何爵天導演認為可模仿《毒舌大狀》的成功案例，先主打香港市場，再轉攻大陸市場，但無需刻意遷就，以保留香港電影的主體性。

此外，在香港流行文化網誌《流行文化誌》的專題訪問中，香港電影監製文佩卿指出香港電影業要內外兼備，對內可嘗試在劇本內加入世界性視野，如《窄路微塵》（2022）導演林森探討香港人在外地的故事，而除了刻劃移民英港人，還可聚焦世界議題，例如訴說烏克蘭移民面對的問題；對外可向英國、台灣、日本等地的電影製作人學習和合作，向外借力。

其實，社會類型電影的影響力不一定限於某地區，《上流寄生族》（2019）以韓國社會貧富懸殊嚴重，青年就業無望而憤世嫉俗作電影題材，榮獲奧斯卡最佳外語電影。有說韓國近年大量輸出影視作品，取代香港成為「東方荷里活」。是故，香港若想重返昔日的光輝歲月，也可嘗試拍攝全球性的議題。此外，香港電影製片家協會應發掘和提名年度香港特色濃厚的電影參選奧斯卡最佳國際影片獎競賽，向全球電影觀眾介紹香港電影。說好香港電影故事，為香港東方荷里活重振旗鼓鋪路。

總結

如果花凋零後可再盛放，如果照片褪色後可以修復，如果香港電影業衰落後，還有捲土重來的一天嗎？今天，香港人選擇給香港電影多一個機會，那麼香港電影業便要給我們一個可觀的未來。鑑古知今，香港電影業除了著重本地市場的需求和電影的社會責任，也需留意外國電影業的走向，全球觀眾不會在乎一套電影的生產地，但絕對會欣賞一個扣人心弦的故事。要扭轉這個「東方荷里活」的命運、看到其一線生機，香港電影業一定要如水般適應外在的環境，如水般匯聚成滔滔江水，連貫香港電影業全人，才能夠在萬變的全球電影業歷久不衰。



新老師專訪
中文科
陳運妙老師

你認為中文科文憑試於2018年起於卷一閱讀能力增設甲部十二篇範文，對學生有什麼好處？

我覺得對學生分別在考試和個人發展兩方面都有好處。

首先在考試方面，有了十二篇範文，令學生有一個很明確的學習目標。未有十二篇範文之前，學生其實不知道會考甚麼內容。中文底子不能在一朝一夕中培養到，在不看書、又對中文興趣不大的情況下，對部分中文能力較弱的同學來說，中文科成為了「死亡之卷」。但正因為範文的出現，使這些同學能夠在文憑試裡面爭取到部分的分數，對於他們來說算是一種保障。以上都是閱讀卷層面的好處。其實在作文卷，十二篇範文都可以為同學提供幫助。例如同學會讀《出師表》和《師說》等議論文體裁的文章，同學可以透過這些文章去掌握一些文章佈局的技巧。同時，同學也能在作文時引用範文的內文。例如同學想論述學習累積的重要性，可以使用《勸學》裡面的句子，所以範文對同學在考試上有一定的幫助。

在個人成長方面，十二篇範文涵蓋的範圍頗廣，由先秦散文到唐宋詩詞，裡面很多文章的主旨大多都是有關待人處世、學習的態度等，同學在分析文章同時可以反思個人的態度、開解自己，這就是我覺得增設了範文後對學生的好處。

你認為如何令同學更加喜歡中國文化？

要視乎中國文化指的是甚麼。因為纏腳等不合時宜的文化，學生不需要效仿，而有些文化如登高祭祖等則應繼續推廣。如果

想同學喜歡中國文化，那就要先令他們認識它，可透過介紹中國重要節日的來源、分析相關文章讓同學瞭解中國古代文化。

如果你能選擇一種超能力，你會選擇甚麼？為甚麼？

我會選擇「一目十行」。因為我讀書比較慢，但不論是求學階段還是現在工作，我都需要快速讀書。而且我大學是主修中文科的，中文科需要閱讀大量的古籍，對於閱讀速度比較慢的我來說會比較辛苦，之前我是靠勤奮克服這個缺點。如果有了這個超能力，我想我會讀得輕鬆很多。

請問你認為人性本善還是人性本惡？

個人來說，我會贊成孟子的性本善說。因為我認為人都應該有側隱、羞惡、辭讓和是非之心。我們小時候未必知道甚麼是對或錯，但見到小動物受傷會覺得牠很可憐，這不是他人有教授過的，而是我們的善端。但我們要學會「擴而充之」，故需要學習。

為何選擇擔任中學中文老師？

我認為這問題可以分為「為何想做老師」、「為何選擇教中文」和「為何選擇任教中學」三個部分。

首先談為何想做老師。成為老師是我的志願。在求學階段，我遇過不少很好的老師，如果沒有他們的支持，我不知道能否走到現在。我的老師是用他們的生命影響我的生命。我雖未能像我的老師般以生命影響我的學生，但我希望至少能以生命幫助我的學生。

第二就是為何選擇教中文。中文是我最喜歡的一科，而喜愛一種東西就會希望它不要從世上消失，也希望它被人重視。所以教中文是希望同學們瞭解中文的博大精深，而且中文其實是一門有趣的學科。希望同學中文科不是在象牙塔裡的學科，它仍適用於現今的社會。

最後則是為何選擇任教中學。我曾經有糾結過教小學還是中學。不少朋友對我的印象是很溫柔，但我自認為是個嚴厲的人。我的性格可能在小學生眼中太嚴苛，而中學生年紀大些，較能明白老師的苦心，所以我選擇任教中學。

快問快答

你最喜歡聽甚麼音樂？

我喜歡聽古典音樂。

你最欣賞哪位作家？

我比較喜歡張愛玲的作品。她細膩的筆觸很能打動讀者的心。

你擅長哪一項運動？

我不擅長任何運動。我是個運動非常差的人。

你經歷過新舊時間表，你認為哪個比較輕鬆？

新時間表兩堂就有一個小息，同學們不用在上課時去洗手間，老師也有多一個休息時間。

你會將中文比喻成甚麼食物？為甚麼？

我會比喻成榴槤。榴槤外殼的刺很尖銳，但裡面果肉好不好吃要品嚐後才知道。同學喜不喜歡裏面的內容要體驗過才知道。



新老師專訪
中文科
黃詠琪老師

你最喜歡教授中文科文憑試哪一份分卷？

我最喜歡教授中文科卷一。無論對學生還是老師而言，卷一相對卷二有更清晰的學習和評分方向。尤其在2008年重設範文考核後，同學只要花時間溫習範文，卷一至少已有30%的分數收入囊中。比起臨場發揮較為重要的卷二而言，卷一是相對容易處理的。

另一方面，對老師而言，由於考評局早已制定好考核框架，老師能夠有更清晰的教學方向，並能根據經過考核的教材、學生水平和能力，決定如何深化所教授的內容。

你認為自己像廉頗還是藺相如？

我認為自己像廉頗。初中的同學未必瞭解廉頗同藺相如這兩位歷史人物，且容我簡單說明一般人在閱讀《史記廉頗藺相如列傳》後，對他們的看法。

藺相如不論在完璧歸趙還是澠池之會兩次大事件上都不負趙王所望，成功守護了趙國國體。當他立功後面對廉頗的針鋒相對時，亦懂得以國為重，避免與廉頗直接衝突，擁有無懈可擊的人設。相反，廉頗本來就鄙視藺相如的出身，後來又妒忌藺相如官位比他高而處處想找藺相如麻煩。雖然他最後勇於認錯，負荊請罪，後來還跟藺相如成為刎頸之交，但他的形象已完全被藺相如比下去。

言歸正傳，為何我仍會自喻為廉頗呢？我並非要自吹自擂，稱讚自己是個勇於認錯的人。廉頗這個人物對我而言相對「貼地」一些，更像是我們日常生活中會遇到的人，甚至是我们自己。衝動、妒忌，這些感情都是人之常情。但最重要是我們透過學習

習鼓起勇氣，在犯錯後承擔後果，改過自新，以及提升自我要求去克制這些「不完美」的一面，從而掌控自己的行為和思想。廉頗固然不是完美，但又有誰規定，做人一定要十全十美？

如何將中文融入日常生活中加以運用？

請同學想像以下情景：今天一整天你都過得很愉快——默書滿分，得到老師讚賞和獎勵；班際的足球決賽奪冠；各科的老師都沒有給功課。你懷著雀躍的心情飛奔回家，打算向父母分享你的美妙一天。怎料，你發現當你張口欲言之時，喉嚨竟發不出半點聲音。打算寫在紙上吧，紙上的文字也成了電腦亂碼。明早起床，情況依然——你的聲音被世界拒絕了。你能接受這種情況多久？想是一刻都難以忍受吧。語言是生活的一部分，我們不可能脫離語言。我中三的英文老師曾在課上說過一句話，而我一直以來都將此銘記於心：「語文就是沉悶。當你要深入瞭解一件事的時候，它就不可能有興趣了。」既然語文沉悶的本質是改變不了，何不嘗試改變我們理解語文的心態？

同學不妨多問自己兩個問題：你對自己日常生活發生的事情敏感嗎？你願意「三省吾身」嗎？保持對生活的熱誠和旺盛的好奇心，慢慢你也能夠在學科和日常生活之間構築一條璀璨奪目的橋樑，並發現語文的樂趣早在你的身旁，俯拾皆是。

你認為什麼教學方法最適合英華學生？

每個學生在其學習上都有其獨特需要、習慣和擅長之處，故此這個問題實在很難一概而論。單憑我目前對英華學生的印象和教學經驗去給出一個籠統的說法的話，英華的學生都是聰明，而且普遍擅長理科，故頗為習慣理科重視的系統思考。若文科都能夠提供一個系統式的學習方法予他們，應該能夠令其不論在學科上的知識吸收，還是考試時的答題表現，表現得心應手。

你擅長甚麼運動？為什麼喜歡這種運動？

在雲集各路體育精英的英華裡，真不敢說自己有甚麼擅長的運動。硬要說的話可能是重視反應的運動。我從大約幼稚園高班就接觸跆拳道，直至成年後仍然間中會去練習（雖然現在暫停了）。或許是接觸這項運動的時間長，教練曾經跟我說我的反應速度算是頗快——他的意見應該可以作為以上陳述的根據吧。至於為何喜歡這項運動，我沒有太多漂亮的說辭，或許只是「日久生情」的緣故。

快問快答

你正在看哪一本書？
我正在重讀《異鄉人》

請用一個四字詞形容英華的學生。
臥虎藏龍

你最喜歡哪一部電影？
我最喜歡倩女幽魂（1987）



新老師專訪
公民與社會發展科
石期舟老師

你認為同學養成每天閱讀新聞的習慣對學習公民與社會發展科有何幫助？

我認為每天閱讀新聞有助學生拓闊對世界的認知，令知識不限於學科範疇。加上公社科重視中國發展過程，同學每天閱讀中國新聞，增加其對中國發展的認知，自然有助公社科的學習。

你認為AI科技如何改變公民與社會發展科的教學模式？學生應該如何利用AI科技學習？

我在以前任教的中學，就曾使用AI技術幫助教學。

以中國歷史為例，面對書本上很多文字的敘述，同學未必會產生興趣，但利用AI帶領同學瞭解某個地區的歷史事件和發展，能令他們更容易記住學習內容。中四級公社科第一個課題提及香港自秦朝便是中國的一部分，此處亦可以用AI科技幫助同學加深印象，打好根基。

在測考方面，我曾讓學生在Quiz上面進行課後小測驗或選擇題的快速問答。如此一來，我們能即時知道同學是否真的明白老師課上講解的內容，瞭解學生的吸收能力，還能減少浪費印刷資源。

你認為現在的中學生和你中學時有甚麼分別嗎？

我在中學時期跟現在所認識的英華仔沒有甚麼差別。當年我也比較好動，會參加很多課外活動和做運動。高中開始則變得喜歡看書，大學時就特別喜歡看理論書。當然，偶有一些學生不交功課，這就與讀中學時的我有些差別。

如果你可以立刻學會一種新技能，你會選擇甚麼技能？

我希望能有一位AI助手，因為我任教的班數比較多，單是初中已經有11班生活與社會科。在追收功課上，很容易與科長有溝通上的誤差。相信AI能在這一方面為我提供很大幫助。

快問快答

你喜歡聽甚麼音樂？

我通常聽的是香港音樂（廣東歌）。在大學的時候我舉辦過一個宣傳廣東歌的晚會，為不同國籍的人士提供交流機會。

你擅長甚麼運動？你平常關注哪一項運動賽事？

我以前玩的運動是花式跳繩、跳高和短跑。到大學就只有玩跳高，並且減少了對相關賽事和香港田徑發展的關注。

你正在看哪一本書？

我在看《哈哈鏡：中國視覺現代性》。它是一本探討了視覺文化的哲學書，令我學會用不同角度去看每件事物。

你會如何減壓？

我喜歡在夜晚行一座我熟悉的山，與大自然接觸能令我與大自然融合和放鬆身心。另外，我也喜歡看有關西方理論、哲學和心理學的理论書，從而令我抽離工作，在空閒時間思考。

此外，《始得西山宴遊記》也對同學有一定挑戰性，因為本文用了大量修辭，用字精煉，同學較難背誦本篇範文。然而，同學於初中已接觸過《鈞錫潭記》，同學對作者柳宗元的生平 and 寫作緣由有初步認識，相對上較易應付。

總而言之，我認為並沒有減輕到學生的負擔，改革旨在讓同學更加側重於訓練讀寫能力。

若。此外，由於實用寫作與命題作文於同一份分卷考核，新制同時考驗同學的時間分配能力。

2024年中文科文憑試改制在即，卷二寫作能力增設甲部實用寫作，並刪去卷三聆聽及綜合能力，你認為是否減輕了學生的負擔？



新老師專訪
中文科
王淑樺老師

你較喜歡抒情文還是論說文？

論說文主要考核考生的邏輯思考和多角度闡述能力，但我較喜歡抒情文。

因為我喜歡觀察別人的一言一行，創作「記描述」可以由生活細節入手作為文章取材。同時，我認為記述事情後再抒情的脈絡自然流暢，因此我個人較喜歡「記描述」。

中文有什麼吸引之處？

吸引之處在於認識不同文學作家的見解後，會內化成為你的知識和價值觀。學習中文最大的得著是能接觸不同的文學作品，不單是古今，還有中外，在研習的過程中，我又會不斷思考這些知識箇中的意義，內化成自己的價值觀，建立自己待人處事的標準。學習中文後我也會付諸行動去實踐，例如我在研習新文學運動時期的作品後，會更加關心社會的大小事，同時我也選擇成為一位中文老師，去教授一些文章中的微言大義，希望可以傳承這些「不朽之盛事」。此外，廣泛接觸不同的文學作品亦使我瞭解到世界的複雜和多元，使我可以更包容、更柔和地面向世界。

部分人覺得中文科的課程比較沉悶，你有沒有甚麼方法令課堂變得有趣？

例如在教授《岳陽樓記》描寫景物的部分，我會加插一些圖片，務求更生動地呈現課文內容。我亦希望課堂不只老師主講，我會多與學生互動，問上堂的重點，使他們更專注和投入地學習。

文言文被譽為大部分同學的惡夢，你會如何協助同學應付文言文？

其實，我個人較喜歡文言文。

由於文言文於現代並不常用，不是從小接觸，對同學有一定困難。除了在教授描寫風景的文言文時會使用圖畫，我還會以現代語法教授文言字詞和句子，仔細拆解文言字詞，務求讓同學瞭解文言字詞的不同意思。

請問你希望舉辦什麼活動增加同學對中文的興趣？

我希望舉辦文學散步，例如遊歷不同名勝古蹟，同學在觀賞風景後描寫景物及抒發自己的情感，學會如何運用借景抒情。亦可以到訪作家的故居，瞭解當時作家的生活背景。

遇到挫折時，你會如何面對？你有什麼挫敗的經歷可以與同學分享？

在遇到挫折時，我會首先瞭解造成挫敗的成因，再思考自己是否有能力克服挫敗。我亦會不斷提醒自己要努力克服，但同時亦會好好管理自己的期望，設立可行的目標，避免經常遇到挫折。

我並非由名校畢業，我在讀書期間對中文產生濃厚興趣，希望更深入研讀中文科，於是我便不斷提醒自己要更加努力。

在職場上，老師是我第一份工作，當然有不少挫敗的經歷，我也不斷檢討自己的教學方法，希望更理解學生的想法，並調節自己的期望。

有人常常說中文科需要長時間的浸淫，你是否同意此看法？

非常同意。在中文科考試中取得優異成績不代表中文能力優秀，如果同學想在考試中取得較佳成績，只需要熟讀題型和掌握考試技巧，甚至背誦參考答案。

然而，如果同學想提升中文能力，鑽研中文，需要廣泛地閱讀和反思不同作家的作品和看法。

此外，如果同學想鑽研中文科的話，則需要廣泛閱讀古今中外不同的書籍，需要更多時間消化。

快問快答

你較喜歡任教高年級還是低年級？為什麼？

在學術上，我比較喜歡高中課程，因為比較貼近我的已有知識。

在教學上，我則比較喜歡任教初中，因為初中的學生能和我有較多互動。

你會將中文比喻成甚麼食物？為甚麼？

我會用中文比喻成白米，需要粒粒成熟和時間來培養、消化、沉澱和吸收。

你的教學理念是什麼？

不同學生要用不同的方法教導他們，例如把教學內容講得更深入，或是淺化書上的知識，以配合不同學生需要。

你會用哪兩個形容詞形容你自己？

第一個形容詞我會用「自律」。可是現在我覺得過分的自律可能造成反效果。

第二個形容詞就是「勤力」。這個特點也可以幫助我避免一些麻煩。

你認為現在的中學生和讀中學時的你有什麼分別？

我認為現在的中學生都有自己的目標，懂得分計和不計分的。而讀中學時的我只管抄筆記和做功課，不多計較分數。

請問你最敬佩那一位古代詩人/文人？為什麼？

我最敬佩的古代人物就是文天祥，因為他有一句對我獲益良多的說話：「讀聖賢書，所學何事？而今而後，庶幾無愧！」

請問你有沒有座右銘？可否跟我們分享？

「黑夜给了我黑色的眼睛，我卻用它來尋找光明」

我希望同學能夠用雪亮的眼睛來尋找光明，自己尋找正確的方向。



新老師專訪
中文科
李遠婷老師

請問你曾否修讀過中國文學？你對中國文學科受歡迎程度日漸下降有何看法？

我在高中時曾修讀中國文學，認為中國文學在英華書院受歡迎程度日漸下降的主因是男校學生普遍對中文興趣較少，對此感到十分可惜。中國文學所選讀的篇章非常值得一讀，因為它篩選了每個朝代中影響較深的作品，也包含了許多不一樣的元素，例如是歷史、哲學等。我認為這些篇章有助有興趣讀中文的同學瞭解整個文學發展的源流，亦鼓勵同學去主動接觸中國文學，雖然中國文學有背誦的元素，但也只有背誦才能使我們把文章理解得更透徹。

如果你不任教中國語文，你認為你會任教什麼科目？為什麼？

我認為我會選擇任教中國文學和中國歷史，因為我對這兩科都很有興趣，這使我在授課時能更投入，也能令學生更容易被我感染到，從而喜歡上這個科目。中文有一句話：「文史哲不分家」。文學、歷史和哲學都影響著彼此，與中國語文類近。

如何令中文堂更有趣？

在此方面，我也仍在學習。我認為使中文堂更有趣的前提是老師本身要喜愛及熟悉課文，如果老師對課文不太喜愛或不熟悉，便很難把熱情傳遞給學生，令學生覺得課堂很無聊，老師只是「照書讀」。針對文言文難度較高的問題，老師應該嘗試把文言文中的知識與現今學生的生活聯繫起來，令學生不會認為文言文年代久遠，與現今時代脫節，甚至能從文言文中學習

人生哲理，令學生對中文的印象不只是停留於背書和不斷背書。以上是我努力的方向，希望能使未來的中文堂更有趣。

你對英華學生有什麼期望？

第一方面是學習上的期望，另一個是為人處事方面。學習上，我希望學生能夠抱著認真和積極的態度去思考，不可以只是老師單方面傳授知識，學生也要思考，然後從中消化，甚至學生可以更主動跟老師討論學術性的問題，反駁老師的觀點，才會引起思想的激盪，這對於整體中文課堂會有更好的影響。為人處事方面，期望同學有禮貌、尊重別人、守信用，最重要是懂得從對方的角度體會對方的難處，再嘗試包容他。

最難忘的大學回憶

我與大家一樣，在大學期間也經歷過上網課，大二、三經歷過疫情和社會運動後，大四親身回到校舍時的感覺與初次到來時已截然不同，深深體會到「物是人非」。我若有所失，不禁心中思考：為什麼短短數年間，變化竟如此之大，無論是人、事物、餐廳，甚至是对課堂的認識都變了許多。大學時間社會和教育模式的變化便是我大學回憶中最難忘的部分，這些變化也使人難以置信。

快問快答

可以與我們分享你的座右銘嗎？

《論語》的一句說話：「博學而篤志，切問而近思，仁在其中矣。」大致意思是學問要廣博，志向要堅定，要多問多想，這才是「仁」。

請問你最欣賞哪位作家？

在文學的範疇上，我最欣賞的作家是蘇軾，因為他作品中的哲學對我感染甚深。影響我最深的，便非金庸莫屬。

你喜歡聽什麼音樂？

廣東歌

你正在看哪一本書？

《放下心中的尺子》，內容是對莊子作品的分析，這是一本我非常喜歡的書。

您會如何減壓？

我認為工作上最重要是休息，所以休息便是減壓的最佳方法，但除了睡覺等休息方法外，我還會在空餘時間游泳、駕車兜風，以發洩情緒。

你平常有沒有關注哪一項體育賽事？你支持哪一隊？

在歷屆的奧運會期間，我一定會關注當中的游泳賽事。

你認為自己是理性還是感性的人？

大部分情況下，我都是一個偏向理性的人，可是也不是完全沒有感性的一面，只是想在他人面前表現得理性。

你最喜歡的飯堂菜式是？

三杯雞！因為它的辣度適中，味道十分合我心意，我已經將這道菜推薦給了很多老師。

（額外：英華飯堂令我充滿動力上班！感恩～）

請用一個四字詞形容英華的學生。

我會用「璞玉渾金」來形容英華學生，因為我認為英華學生大多都很有潛力，但尚待開發。

你最喜歡哪首歌？

我最喜歡的歌是陳奕迅的《任我行》，這首歌能警醒我不要隨波逐流，要有屬於自己的堅持。



■ 教會生活



■ 弄孫為樂



■ 2017 年與學生同遊杭州



榮休老師專訪 數學科 雲維漢老師

春風化雨三十載，雲老師作為英華資深的老師於本學年結束後正式放下教鞭。離任之前，雲老師特意與一眾英華人分享自己的故事。

選擇到英華書院教書的原因

雲老師本身是工業學院的兼職老師，因緣際會下於九六年加入了英華。適逢當時為英華首年開辦中六「AS-LEVEL」電腦科，雲老師因此同時任教數學和電腦科。

在英華最深刻的經歷

談及多年的教學生涯中，令雲老師印象最為深刻的莫過於他零三年執教的中五畢業班和帶領英華問答隊參與香港電台主辦的全港常識問答比賽。

該畢業班三十多位同學於會考中創下平均每人考獲近三個「A」的紀錄。其中更有七人各自取得超過六個「A」的成績，被大學的中六生優先取錄計劃錄取。這驕人的成績至今仍為雲老師津津樂道。

雲老師亦兩度帶領問答隊迎戰自港九新界的二十七支隊伍，最終勇奪全港常識問答比賽冠軍。然而勝負乃兵家常事，令他倍感遺憾的是某次英華於衛冕決賽中面對老對手銀禧中學，在領先一分的情況下不幸被反勝，最終飲恨而回。

教學以外的興趣

眾所周知，雲老師十分熱衷於擔任足球守門員。只因他年少時作為弱隊的守門員，在屢屢救出對手一對一的射門中尋得樂趣，自此與這崗位結下不解緣。

牛津道年代，英華有老師和各畢業班在足球場上較量的傳統。而雲老師為老師隊的「御用」守門員，因其精湛的撲救技術在同學間享負盛名。他憶起參加的首幾年，老師隊於比賽往往贏多輸少，想必其中少不了雲老師的功勞。

此外，中國象棋為雲老師另一個興趣。以往亦曾有不少同學在放學後與他切磋棋藝。

來自英華的影響

於英華授業，令雲老師喜歡挑戰自我。雲老師每年堅持創作新的數學題目供學生練習。如此一來，既能為他千遍一律的教程增添新意，也能讓同學面對多種的題目，靈活運用不同解題方法。

替英華帶隊，使他鬥志滿滿。每次帶隊比賽，雲老師總是相信英華能奪得冠軍。只因英華的學生，往往給人幹勁十足、能力超卓的感覺。他們的精神或許無形中感染了雲老師。

對學生們的寄語

雲老師希望舊生和現時的學生謹記校歌最後一句的歌詞——「Long may thy name on our lips proudly ring」。一日英華人，一世英華人，無論身處何方，都要將上帝和英華的名字銘記於心，且自豪地說出自己是上帝的兒女和英華人。畢業後並不代表英華發生的大小事與自己毫無關係，學生們依然可以用英華人的身份來支持母校。

未來的計劃

旅居各國、雲游四海是雲老師目前的打算。此外，他笑指趁記憶猶新，會整理多年教學內容，或順便拍攝YouTube數學教學短片以便一眾英華學生學習。

結語

雲老師為英華一代代莘莘學子的啟蒙導師。他在數學、電腦、乃至宗教科一直誨人不倦。在他循循教導下，孕育出無數英華人才，桃李滿門。在此祝願雲老師退休生活愉快，一切順心。

倒數

中五丁 彭煒皓

你聽見倒數的聲音嗎？聖誕的響鈴餘音嫋嫋，響徹吾城；維港兩岸閃爍着紅紅綠綠的燈飾，點綴今夜燈紅酒綠。北風呼嘯，枯癟秃枝顫抖不斷，我們卻不願歸家，人行道和馬路上聚攏了成千上萬的人，摩肩接踵更能感受人間煙火，人也溫暖了。

此時，腦內儼如聽見時間一分、一秒地涓涓流逝，直到剩下十秒的那一瞬間，大家都屏氣凝神地仰望摩天大廈上的銀幕，數字逐秒遞減，群眾的聲音越是洪亮。

「三！二！一！新年快樂！」

璀璨煙花如花綻放，如星閃熠，如雨降下，霹靂啪啦地響個不停，像是與群眾的歡呼聲爭鳴，連孤僻的村野也能聽見十里洋場報上送舊迎新的祝福。誰觀看除夕夜的煙花時，不會疾聲高呼「新年快樂！」，不會在社交媒體上發佈自己的新年計劃呢……倒數豈不是普天同慶嗎？但生命中卻有些倒數，沒有煙花助興，也沒有歡呼慶祝。

回憶童稚時，媽媽攜着我乘小巴回家，麥當勞旁總有乘小巴的人龍，人龍每次都拐彎抹角，一等便是三十分鐘。以前沒有手提電話，我總會利用等候的時光環視四周，看路人疲憊的姿態、憔悴的容顏，聽站長中氣十足的聲線……印象中的裕民坊永遠是燈火通明的，人流車流永遠是川流不息的。晨

曦初起，打工仔在麥當勞啃咬着麵包，街坊則恬然咀嚼着班戟；夕陽西下，裕民坊又為無家可歸的人築起一個家，渡過一個個漆黑暮夜。聚聚散散，這地方編織了千絲萬縷緣份，締造了千片萬片回憶，孰料所有的緣份都是有始有終。

麥記的最後一夜
白燈、廣東歌與露宿者
這惡俗的不捨比一起更好過些
才是你遠走的主因或者？

《麥記最後一夜》

乍見麥記的大門緊緊閉上，曾經閃閃發光的黃色「Z」字招牌已經褪色，裕民坊的一角生了個黑洞，從此黯然失色。在麥記空置的幾年間，只見灰塵粒子在空中飄蕩，感嘆繁華如雲煙如夢。之後，隨著時日流逝，我對此地一事一物的印象亦漸變模糊。

老舖在大廈地下緊密並列，擠得只剩下一道狹小而陰森的石階路。以前，我和媽媽常常光顧一間文具舖，媽媽都會給我十塊錢去買貼紙，成為兒時的樂趣，但隨着年紀漸大，我再沒有光顧那間文具舖了。

生於斯，長於斯，童年稚氣褪去了，但感情依然埋在此地。偶然一次，我站在傍晚的裕民坊，五光十色的霓虹燈泛出淡淡殘光，如日暮的餘暉，更如人奄奄一息時體內的餘溫。裕華大廈的生鏽招牌靜靜懸掛在大廈的牆上，在霓虹燈的照耀下更顯斑駁。絲絲微光輕輕落在地磚上，映照著粉碎一地的油漆和碎石，這裡的一磚一瓦慢慢被瓦解，化作塵

灰，然後被掃到街道旁，在紛紛攘攘的紅塵俗世中隨風飄揚。

正當我看得入神之際，一滴冷氣機水打在我頭上，冰冷的刺痛感召回我的思緒，我徐徐舉頭一望，水依舊滴答、滴答地倒數着。我閉上雙眼，幻想這些記憶任由沙塵沾污，任由剗泥車輾過，任由吊重機蹂躪，這裡又會變成什麼模樣？

五月沒有洋溢着陽光，反而彌漫着沒精打采的濕氣。我躺在沙發閉目養神，耳邊卻迴繞着鬧鐘「滴、答、滴、答」，心神更恍惚了，焦慮得如坐針氈，思想恍如脫韁的千里馬在奔馳，驅使我托着腮在家裡徘徊，跟隨思想的步伐，心裡怨道：就讓我睡多片刻吧。

「嘩嘩嘩嘩——現場有市建局職員準備清場，裕民坊仲有幾位商戶留守……」

我遽然睜開眼睛，盯着電視，裕華大廈被數十個人用鐵欄圍着鎖上了，店主們在一番針鋒相對和推推撞撞之下被趕離店舖，強忍着的眼淚如決堤的洪水，滾滾而來，這個城市頓時變得模糊起來。

五月四日，裕華大廈唧唧的落幕了，形成一道銀灰色的圍欄，把裕民坊鎖上，把千絲萬縷的記憶與世隔絕。鐵欄貼上無聲的口號，寫上「光榮結業」慘紅色的字樣，在這個五月天又是多麼冷酷無情。我停在街道上，一陣涼風從後掠過，思緒飄渺，彷彿返回行人如鯽的童年，我掏起銀包那張紫色的「膠蟹」，那間文具舖卻是無蹤無影。當天我就像一個茫然無知的小孩子，在裕民坊迷路了。

砰砰……轟轟……嗶嗶剝剝……四周沙塵滾滾，孩子的足跡被英泥埋了，家園被機器清拆了，只剩下零碎的記憶灑落遍地，無人問津。

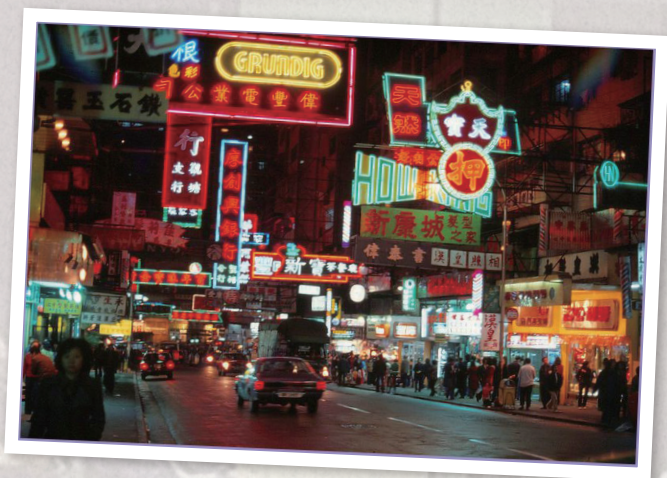
翌年春天，裕民坊恬靜了。風光旖旎，東風浩蕩，裕華大廈對面的松樹依舊茁壯，我坐在樹蔭下聽着枝葉隨風搖擺，如風鈴發出清脆的音樂；看着枝桠撥弄藍天白雲，篩出明媚柔和的春光，打落裕華大廈，白日之下不就如當初般美好嗎？

冬去春來，榕樹脫去了舊的枝葉，又長出新的嫩葉、生出新的枝節，許是這個新與舊的交替，使人的記憶變得模糊，想必這種變化才是生命的真諦吧。過了多少個春夏秋冬，裕華大廈的名字都應該失去了意義，但重遊舊地，心情難免會忘忘吧。

早幾天，搭乘地鐵剛好停在觀塘。一線柔和的光照進車廂內，我走到車上的窗邊，剛好能俯視裕華大廈已經夷為平地，腦海又泛起了漣漪。想罷，地鐵倏爾開駛，窗外的裕民坊迅疾往後退，眼前的風景逐格推移，一棟棟簡陋樸素的唐樓被冠冕堂皇的商場取替，然後駛進沒有光的所在。

倒數的聲音又在耳畔震盪，餘音嫋嫋，腦海裡蕩漾着自己在樹蔭下細數茂葉，細數歲月靜好的記憶。驀然回首，生命又重演着這一場記憶與遺忘的掙扎。

二零一三年冬



圖片來源：互聯網

載浮載沉·逆旅

中三丁 麥珀軒

接過取錄通知書，一個本著挑戰自己而下的決定，出乎意料地被授予一個機會，心頭滿是緊張和擔憂。回想當日，寒風刺骨，天空恍如剛剛燃亮的玻璃燈罩，一群涉世未深的青少年乘坐旅遊巴前往學院。風如冰刀，儼如為我們五日的訓練營揭開序幕。

我忐忑不安地踏出車門，兩位嚴肅的教官迎面而來，令我不禁瑟瑟發抖。當時的我認為未來五天將如身陷囹圄。入營後參與了第一個活動：「黑箱活動」，被擲在無盡的黑暗之中。最初我們都覺得長官們形象嚴肅，但後來漸漸改觀。我最記得陸長官與我們在操場看消防員出水操時的一句：「水費貴，不及消防員的薪酬貴，哈哈！」他們幽默的一面稍稍緩和了我們內心的擔憂。

撰寫本文之時，營中各項活動片段恍如一格格映畫，在腦海中不斷緩慢回放。若要選取一片段鑲嵌於回憶牆上，無疑是第三晚的師生夜話。在當晚寫信給營外老師時，我傾盡了腦海的回憶碎片，竭力把發生過的事告訴老師，亦同時感謝老師在入營前的鼓勵。我手中執筆，目注心凝，奮筆疾書，在有限的時間內征服紙上每一行橫線，生怕漏掉什麼未寫。後來她也有回信，令我很是感動。

往後數天，有苦有樂，我們參觀了不少消防設施，還能觀賞消防員步操。長官不時分享自己退休

前的滅火經歷，我們亦有更多機會與他們交流，其樂融融。

來到最後一日，長官帶領我們準備結業會操。隨著皮鞋鏗鏘的聲音，隨著全期學員頌唱《大無畏》，隨著此起彼落的歡呼聲，五日前的陰霾隨之驅散。終於送別了五日四夜的挑戰營生活！結業禮的繁囂欣然退場，我們回到營房收拾物品，教官臨別的一席話至今仍在我腦海中迴盪，那番說話大約講述了對我們往後的期望，亦提醒我們更珍惜每一個肯責罵我們的誼友，此話使我感受良多。

顧名思義，挑戰營總會遇到各種挑戰，可是我們何嘗甘心放棄，我們確信苦盡甘來，向陽正待花開。挫折是塊磨刀石，能磨平我們的銳氣，也讓我們從中學會不應沉溺於傷心委屈的情緒中，要迎難而上。在營中，我們也學會了團隊精神的真諦和提升了個人自理能力，這一切我將銘記於心。

若有機會，我想向第四隊的班主任——陸長官說一句：「長官，你錯了。水費再貴，消防員的薪酬再貴，也不及你們一直傳承的消防精神般可貴。或許第四隊星離雨散，但你教我們的，我從中學會的，我將永矢弗諼，時刻自勉。」

人生在世，我們總要從懵懂青澀中成長。在中三這個忙於為選科奮戰的年頭能參與本次的挑戰營，實屬榮幸。期望所有曾在營中同處的隊友、同學均能從活動蒙益，騰飛躍進，向理想邁進。



■ 學員陳弘歷（圖左）與作者麥珀軒（圖右）

在成長中逐漸明白的一件事

中三己 梁栢熙

在成長過程中，我們會明白；在身邊熟悉的人和事物被它逐一奪去時，我們會明白；時光是殘酷的，在意識到以往熟知的一切已成滄海桑田時，我們會明白。明白了後，學會了珍惜，但，還來得及嗎？

時光是一輛永不停駛的列車，我們則是車裏的乘客。窗外的風景不斷變遷，眨眼間出現了千百種截然不同的模樣，日新月異，使人難以適應。車廂裏的每一位乘客都不約而同地在等待迎接屬於自己的終點，這份等待可以是漫長的，也可以是短暫的；而等待中的乘客或是遲遲不願面對，或是心態平和地靜候。成長過程中，身邊的親朋戚友逐一下了車，最後只怕還是剩下自己孤身一人，但「月有陰晴圓缺，人有悲歡離合」，生離死別是人生中無可避免的課題，正因為生死的捉摸不透，我們才懂得珍惜眼前人，珍惜身邊的一切，珍惜與人相處的時光。

時光是一片一望無際的沙灘，我們在這片沙灘上留下一個又一個足印，並渴望這些足印能被他人銘記。但可惜的是，我們辛苦留下的足印總會被一排排的海浪無情地沖刷掉，沒有一個足印能在這片沙灘上變成永恆的回憶，但它們存在的價值是幫助我們去創造屬於未來的足印，未來是建築於過去之

上的，縱使我們以往留下的足印會被遺忘，但今時今日的成就卻少不了它們的支撐。成長過程中，有時候，若感到被生活壓得喘不過氣，不妨駐足片刻，回首看看自己付出過的努力，讚美自己的付出，感恩自己的付出，珍惜自己的付出。

時光是一片不可觸及的星空，我們是那仰望星空之人，有人說，逝去的親人會成為天上的星宿，儘管源頭已經熄滅，但餘暉仍照耀着我的人生。小時候總把親人的愛當作理所當然，不懂何為養育之恩，到長大後卻只能透過仰望天空中的星宿來懷念他們，「樹欲靜而風不息，子欲養而親不在」，既知如此，何必當初不趁著他們在生時報答養育之恩呢？親人不是成為了星宿才會照耀着我們，他們在人間時也是一盞燭火，即使本身光線微弱，但仍不忘照耀我們，只是我們察覺不到這看似「習以為常」的幸福。

時光啊，時光啊，你在我成長時帶走了許多許多，帶走了我熟悉的人和事，帶走了我寶貴的回憶，帶走了這世間最愛我的人。此刻我請求你把曾經奪走的一切悉數奉還給我，不知你會否應允？

時光始終不發一言。

潮起潮落· 香港印刷業



■ 創意印刷機



■ IBM 打字機

引言

現代印刷變得十分方便快捷。時代巨輪無聲前進，我們似乎都忘記了因為時代變遷而式微的印刷業。隨著香港經濟轉型，不少印刷公司選擇北遷，又或者選擇結業，就連一直負責列印英華校刊《火炬》的誠興印刷公司也逃不過這命運，於去年八月結業。以下為誠興印刷公司老闆任先生的訪問摘要，可作為與英華書院多年合作關係結束的記錄。

傳承

任先生指誠興印刷公司由其祖父在30年代一手創立，最初只負責列印日曆。當時香港印刷廠是需要申請牌照的，加上營運成本很高，印刷廠的數量並不多。任先生接手誠興印刷公司時，就將牌照

和使用印刷機器的技術傳承下來。可惜，互聯網的出現令網上傳播資訊變得更容易，大眾可以從網上獲取所需資訊，對傳統紙本資料的需求降低。例如以往由誠興印刷公司負責印刷的香港大學迎新活動和週年晚宴的紙本資料，現在已被新科技取替，改以在網站上上載相關資料。此外，任先生認為印刷行業較難吸引新一代入行亦為行業的發展造成阻礙。從事印刷行業需具備熟練的印刷技術，除非出生於印刷世家，否則難以有機會從少浸淫在相關知識或者接受資深人員的培訓。「我們希望吸引青年入行，但學歷高者自有醫生、律師等高薪厚職供其選擇，學歷低的則甚少考慮如此技術需求高，薪資卻不太豐厚的的工作。」任先生感嘆在難以找到人接手的情況下，印刷相關的技術和知識沒有人承傳，最終促使印刷業式微。

機器

誠興印刷公司使用的機器隨時代演進而改變，任先生不吝晷時，將使用排版時要注意的技巧傾囊相授，才令不熟悉印刷的英華《火炬》編輯們能順利完成編輯工作。任先生指公司早期使用的是一種令印刷圖像圍繞滾筒彎曲的印刷機，可以在各種材質，包括紙張、紙板和塑料上面進行印刷。由於印刷的圖像會圍繞滾筒旋轉，故被稱為捲筒式印刷機。然而，由於這款印刷機體積較大、使用程序煩複、比較耗時，最終被淘汰，任先生也將其戲稱為「古董」。其後，誠興轉為使用四色打字機。它作為第一款使用打字球的打字機，比以往的打字機安靜、快速，還可以更改字體，在當年可謂風光一時，直到後來才逐漸被影印機取代。後來，任先生再以照相排字機取代四色打字機。它利用照相的原

理進行排版，把需要列印的文字通過鏡頭拍攝到感光片上，再經顯影成為文字版底片。由於它不須用鉛字製作文字版底片，能夠避免工人鉛中毒的風險。

成也科技敗也科技

時代變遷，科技日新月異，社會大眾對印刷的需求亦不斷改變。任先生初入行時，印刷書本需耗費大量人手，菲林印刷工序繁複，只允許人工操作，所用的時間、資金不少。科技進步節省了成本，便利了印刷。然而，電子書興起，一塊輕巧的電子螢幕便能提供各式各樣的書籍，電子書的售價也比一般實體書便宜。人們對紙本雜誌和小說的需​​求隨時日減少。「時代一直演進，我們也不斷更換機器。」誠興代代相傳，印刷機器不斷改變，見證時代變遷，惟傳統印刷業在現代社會的時代洪流下也是無能為力。

印刷行業前景

誠興印刷公司面對的困境是現時印刷業的縮影。為了在時代洪流的淘洗下尋找出路，印刷公司遂各出奇謀。

創意印刷

台灣有三名年輕設計師以「再生」為理念，用木製作了一台可隨身攜帶的名片活版印刷機，希望以小型、簡易操作、價錢較便宜等優勢，將活版印刷這項幾近失傳的技術傳承下去。他們開設了名為「一間印刷行」的實體店，裏面除擺滿了一部部名片活版印刷機外，還設有咖啡廳，濃厚的文藝氣息可以吸引更多「文青」前來認識活版印刷，向市民推

廣活版印刷技術的知識，使傳統印刷業更大眾化。

拓展銷售渠道

香港的印刷公司會從其他地方爭取訂單。一些大型的印刷商會從外國公司承接出口訂單，並設立海外辦事處以吸引更多海外顧客。此外，印刷公司也能透過一些大型的互聯網採購批發平台，如阿里巴巴，獲取海外訂單。

以多元化設計轉型

中華商務聯合印刷有限公司已於本港經營多年，近年隨科技發展，他們亦嘗試在自家公司製作的《薑餅人》兒童圖書系列中加入擴增實境技術（AR）。透過鏡頭和計算機顯示器，將現實場景和虛擬畫面結合，提高兒童對閱讀的興趣，從而增強競爭力。

創立於一九九零年的融太集團作為全亞洲最大型的書版印刷企業之一，近年也積極開拓新的紙品市場，例如製作紙袋和手造包裝盒，以滿足客人的需求。

結語

誠興印刷公司經歷了印刷業的興衰。儘管你我無力阻止行業的衰敗，但珍貴的歷史回憶仍然值得我們細味。在感歎時代洪流的無情之餘，不妨用心了解一下昔日香港的輕工業和人情味，這樣亦算得上是一種傳承。



中華基督教會英華堂

The Church of Christ in China
Ying Wa Church

為年輕一代塑造 成長空間

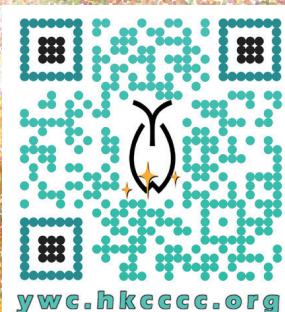
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Rise of Black Lives Matter

Since the 1800s, African Americans have faced deep-rooted oppression and stigmatised by American society. Long gone in the 16th to 19th century, they were marketed as slaves and forced into labour. The Emancipation in 1864 did not help improve their social status either. Segregation laws were only declared unconstitutional in the 1960s, no more than 60 years ago. To date, black people are suffering from discrimination, such as being subject to stops and searches more frequently compared to other ethnicities in the US and UK, resulting in unfair repercussions, and making their lives difficult.

In 2012, Trayvon Martin, Michael Brown, and several other black individuals were killed due to police brutality. Protests and riots broke out as a display of discontent and a call for change, marking the start of the #BlackLivesMatter movement, as well as the endless battle for the justice of Black people. The movement aimed to raise awareness of racial discrimination and to empower black people to fight for their rights.

"I can't breathe." Uttered George Floyd as the policeman knelt on his neck. This intensified the #BlackLivesMatter movement that took America, and the globe by storm. George Floyd was an African American who was murdered by a white policeman who used excessive force by kneeling on his neck for nearly 9 whole minutes. Even with George's pleas to stop, the policeman kept on kneeling.

This incident received immense exposure and brought the harsh reality of discrimination against black communities to the fore.

The #BlackLivesMatter movement has since allowed black individuals to amplify their voices and make themselves heard. The movement aims to advocate for police reform, to raise awareness of systemic racism and ultimately to urge the government and citizens to resolve the rampant issue. The #BlackLivesMatter movement is a powerful reminder of the constant battle for racial equality and empowers black people to stand up for themselves, advocating justice and equality. Through the concerted effort of everyone, we can create a world without racial divide and a free and fair society.

The Rise and Fall of Rock Music

Like jazz and blues, rock and roll originated among African Americans. Alan Freed coined the term in the radio. Made famous by legends like Elvis Presley, it morphed into the rock music we know today.

Know the Beatles? If you're not familiar, you could ask your grandparents about their music. 'Their voices filled the airwaves, and their music became popular worldwide. UK Rock was on a roll in the 1960s.

Not good enough? The great era of rock came in the 70s and 80s. 'Bohemian Rhapsody' made Queen the only band youngsters recognize. While it made Rock popular among Zoomers, dominators like Led Zeppelin are being overshadowed now.

Dynamic rock music was prevalent in the 1980s, with heavier guitar riffs. Metal was the biggest faction. At the peak was Bon Jovi's anthem 'Livin' on a Prayer'.

The 90s and 00s saw more variations, making rock colourful while dominant. Some highly notable examples are Kurt Cobain and Nirvana. They popularized the rebellious Grunge. Emitting a lot of negative energy, Kurt committed suicide in 1994.

Adding elements like rap and funk to rock was ubiquitous. Chester Bennington of Linkin' Park healed countless hearts with it. However, despite his music's impact, he tragically struggled with mental health issues.

Eventually and unfortunately, rock left the mainstream in the 2010s. New technologies have changed the way music is created. The repetitive use of riffs and clichés also doesn't cater to young people's tastes. The most popular 'rock' music nowadays includes bands like Imagine Dragons, which are seen as pop music by traditional rock fans. If you want to see rock recognized, just like in the past, you might have to jump to the 2030s and hope for the best, or visit Japan or Brazil, where unlike the rest of the world, rock is still prevalent.

The Editors' Column

This year, Gallery is introducing something new: the Editors' Column. It allows our editors to fully express their creativity and show their interest in one topic of their choice. What are their picks? Read on to find out.

Organ Tradition

First built in the 3rd Century BC in the form of hydraulics in Ancient Greece, the pipe organ is one of the oldest musical instruments that is still used nowadays and has a strong historical significance. It became pervasively adopted in churches since AD 800, and almost every church has an organ installed to accompany the choir during hymn singing. An old saying states 'The organ is the perfect instrument for a church, for in its sounding we hear the majesty of God, and in its ceasing, we know his mercy.' The main reason for the organ being used as a main instrument since then in churches was not only its majestic register but also the pipes that represent our bodies.

Almost any material, including copper, paper, ivory, glass, bamboo, and plastic, can be used to make organ pipes. Wood and metal pipes are found in most organs, with the bulk being constructed of metal. They can be used to create sound (or "speak") when air is forced through them (or "wind"). Multiple pipes are required to fit the musical scale because one pipe can only produce one note.

The organ is frequently used in weddings, funerals, and important ceremonies such as Queen Elizabeth II's funeral and King Charles's coronation with its grand sound. It played a critical role by playing the procession while guests took their seats, it made the funeral dignified with its grand reed register.

However, a research study conducted by Faith Communities has shown that organ usage in churches has been declining lately, which was likely caused by the lack of young organists because of its difficult nature to master. Yet, it is undeniable that our daily lives have long been intertwined with music. We should explore more into the kaleidoscopic world of music and avoid unwittingly accepting the disappearances of various musical instruments.

Black Friday

Adding pretty much everything to your wishlist is undoubtedly a simple task, but when it comes to buying them, it's not an easy task without discounts or special deals.

Black Friday dates back to the 1950s when the Army-Navy football game was held in Philadelphia every year on the Saturday after Thanksgiving. Fans would swarm the city to begin Christmas shopping if they arrived the day before. This caused the city to have severe traffic jams and congestion, requiring the presence of the entire Philadelphia Police Force, which gave it the name 'Black Friday'.

It is the atmosphere, the crowd of people awaiting decorated doors to be opened that makes Black Friday special. Nevertheless, the concept of Black Friday as a single day has slowly faded away throughout the years. Economic crises and pandemics have changed how retailers approach holiday shopping, or simply everyday shopping. Such discounts or giveaways have been popularized in businesses in search of short-term profit increases. The hype of Black Friday just doesn't matter anymore.

No matter how Black Friday has become less and less special, the problems it has caused have never changed. Large crowds overwhelm streets and often lead to chaos caused by a race for the best deals, not to mention countless unnecessary items fed to garbage dumps, causing pollution and waste issues.

A circle with many centers but no circumference

By Ms. Agnes Lee

Among all the enigmas we encounter,
there must be one to which we badly need an answer.
When logic fails and reasons don't speak,
we then find consolation in the mysterious master.
Before we relinquish our power of independent thought,
have we exhausted all possibilities besides what we are taught?
In the end there may not be a satisfactory explanation,
or the only point is there is no point.
But what matters is we have been in this matter.

Note from Ms. Lee: This poem is inspired by Haruki Murakami's 'Cream' in 'First Person Singular'.



Source: Sam Still Reading

富士山下

詞：林夕

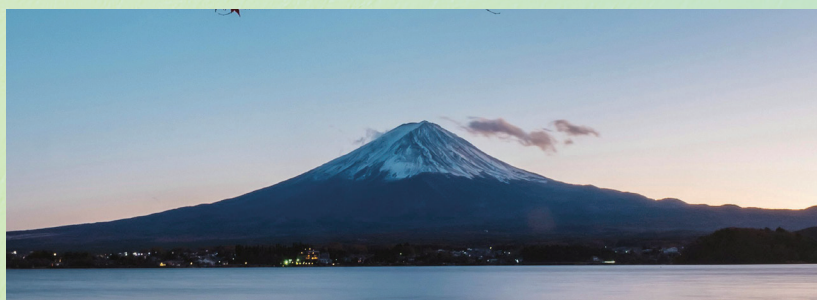
誰都只得那雙手
靠擁抱亦難任你擁有
要擁有必先懂失去怎接受
曾沿著雪路浪遊
為何為好事淚流
誰能憑愛意要富士山私有
何不把悲哀感覺 假設是來自你虛構
試管裡找不到它染污眼眸
前塵硬化像石頭
隨緣地拋下便逃走
我絕不罕有
往街裡繞過一周 我便化烏有

Under Mount Fuji

(Sadness is meaningless)

Translated by 2023-24 S.4B

With bare hands, never could we embrace anything.
You must lose your possessions for them to be acknowledged.
Wandering along the snow road,
You shouldn't cry over the blissful surroundings.
Who could make Mt. Fuji their own with love?
Why not take your sadness as a mere hallucination?
Her tainted tears are nowhere to be found.
Memories have compacted into the rock stabbed deep into my heart.
Toss and flee simply.
I am just one in millions.
Then, I would vanish into the crowd.



Source: KKBOX

This Cantopop classic is translated collectively by Class 4B of 2023-24, under the guidance of Ms. Katrina Sum.

Wind

By 1A Jeff Wu

When he's gone,
we were all sweaty and hot,
so sweaty and hot.

But when he comes,
he finally comes!
Ah... so cool.

But when he strengthens,
and breaks your umbrella,
or when you walk against him,
you would struggle,
struggle so hard,
as if you were trying to knock down The Rock.
But soon, you would lose and get punched miles away...

Disclaimer: The views, information, or opinions expressed by authors of pieces in the Gallery Section are solely those of the respective individuals involved and do not necessarily represent those of Torch. Works in the Gallery Section may have been edited and/or truncated by Torch.



Source: Bella.tw

〈水龍吟〉 陳卓能老師

千禧廿二年，日本花樣滑冰選手羽生結弦負傷出戰冬奧，縱未能奪魁，亦成史上竟「四周半跳」之第一人。賽後獲邀演出〈春天，來吧〉，身姿配樂，渾然天成，舉手投足若《莊子》之謂「怒而飛，其翼若垂天之雲」者也。余感其人率真無飾，嘆其舞動人肺腑，遂賦以詠之，次韻葉迦陵〈題嵇康鼓琴圖〉。

凝瑛似鏡平湖，空山雨後雲煙散。
鉛華盡洗，霓裳玉立，鯢鵬志遠。
舉翅徘徊，臨風往復，豈容羈絆？
念素溪雪嶽，江原道上，凌雲意，千錘鍛。

應是孤身難免，歷風霜，襟懷誰見。
折翎斷羽，天然真色，亦如狂狷。
但把銀刀，無言獨舞，丹心重展。
待京華別後，秦邦再霽，記從前感。



Source: Bella.tw

To the Tune of Shui long yin

Translated by Mr. Jeff Chan

In the year 2022, Japanese figure skater Hanyu Yuzuru competed in the Winter Olympics despite his injury. Though he failed to finish atop the podium, he made history by becoming the first person to complete a quadruple axel. As a guest performer at the exhibition gala, Hanyu took to the ice perfectly to the melody of 'May Spring Come'. His movements resembled how the giant bird named Peng was described in Zhuangzi: 'Aroused, it soars aloft, its wings like clouds hung from the sky.' Deeply moved by his genuineness and his skating performances, I wrote this poem to pay homage to the great figure skater and his extraordinary achievements.

Glassy is the frozen lake
And empty the mountain after rain.
The cloud clears and mist lifts.
Freshened up, he stands in his finery,
Like the giant Peng with lofty ambitions.
Spreading his wings, he wheels in the air
And flies boldly against the winds.
Ah, how can he ever be trammelled?
Since the peaks were covered with snow
In Sochi and Gangwon-do,
He's been steely to reach the skies.

Destined is he to face hardships in solitude.
His heart is barely understood,
Nor is his sincerity or integrity compromised
When his wings are broken.
On the silvery blades he dances alone in silence
Only to reignite his passion!
After leaving the Chinese capital,
And when snow ceases in Italy,
He shall rekindle
Memories of the past!

Why I Write

Writing is a form of art. It has, however, taken me 15 years to realise that.

I was not always the greatest advocate of literature or the idea of reading. The perception that reading is boring has grown profoundly in the essence of my subconscious for my entire childhood. It was when I was 13 that I got the opportunity and ability to study a whole, genuine English book. My horrendous history certainly does not fit a passionate writer but I am not ashamed to share it. Instead, it is a source of inspiration to fuel me forward, reminding myself what happened in the past, while not hindering myself slightly in what I want to pursue in the future.

I first found myself hooked by words after reading the book "Thus Spoke Zarathustra", written by the prestigious German philosopher Mr. Friedrich Nietzsche. It was challenging to comprehend the entire book completely. However, the brute force of Nietzsche's thoughts amazed me on every inch of my skin. His words and paragraphs transformed my view of life, bringing on brand-new insights. I was thoroughly impressed by the strength of books.

'One must be a sea, to receive a polluted stream without becoming impure,' Nietzsche wrote.

The elegance of simple yet ambitious and provocative scriptures is perhaps where the beauty of writing lies. As time passed by, I started imitating the styles of different writers, studying their backgrounds and enhancing my literary techniques along the way. I ventured through the forest of literature, both reading and writing. It was mind-boggling how far words have brought me.

I retain an unhealthy obsession with criticising the world. Writing is indeed the supreme way to condemn absurdity. Utopia is an utter fantasy; chaos is the ultimate principle of the universe; language is, however, the sharpest blade. It penetrates the hardest concrete, the tenderest heart of people. It carries the energy to pierce naiveness. Writing allows me to discuss foolishness all over the world.

'A drop of ink may make a million think,' said George Gordon Byron.

Words are contagious. Literature can manipulate humans in a volatile society. I wish to alter the world, even with my abysmal strength. Without financial capability, the best weapon in my arsenal is a pen. Time cannot defeat beliefs. After 2400 years, Socrates is still deemed the embodiment of wisdom. Even if I lack influence now, I have faith in myself and my work. Perhaps through this leap of faith, I will acquire the ability to change the world.

Few writers succeed at climbing their way to the mainstream table. George Orwell, Roald Dahl, and Charles Dickens are extraordinary writers, being renowned as phenomenal people. Yet, being a writer is not merely a title but a philosophy in life, which has to have an acute awareness of the surroundings. With the thirst to improve and accept humiliation from failures, a writer must possess all of these attributes to achieve excellence. Writing teaches me honesty. The ivory, plain white paper

By 5B Jayden Ku

reflects my life in all details. Reality does not provide spaces for me to secrete. Lying on paper assembles cowardness. Writing non-fabricated truth is the best remedy for yourself.

Society includes discrimination. Unfairness is the nature of capitalism. It is grievous to swallow. Division of class is the consequence of the uneven distribution of resources. Modern society rewards peasants for stupidity. People are compensated for reaching certain exposure on digital platforms. Entertainment is a transfer of capital from the upper to the lower class for fulfilling the human hierarchy of needs. From primitive survival goals, society regresses in a way of vulnerability. Humans become too indulged in forged currency, giving up basic integrity and dignity. I cannot but loathe them. This subtle revolution is a revelation of a corrupting world.

Capitalism exaggerates selfishness, anarchism decentralises control. A perfect system will not exist.

Writing gives me breathing room. I am tired of witnessing filthiness. Perhaps people are not trustable beings. Competitiveness is presumably embedded in our genes, we are all rivals in life. Only a pen and paper will not betray you. For once, you can control life. Impermanence is gone, and dreams can finally come true.

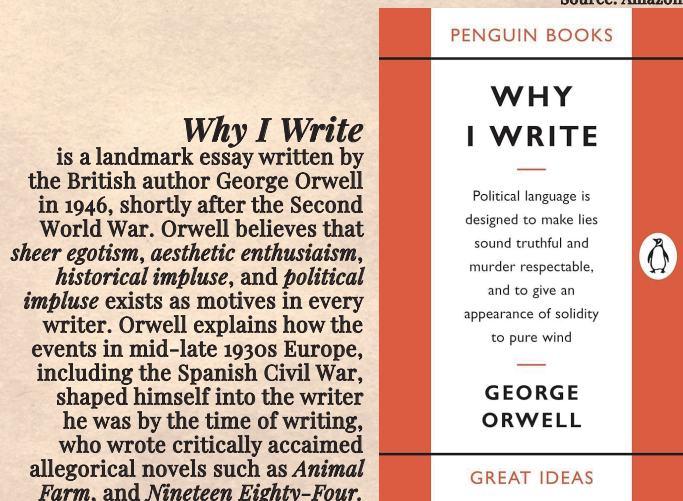
"Maybe Life is not supposed to be happy but still smile, even in your worst days."

Life is tough. Words are magnificent. Find your way and live your day.



Source: Psychology Today

Source: Amazon



Why I Write is a landmark essay written by the British author George Orwell in 1946, shortly after the Second World War. Orwell believes that *sheer egotism, aesthetic enthusiasm, historical impulse, and political impulse* exists as motives in every writer. Orwell explains how the events in mid-late 1930s Europe, including the Spanish Civil War, shaped himself into the writer he was by the time of writing, who wrote critically acclaimed allegorical novels such as *Animal Farm*, and *Nineteen Eighty-Four*.



	Ms. Hung	Mr. Wong	Mr. Yu	Ms. Ching
Have you ever doubted your occupation? If yes, what drove you to do so, and what made you reaffirm your choice to become one?	Yes Previously I mentioned that I wanted to be an all-rounded teacher that guides students throughout their personal growth, giving advice on career choices and their dreams about the future. I feel that it's important as an educator to keep a good relationship with students in the long term and so friendships are often kept long after students have graduated.	No When I was still a kid, or maybe I should say when I was still in secondary school, I already wanted to become a teacher when I was an adult. I've always loved working with teenagers. So if I'm not teaching in a secondary school like I am now, I will still be working in some NGOs, working with teenagers.	Yes Along the way I sometimes feel frustrated, sometimes even if you put in a lot of effort in lessons, students still can't truly absorb the knowledge and you don't have the freedom to teach some topics due to time and examination restrictions. Some days I feel tired, but I never stopped teaching. As an educator, helping students get out of their lowest and succeed in doing so provides me a sense of achievement. As I am able to help the students improve academically and endure tougher times in life, it serves as my primary motivation in teaching.	Yes I've had my doubts, really, especially when seeing friends of similar age having a higher salary than me. During those times, I definitely felt perplexed, as the chances of me gaining a promotion was much lower. So why did I continue moving forward? This is because I didn't want to be looked down on by anyone.
Between a writer, doer, speaker, or a thinker, which one do you relate to the most?	A thinker I'm a combination among them, of course a teacher should be a thinker, because we need to strategise and create techniques to effectively simplify complicated concepts that are easily digested by all students.	A doer I'll mainly be a doer, back when I was studying in University, I would be the one being the backstage staff, rather than the one delivering speeches. However simply being a doer doesn't suit teaching, so being a speaker is also important.	A thinker Thinker, because I really like to think about different issues. When I was in primary school I was already thinking about the reasons for being human. I think about the reasons why I exist, why I have to study, why I need to do what my predecessors have done, what was the purpose for me to exist? And even today I always think about different philosophical questions in my mind.	A thinker
Tell us about one difference between teaching junior form students and senior form students.	Dedication and interest of students Well most of my classes are senior form students, but I have had some experience with junior form students in the past. Due to the large class size of junior form students, we need to spend more energy on managing class discipline. However, senior form students have already chosen their electives, so they're more dedicated and motivated to show a lot of interest in their classes.	Classroom discipline Actually, I don't quite know because I'm only teaching junior form this year. But when I'm dealing with senior form students, I'm usually more friendly. For junior form students I will be more strict and disciplined, because I think that they don't fully understand the rules about the school, and I need to be strict for some of them to cooperate with me during class, so the lesson can be more interesting and also to be more interactive so that then the student can learn more	Classroom discipline Junior form students, most of the time, can be stopped easily. When I came here, although things were still managed, senior students spent the most of my energy because sometimes boys may have to show off their powers in class or whatever, and do something special to draw my attention. Maybe they feel like they have been for many years, more than me, and feel a sense of superiority of knowing more than me. So sometimes I feel disrespected. I suppose this is not personal but a habit for seniors towards newer teachers like me. I really emphasize on discipline so it takes me a lot of time to get along with senior forms, but basketball really helps.	Maturity of students Senior form students are more mature. They are easier to communicate with as they understand and respect my boundaries. They can also follow orders efficiently. Junior form students, on the other hand, require me to act as if I were interacting with youngsters. Sometimes I have to be more harsh and shush them. You senior form students won't listen to me anyway (Points at interviewers).
Do you have a favorite MTR station, if so, why?	Nam Cheong Station The MTR stations that I come across most often are usually related to work or home, so I'd say Nam Cheong station, because it's near Ying Wa and it's very convenient.	'Ying Wa' Station Can I say Ying Wa Station? The one inside the exhibition MTR cars on the basketball court, there's a sign that says 'Ying Wa Station' down inside one of the cars.	University Station The University Station. It feels like going to another world. I conduct my studies in CUHK and it feels very different as I am a Hong Kong Islander. So once I got off at the station, I was like 'woah' and it made me feel like I was entering another chapter of my life so it is really remarkable.	Tsim Sha Tsui Station Tsim Sha Tsui. This station is easily accessible, with lots of delicacies gathered in one place. You can say it's a must-visit and paradise for tourists!

er Interviews

—Ms. Ching Pui Yin, Cindy

(Librarian)

What made you choose Library Management as a profession?

It all started back in Secondary School when I was a Library Prefect. At that time, I observed what the Teacher Librarian did and developed an interest in this aspect. After choosing Library Management as a career, I found that it matched my personality and I enjoyed the working environment, so I continued down this career path. The environment is also quiet and peaceful, which allows me to focus on work, but I also enjoy my interactions with students who visit the library.

”

Some people say that the physical libraries may become less prevalent due to audiobooks and ebooks becoming more accessible at home. Does the library in Ying Wa have a similar problem?

Yes, inevitably due to the pandemic, students nowadays are accustomed to using ebooks and technology for reading. This situation as a whole presents both an opportunity and a risk for the library. What we can do now is to explore ebooks more and promote them to students. Even though this doesn't adhere to traditional reading methods, it's still a way to facilitate reading among students and may possibly lead to new areas of discoveries in this new era.

”

What is the best piece of advice you have ever been given?

When I was in Form 3 or 4, I wanted to learn an instrument, but at that time I thought I was already too old. My teacher told me, 'As long as you have the interest, it's never too late to learn something. What matters is whether you have passion and the heart for it.' Since then, I've always had this mindset to motivate myself, 'The road you take is your own choice. If you fail, don't cry, as it is merely a learning experience,' so if you mess something up, don't get frustrated and instead treat the failure as a learning opportunity.

”



Do you believe textbooks, notes and exams should be digitalized instead of using pen and paper?

I'm fifty-fifty on this statement. It's without a doubt that digitized textbooks and notes are convenient and allow students to jot down and study learning materials effectively. Studies have also shown that digitized learning materials such as these enhance learning efficiency, so this is why I believe that there is room to explore the digitization of textbooks and notes. On the other hand, I am totally against the idea of digitizing examinations. A completely new examination environment will be needed to enable a smooth process, and technical difficulties are inevitable. When that happens, the whole schedule will be delayed and time and resources will be needed to make amends. Another thing is that some students with exceptional IT talent may 'hack' into the system and cheat. So to sum up, I believe textbooks and notes can be more easily digitized, while exams should not, at least in the current situation.

”

New Teacher

Mr. Yu Cheuk Pong, James

(History)



You have taught at other schools besides Ying Wa, what, in your point of view, makes Ying Wa unique among different schools in Hong Kong?

“

Once I arrived at Ying Wa, I could immediately feel the difference. The students have a strong bond with each other. Ying Wa emphasizes ‘brotherhood’. Even senior and junior form students get along well. It is not just a home for the youth but also for the teachers. Many teachers here have been teaching for over 10 years with a burning passion. Therefore, I believe the relationship between students and my colleagues is amazing and is a key reason for me to stay at this place.

”

Are there any insights from historical events that you would like to share with us?

“

I have many historical events in mind, but the most insightful and educational one would be the Cold War. The reason is that when considering the history of humankind, it is unusual for us to fight not for survival but for ideological reasons. In the Cold War, the phenomenon of ideological conflicts was at its peak. Why can't we understand each other and coexist even with diverging thoughts? This is why the Cold War is such an important lesson; it serves as a reminder that we don't have to antagonize each other in a society of diverse opinions.

”

What are your views on History as a subject in Hong Kong's education system, can anything be improved, and is there anything you would like to add?

“

Studying History in Hong Kong is really different from ‘doing’ History. If we were truly ‘doing’ History, it would involve the process of finding a topic, doing research, and being a historian. The curriculum doesn't emphasize being a historian; students mostly focus on studying the facts and applying them in examinations. Yet we don't touch on skills such as conducting oral interviews, confirming the accuracy of historical sources, or finding ancient proofs of historical events. So, being a historian is the area in which History lacks.

”

We've heard that you've been a distinguished basketball player. Has the experience contributed to your tenure at Ying Wa?

“

I didn't think playing basketball would contribute to my career at first. But it turns out it helps a lot. Once you get to the basketball court, you can befriend anyone. It also contributes to teaching in class. In a game of YWBA, I played with a class. Some players wanted to show off, and I understood their motive as I was once such a student as well. I told them that in a team, there is no ‘I’, and we should focus on the team instead of our individual performance. It was in the second half of the game when we had a comeback and won as a team. Since then, I carry the spirit. Once we are on the court, we are brothers and should forgo all previous conflicts; we fight together. In the classroom, we too should carry such a spirit in learning and not focus on disagreements. We can move further as a team.

”

er Interviews

—Mr. Wong Kin Chung, Matthew

(Computer Literacy)

How do you think students should make use of technology in their studies, and what are the benefits of this new method compared to the traditional way?

“

I believe students can greatly benefit from using technology in their studies. Through digital flashcards, students can enhance active recall, thereby improving memory retention. Taking notes using an iPad allows for easy organization and searchability of notes, with the added benefit of being able to access them anywhere. Whether this new method is superior to the traditional way depends on the individual's learning preference. Some students may find that technology enhances their study experience more effectively, while others may prefer the traditional way.

”

What is a software you would recommend all students learn as it is timeless and helpful in most jobs?

“

A piece of software I would recommend to students is Microsoft Excel. It's a tool used in various fields, including studying and business. It can also be used for certain types of scientific research. For subjects like physics or chemistry, where you need to plot graphs to record information from your experiments, Microsoft Excel can be of great help, being an alternative to jotting down values on paper.

”

Do you believe textbooks, notes and exams should be digitalized instead of using pen and paper?

“

In subjects where the content is primarily text-based or requires frequent updates, such as current affairs, technologies, and scientific fields, digitizing textbooks can provide real-time access to the most up-to-date information. It can also offer interactive features, like multimedia elements, enhancing the learning experience. The digitization of textbooks, notes, and exams can offer numerous advantages, including flexible access to study materials. However, whether to entirely replace pen and paper depends on the specific context or individual preference. Using a pen or pencil might be more effective for some students in their learning and retention of information.

”

Do you believe that online classrooms have the potential to be a suitable alternative to face-to-face learning?

“

While online classrooms offer certain advantages, such as flexibility and access to a wide range of resources, they lack the same level of interpersonal engagement that face-to-face learning provides. Students may miss out on the invaluable experience of building relationships, developing social skills, and navigating real-world interactions, which could impact their personal and social growth.

”



New Teacher

Ms. Hung Lok Yi, Yvonne

(BAFS and Economics)



What first impression do you wish to give as a teacher?

“

I aim to greet my students in a warm and friendly manner, inviting them to share their thoughts and ideas regarding their studies and personal growth. I would encourage open communication and active participation in the classroom activities like presentations and group projects, fostering an atmosphere where students feel comfortable expressing themselves and asking questions.

”

Tell us about an experience in which you successfully made a significant impact on a student's mindset or educational progress.

“

Recognizing and valuing the diverse strengths, talents, and perspectives of students can profoundly impact their mindset. As a teacher, it is important to identify and encourage students to utilize their unique talents and abilities in the learning processes. I still remember one BAFS student who struggled with the management part but excelled in accounting. I encouraged him to study hard and praised his talent in accounting. He was eventually admitted to an accounting degree programme in university.

He is now working as an accountant in one of the Big Four accounting firms. When students feel seen, heard, and valued, they are more likely to develop a positive mindset and engage actively in their ongoing learning process. Hence it makes me feel that patience and empathy are crucial for a teacher in fostering student growth.

”

What challenge(s) do you encounter when teaching Ying Wa boys?

“

As a teacher, it is important to stimulate students' learning curiosity and recognize their different learning styles. Boys tend to be more active learners, so incorporating real-life examples into lessons can help keep them engaged and focused. In addition, boys may exhibit more active and energetic behavior compared to girls, which can sometimes lead to disruptive classroom behavior. Clear expectations, consistent discipline, and effective classroom management techniques are crucial in managing classroom behavior and maintaining a positive learning environment. As a teacher, we should be strict in the beginning so as to set clear guidelines for students to follow from the outset.

”

What are the limitations of the DSE BAFS curriculum?

“

The BAFS curriculum primarily focuses on theoretical knowledge and concepts, with less emphasis on practical application. While there may be some opportunities for case studies or simulations, hands-on experiences and real-world application of business principles may be limited. This can be a disadvantage for students who prefer more practical, experiential learning approaches. Some international educational programmes may include internal assessments, projects and coursework, focusing on a well-rounded education and encouraging students to explore a broad range of subjects.

It's important for students to consider their interests, career goals, and learning preferences when evaluating the limitations of the DSE BAFS curriculum. Pursuing extra-curricular activities can help complement the curriculum and provide a more well-rounded education in the field of business.

”

Interview with the English Debating Team



The Juniors

With the resumption of the English Debating team, have there been any difficulties in starting from scratch?

Juniors: While there are some difficulties, they are all opportunities for us to learn. 90% of us did not have any prior experience in debate, and the main reasons that we joined are our interest in learning more about the English language and to approach English from a different perspective.

Seniors: There are a lot of difficulties especially concerning our fundamental debating skills. Since most of the members don't have any prior training, it is hard for us to get a grasp of the basics, but our coach Alfie is trying pretty hard to accommodate for our lack of skill.

Have there been any disagreements and difficulties when discussing during sessions, and how were they resolved?

Seniors: Most disagreements were between us and coach Alfie. He often disagree with us when we were formatting the first speaker's script. It is because he has a lot more experience compared to us regarding debate and he knows exactly what a first speaker's role is, sometimes it is frustrating to see such a wide skill gap. Regarding preparations, we found it difficult in finding points that are 'un-rebuttable'. During one of our mock debates, when we were trying to do a British Parliamentary style debate, our lack of experience was shown. Most of us had interruptions during our speeches and found it difficult to continue onwards with better points. During our debate sessions we had a lot of views on our rebuttals and different points, but the most important thing I think we could learn is to communicate with each other and put up the same picture among us, which is a very good takeaway for everyone here, because not only does this help in our debate competition it also helps in real life to be able to communicate with others very effectively.

Do you think that English Debating has improved your English skills for the regular English curriculum?

Juniors: I improved the most in speaking, as now I can speak more confidently and I know how to use better vocabulary and better ideas of concepts. On top of that it also helped me in the NET chat exams where you talk in a group, it helps you become more clear and concise. Even in Chinese and other subjects, debating has largely improved my way of thinking and organising my thoughts and ideas.

Seniors: Surely, English debating is very similar to public speaking. In the regular English curriculum, there is a speaking exam, so debate really helped in improving my confidence and fluency in English speaking.

The English Debating team has competed in their first competition after their resumption in late November. What is the biggest challenge regarding experience during the competition?

Seniors: The competition's motion was 'Food delivery apps do more harm than good', and during which we were handed some points that we did not expect beforehand. Therefore, we had to think of rebuttals from scratch on the spot. Due to our lack of experience and time management those rebuttals were not as extensively thought out as we initially imagined.



The Seniors



Source: LinkedIn

Epilogue: Our Path

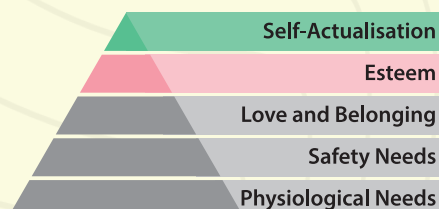
What is MBTI? A personality test? A tool for self-discovery? A way to understand ourselves and others better? Instead of a 'snapshot of your ever-evolving personality,' MBTI was taken as a goal to chase for some individuals.

As mentioned previously, one's **ideal self** may influence their response in the MBTI test out of **social-desirability responses**. When a particular MBTI type is despised by his friends, one might respond to the MBTI questionnaire in a way that he would not result in that despised type, despite the fact he is, but his personality type does not make him a despicable person. He just fears that. He fears that by being in a group viewed negatively in the process of social comparison would make him lose his status in his cherished group — this is what **Social Identity Theory** says.

It is worth thinking about whether our lives should be dictated by the four-letter code, dictated by what our groups, our society believe is ideal. Everyone is different, and everyone is bound for a distinct path that leads to their own success, which can be replicated by nobody. If everyone focuses on the 'seeking connection' side of MBTI, maybe its actual use of letting us better understand ourselves is then overlooked.

Stepping Stones and Stumbling Blocks of Self-Actualisation

Self-actualisation, the realisation of one's full potential, is the ultimate goal for most people. The Maslow's Hierarchy of Needs suggests that the need of self-actualisation would only emerge when the lower-level need — esteem — is fulfilled. Esteem is supposed to be our stepping stone for self-actualisation, but in a never-ending journey of chasing esteem by fitting in ourselves, the importance of self-actualisation is undermined, making it becoming a *de facto* stumbling block.



Maslow's Hierarchy of Needs

Perhaps in the grand scheme of things, what is more important is that we stick to our own path, our most suited path, and hope for the best. The path might not be popular, the path might not even be widely accepted by society, although that is morally righteous. Blindly conforming to societal or ingroup norms may move us farther to our path. Even Copernicus had his opponents when he proposed the heliocentric model. In fact, the whole world was against him. Nobody supported him, but he persisted. Centuries later, he was finally proven correct. Heliocentrism then became the fundamentals of modern astronomy. If Copernicus gave in, so that he would not be looked down by fellow scientists at the time, our world would have been vastly different.

Humans are inherently social. Our brain works in a certain way, a way so that we can be relatable — that's why the MBTI caught on. However, if we can 'outsmart' our brain, there just might be more in front of us in our journey of life. Everyone's paths are unique, so do the paths everyone should follow. Follow your paths, as there might be more for you to see there.



Source: Chatsworth Consulting Group



An Insightful Interview

The exploration of one's self-identity and finding their place in life and society is a difficult thing for anyone, especially teenagers, whose worldview is still rapidly developing. Fortunately, here at the College, some are willing to help. As one of the social workers of the school, together with his partners, **Mr. Kelvin Muk** has played a major role in helping students understand themselves better. Editors of *Torch* had the honour of interviewing Mr. Muk for his insights on MBTI, teenage self-identity and various influences and social phenomena.

As a social worker, Mr. Muk is familiar with various personality tests and predictions, such as the famous MBTI test and horoscopes. 'The MBTI test, being an evidence-based test, is certainly accurate and reliable,' Mr. Muk commented. 'However, the results may change depending on when one does the test, as human personalities are dynamic and subject to change.'

After taking personality tests, people may be influenced to label themselves as one specific archetype, and act accordingly. We are also influenced by others' opinions on our personality, and this peer pressure further has a sizable effect on our day-to-day actions.

'The actions of peers have a great effect on a teenager's whole person development,' Mr. Muk commented.

'Peers act as a mirror to look into one's personality and help one shape their self-perception and ideal image. Yet, a large discrepancy in the actual and ideal self can cause major drops in confidence.' Our personalities are shaken and changed by the constantly shifting environment around us, and while this may seem like a 'betrayal' of people's own free will, Mr. Muk conversely is not against the idea. 'The process of personality shift is an exploration of a teenager's own personality, and it is beneficial to discovering self-identity.' With that being said, Mr. Muk warned about the dangers of doing so compulsively, as it may lead to confusion in what one's 'true identity' may be.

As individuals who are still attempting to discover their foothold in society, teens may feel as if they are not where they should be – do they truly belong in the role they play, the stage where they perform? On facing these anxieties, Mr. Muk had some suggestions. 'Don't confine yourself. Don't feel pressured to do something, act in some way just because others do. Live your own life, and step out of your comfort zone sometimes to find your own belonging.'

The MBTI serves as a benchmark for many teenagers as an indication of their personalities; a guidebook on how we should act. This slowly then becomes an invisible shackle, disallowing one to explore oneself, and making one vulnerable to peer pressures and societal influences.



Accepting one's identity, no matter pros or flaws, can be a liberating experience. Source: TherapyMantra

How should we act?

It's easy to see people around you listen to this one popular artist, play this one game and think 'Oh, I should play that too'. This stems from a desire to be accepted, to not be labelled as 'strange', and to just generally be a sociable, normal person to your friends and family.

Norms in society often compel us to do things, and the desire to fit in often outweighs actual interest. While that may be fine, it leaves you with no room to develop your self-identity. Concerning the MBTI, there are different aspects on the spectrum, for example, 'Feeling and Thinking', 'Extroverted and Introverted', etc. We should embrace who we are, and what our true personality is, not letting societal norms define how we should act. In this way, we can explore our self-identity more thoroughly, and obtain a better understanding of our own identity. Society might dictate what our ideal self should be, but **we should be able to define that by ourselves**. The question is not '*what they want you to be*', it is '*what you want yourself to be*'. In this way, MBTI provides a useful guideline as to roughly which side of the coin we lie on, and to act in a way that is honest to your own personality. As teenagers, we are often quick to compare ourselves to others and see ourselves in a negative light. Phrases such as 'He looks so much better than me' or 'How is he so good at studying' often arise during conversations. As such, the self-esteem of teenagers is often lower due to these comparisons. By accepting ourselves for who we are, and all the pros and cons that come with it, we can develop a healthier sense of autonomy and develop our own identity. This is done without feeling a need to unnecessarily conform to societal expectations.



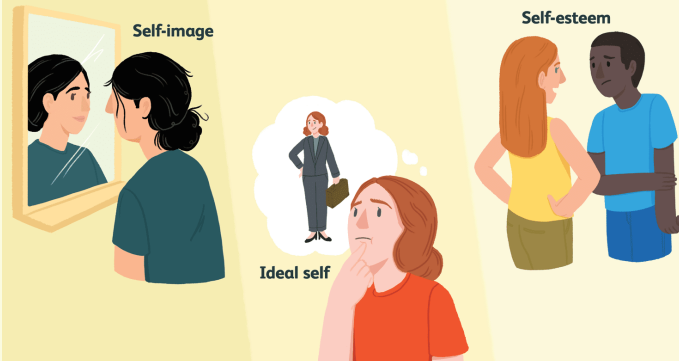
Some may feel isolated if they do not succumb to the expectations of their peers in terms of their actions or words. Source: Berkley Insurance Australia

Most may feel the need to wear a 'mask' or a persona in public, as to appease people they meet. Source: ScienceABC



The Three Components of “Self-Concept”

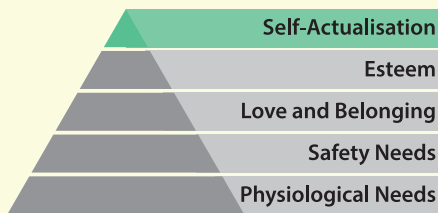
Embodies the answer to the question “Who am I?”



Source: Verywell Mind

Self-Actualisation

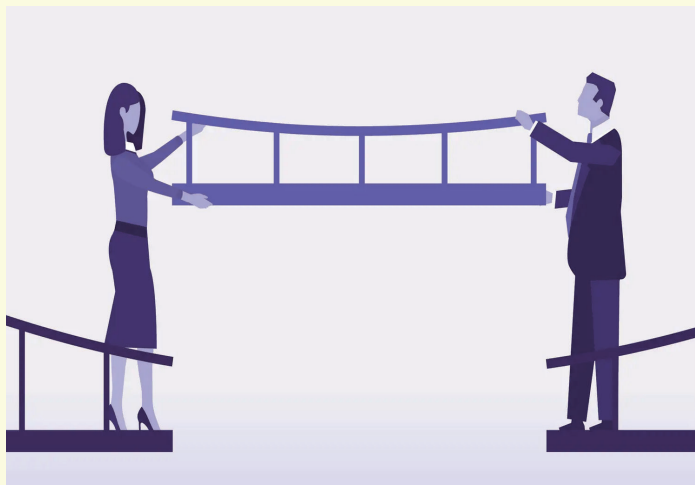
When the potential of an individual is fully realised, they are said to have reached the state of **self-actualisation**. In the Maslow’s Hierarchy of Needs, Maslow stated that the highest level of psychological development is self-actualisation, a self-fulfilment need which marks the actualisation of one’s innate potential, only attainable once all lower-level fundamental needs are met. The alignment and mismatch between the self-image and ideal self are known as congruence and incongruence respectively, with self-actualisation becoming increasingly difficult as the degree of incongruence rises. In other words, it is believed that to achieve self-actualisation, one must align their self-image with their ideal self, as it signifies the complete realisation of their capabilities, as well as the development of their abilities and appreciation for life. Hence, it is of utmost importance that we **work towards developing an accurate and fair self-image in accordance with our ideal self**, having given careful consideration of our own abilities, so as to find our true self and maximise our inner potential.



Maslow’s Hierarchy of Needs

Psychology and Us

After reading through the entire article, you may feel puzzled and confused. “Why does this matter?” Rest assured, that feeling is natural. Psychology affects all of us in different ways, and it may be difficult to grasp in an instant how it may impact you as an individual. With that being said, the concepts from this article all may play a part in your self-development, whether consciously or unconsciously, and understanding them may prove useful to understand yourself better.

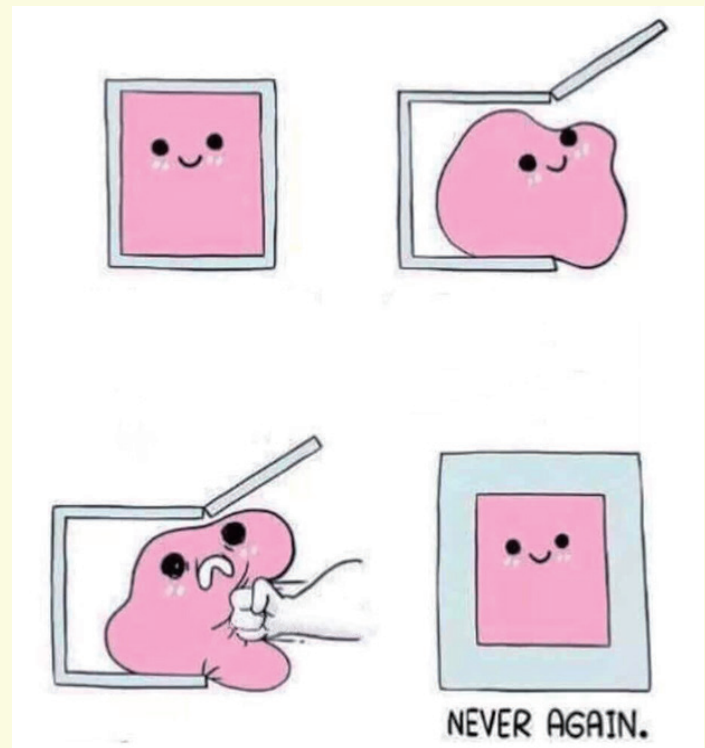


The connection between psychology and oneself might not be evident, but are undoubtedly linked. Source: YourStory

MBTI and Social Categorisation

The MBTI has been an important theme of this article; but how does it relate to other concepts such as the Social Identity Theory, or the Barnum Effect? The MBTI gives us a rough estimation of our responses to different scenarios and predicts our personality type. It is akin to a name label at an orientation camp, a self-introduction in a discussion. As humans, we often lean into this ‘guess’ too much, treating the results as a concrete representation of our personality, which ties into the ‘**categorisation**’ mentioned previously. Using this ‘label’, we naturally categorise ourselves into the parameters tested by MBTI: for example, someone labelled ‘Extroverted’ may always try to uphold an outgoing personality, when in reality they are a mix of both. Also, it may be comforting to read your result that ‘perfectly matches’ your personality, but does it? Perhaps the **Barnum Effect** mentioned above is affecting our perception. Even if the MBTI has its limitations and lack of **reliability** and **validity**, many will keep on **blindly trusting its results** while not batting an eyelid. MBTI links to all the concepts and ideas above, demonstrating the different theories perfectly. However, it must be said that MBTI can give us an ‘identity’, a way of introducing ourselves, and a manual on how to act.

But, do you, dear reader, think that a rigid manual of how you should act is really how you should live your life?



“Switching” to a new identity may be met with criticism, which forces most to adhere to their ‘destined identity’. Source: imgflip

Finding Yourself

A 20-minute test is not enough to determine what our true personalities are. In life, we are often forced to face difficult scenarios, learn lessons, and encounter tragedy, and these experiences are perceived differently by everyone and shape our personalities and self-concept. For example, one person rejected by their lover may become depressed and stray further from their ideal image of finding a significant other. In contrast, another person may become more motivated to try harder, in turn walking closer to their ideal image. These nuances in life shape us and change us, for better or worse. Especially, as adolescents, we are starting to understand this world and its inner workings, so it is important to **use these experiences as stepping stones** to shape your own identity and your ideal image of yourself. However, before we can land on a solid ‘self-concept’, how should we act in our daily lives?

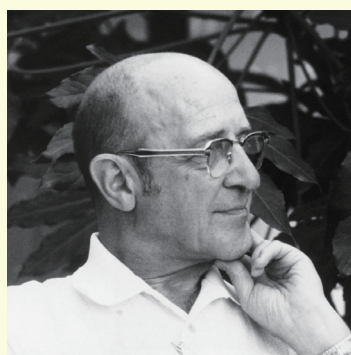
A Guide to Ourselves: Self-Concept

You may wonder, as per the Social Identity Theory, how are the individualities of you and me maintained when categorised into various societal groups? **Self-concept**, which, as per the SIT, is partially based on an individual's membership of social groups, offers an answer to this. Through the three cognitive functions proposed by this theory, the **self-esteem** of the individual is promoted, in other words, the confidence of a person on their own is boosted. Therefore, humans naturally strive for self-esteem by **identifying** themselves into **categorised** groups, and **compare** their group to others in light of attaining self-esteem, as it is a need in the Maslow's Hierarchy of Needs. When a personality assessment such as MBTI becomes available, people naturally embrace it, since it provides an opportunity to attain self-esteem by the three cognitive processes. The dichotomies of MBTI **categorised** the population, explaining its popularity. People form a sense of belonging to their MBTI type, thus **identifying** into it, and **compare** their MBTI type with others to attain **self-esteem**, and most importantly, their **self-concept**.

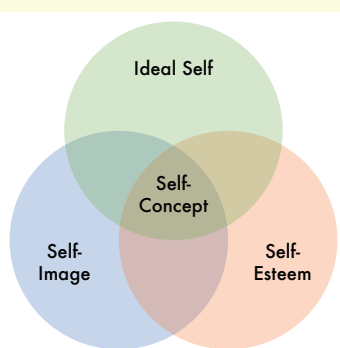
Have you ever wondered why we tend to group ourselves with those sharing similar characteristics in society? Through interactions with others of the same group, we inadvertently begin to develop a general concept of our identity in relation to those around us. Since our childhood, you and I generally build stronger senses of connection with those similar to us, be it in terms of appearance or background. Consequently, in addition to our own experiences, most of us inadvertently apply the societal treatment and feedback received by such people to ourselves, in a form of generalisation. The derived overarching conception of individuals regarding who we are is better known as our self-concept, the specifics of which will be discussed in this subsection.

The Humanistic Theory of Carl Rogers

One greatly influential figure behind the topic of self-concept is be Carl Rogers, whose **humanistic theory** of psychology proposed that self-concept consisted of three main components — self-esteem, self-image and ideal self, with major influences being our parents' attitudes towards us in our early years, our inner beliefs on ourselves, and our perceptions of others.³³ Rogers' theory was rather groundbreaking, helping his patients recover from emotional disorders through challenging and improving their beliefs of themselves, as well as serving as a source of inspiration for later psychologists.



Left: Carl Ransom Rogers (1902–1987), an American psychologist and the founder of humanistic psychology. Source: HubPages
Right: A visual representation of the three components of self-concept.



The Three Components of Our Self-Concept

If you have any unanswered questions on how our self-concept is developed and affected, looking into the specifics of the three factors forming our self-concept may serve as help. First and foremost, **self-esteem** is one of the main aspects of self-concept. Generally defined as *one's belief and confidence in their own ability and worth*, it is especially susceptible to influences from our early environment. A child growing up in an abusive household would tend to lack self-esteem due to the lack of support and validation from their parents, and begin to think of themselves as nothing more but a burden to their parents, which would likely lead to psychological issues such as depression, ultimately acting as a hindrance to the overall mental health of children.

On the other end of the spectrum, growing up in an overly supportive household can cause children to develop an excessively high self-esteem, resulting in arrogance and them eventually receiving a harsh reality check.

Besides, comparison with others often leads to variations in our self-esteem. Humans are born unique; hence our appearances, personalities and abilities naturally differ. From a young age, we adopt a competitive urge to better ourselves in comparison to those around us. While we may receive a boost in self-esteem when we come out on top in some regards, we will inevitably face a drop in self-esteem once we come to the realisation that superiority in all regards is virtually impossible. The aforementioned factors lead to variations in our self-esteem, which in turn affects our self-concept as a whole.

Moreover, **self-image** contributes significantly to our self-concept. Being the *mental representation of individuals regarding themselves*, it is a subjective conception moulded by our personal experiences and interpersonal interactions throughout our lives. Self-image undergoes development continuously, with fluctuations particularly prominent in one's early years, a notable example being students' body image resulting from their appearance. No one can determine their genetics and resulting looks; however, this fact has not deterred young students from feeling self-conscious in such aspects, nor has it alleviated the issue of bullying in schools. Ask yourselves this, have you ever seen or experienced bullying of any degree due to one's physical appearance? According to a worldwide survey conducted in 2017 on 540,000 school-children among 72 countries and regions, it was found that Hong Kong was ranked the worst for school bullying, with 32.3% of Hong Kong students reported being victims of bullying, with recurring causes being the victim's appearance.³⁴ Prolonged criticism and negative feedback regarding an individual's appearance and body has been shown to result in the deterioration of their self-image, which can then induce them to resort to a plethora of methods in order to alter their natural appearance, be it unnecessarily strict diets, or even plastic surgery.



A cartoon on how insecurities affect our self-image. Source: Manastha

However, these merely serve as short-term solutions, and as they inevitably receive societal backlash or judgement, they will turn to other methods in a desperate attempt to seek the validation of others, resulting in a vicious cycle. On the other hand, the promotion of self-acceptance has become increasingly widespread in recent years, with the youth beginning to embrace themselves for who they are, leading to a general betterment in the self-image of children.

Futhermore, one's **ideal self** is the third and final component of their self-concept. It refers to *the version of oneself that an individual aspires to become*, rid of all imperfections. Consisting of our goals and ambitions which vary throughout the course of our lives, our ideal self also undergoes change, seemingly out of our reach for eternity. Typically, we base our ideal self on role models we see in our daily life, be it friends, family members, or international celebrities, and strive towards emulating their behaviours, as we hope to share their qualities. That said, it is often the case that we set unreasonable goals for ourselves in terms of becoming our ideal self, and thus face disappointment when we ultimately fail to achieve such, resulting in us doubting our own ability in lieu of reflecting upon the feasibility of becoming the ideal self we initially envisioned.

³³ 'Carl Rogers's Theory of Personality: Key Concepts', Philo-Notes <https://philonotes.com/2023/03/carl-rogerss-theory-of-personality-key-concepts>

³⁴ 'Tackling Hong Kong's Bullying and Suicide Crises', City Class https://www.cityu.edu.hk/class/media_events/magazine/issue9/en/tackling-hongkongs-bullying-and-suicide-crises.html

Deviants of the group or norm-violators are considered threats to the group's identity. Therefore, in an attempt to maintain a **positive and distinctive group identity**, they are responded negatively by other group members. The judgement is often more harsh than that of towards outgroup members with similar behaviour.

In real life, researchers have discovered that Republicans who supported the Iraq war (as did most Republicans then) evaluate an anti-war Republican more negatively than an anti-war Democrat. The innate intention behind was to distance their group identity as Republicans from the Democrats, who are usually anti-war, maintaining a distinctive group identity.³¹

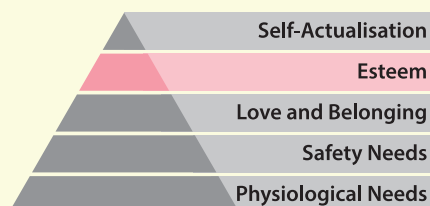
Because of the Effect, people instinctively adjust their behaviour so that they better align with other 'in-group' members, avoid being judged harshly for being a deviant of the group.



Black Sheep Effect. Source: Snopes

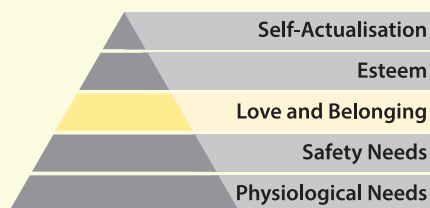
Significance of the Cognitive Processes

The cognitive functions the SIT proposes are important in a way that they are a source of self-esteem. The sense of belonging in a 'group' shapes individuals' self-concepts by making them feel confident and content for their groups' achievements (especially when towards out-groups), helping them raise their self-esteem, especially during adolescence, where social connections are the primary source of teenagers' confidence and self-esteem.



Maslow's Hierarchy of Needs

Another significance is that they can reduce uncertainties in individuals' lives. Having memberships in groups help individuals form a sense of belonging and reliability, allowing them to acknowledge that their problems and encounters are shared by others and that they can follow the paths of the counterparts in their groups when they come across difficulties, reducing uncertainty in individuals' lives. The MBTI is an high-profile example of this. By sorting the population into 16 personality types, individuals can find and acknowledge that the problems of their personality (e.g. being too perfectionistic) is indeed shared by other people with the same MBTI type (this is partially made possible by the Barnum Effect), making them feel relatable to others, forming a sense of assurance and uncertainty in life is thus reduced.



Maslow's Hierarchy of Needs

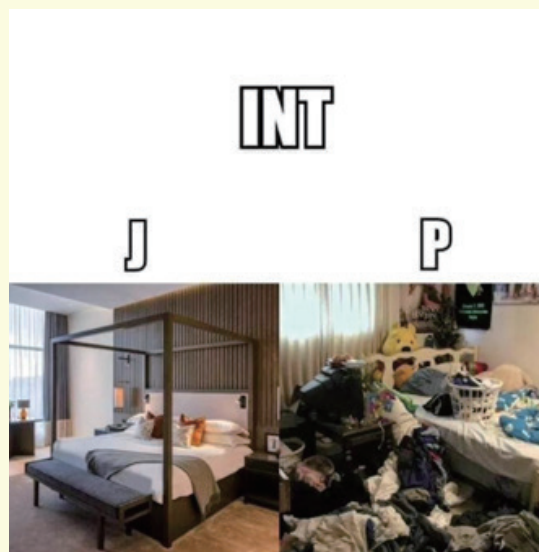
Manifestations of the Social Identity Theory

The SIT is manifested through different real life situations, such as the usages of MBTI. The MBTI **categorises** test-takers into 16 distinct personality types, providing another metric for individuals to identify with. MBTI is often taken as a part of their social identity, contributing to their self-concept. From how social media users are putting their MBTI type on their bios, we can see how people are **identifying** with their MBTI type, as of their schools, hometowns, hobbies or star signs.



A typical user profile on the social media platform Instagram, where the user's MBTI type is displayed together with his hometown, school, cohort, interests and star sign, which are common conventional social identities. Source: Instagram

When other users of the same MBTI come across such labels, a sense of community grows. People also set up pages on social media to share memes targeting a particular MBTI type, resonating many thanks to the Barnum Effect. Some of the memes **compare** one type to another. Categorisation, Identification and Comparison, all of the three psychological processes proposed by the SIT can be seen through the usages of MBTI, manifesting the theory.



A meme comparing the bedrooms of INTJs and INTPs, reflecting the stereotypes of the two types. Source: Instagram @mbti.intj_

Nationalism can be explained by the SIT as well.³² Language, cultural heritage and race might be metrics to **categorise** an individual. People hence **identify** themselves by these metrics, fostering national identity. They **compare** their nation with others, thinking that their nation is the best, and when this national pride becomes extreme, people will start discriminating against individuals of other nationalities, or worse, declare wars.

All in all, the three processes proposed by the Social Identity Theory provides us with the sense of belonging we all yearn for. Yet, should we let this wash away our individuality? Perhaps the following section will give you some ideas.

³¹ Abrams, Dominic & Hogg, M. & Marques, Jose. (2005). The Social Psychology of Inclusion and Exclusion. https://www.researchgate.net/profile/Dominic-Abrams/publication/226768407_The_Social_Psychology_of_Inclusion_and_Exclusion/links/56b4903008ae8cf9c25b8dcf/The-Social-Psychology-of-Inclusion-and-Exclusion.pdf

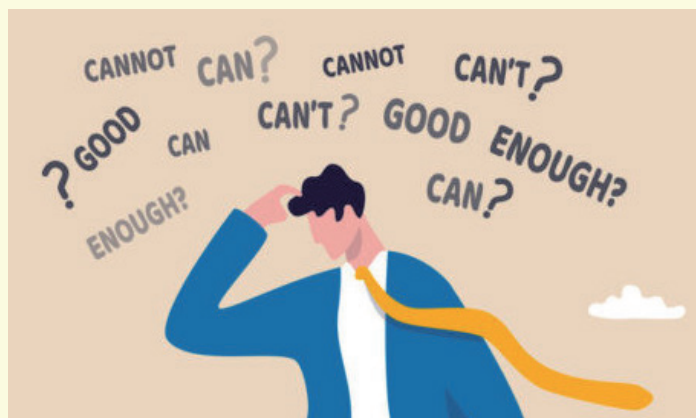
³² 'Social Identity Complexity Theor Social Identity Complexity Theory: Attitudes Towards Diversity and Its Relationship with Nationalism, Religiosity, and Aggression' - Grand Valley State University https://scholarworks.gvsu.edu/cgi/viewcontent.cgi?article=1200&context=iacep_papers

Identity and Beyond: Social Identity

'Man is by nature a social animal. Society is something that precedes the individual,' stated the Greek philosopher Aristotle. It is humans' tendency to have a sense of belonging to and seek connection with other members of the society. The **Social Identity Theory (SIT)**, proposed by Henri Tajfel and John Turner in 1979 further explains the implication of this tendency, that individuals derive a portion of their **self-concept** from their membership in social groups, where the idea of self-concept will be discussed in a later subsection. To elaborate, workings of MBTI can be explained by the SIT. MBTI categorises its test takers into 16 types, in an attempt to allow users to know more about themselves, telling them which group of personality types they belong to. The group membership thus become a part of their self-image, i.e. a part of their self-concept.

The Three Cognitive Processes

According to the Social Identity Theory three cognitive processes:²⁶ **social categorisation, identification, and comparison** take place in individuals to create and define their place in society.²⁷ Take the following scenario as an example. Imagine you were a violin player who walked into a room filled with both virtuosos and people who know nothing about music. At first glance, you realise the clear distinction between the two groups of people, one of them is musicians and the other is non-musicians. This is **social categorisation**, where one categorises a group of people by their similarities or common grounds. In hope of fitting into the former group, you talked about how much you loved Paganini's Caprices — which is the stage of **social identification**, as one adopts a membership of a group and invests emotionally into it to strengthen their membership. As the conversation went on, a non-musician walked in and asked who Paganini was, which led them to be scoffed at. This is **social comparison**, where individuals compare themselves with people of other categories. The three processes play a crucial part for one to define and bolster their identity with regard to memberships of social groups.²⁸ Here is a study investigating how the three cognitive processes work coordinately to affect one's decision-making.



Social comparison leads to lower motivation. Source: New Harbinger Publications

Minimal Group Paradigm

Many studies have been conducted on the impacts of social comparison. '**Minimal Group Paradigm**',²⁹ conducted by Tajfel, the proposer of SIT, might be the most significant one. Tajfel requested 64 schoolboys to estimate the number of flashing dots shown on a screen, claiming that the study was only about visual judgement. After that, the boys were divided into '*underestimators*' and '*overestimators*' of dots. They were then asked to give rewards of real money to the other boys in the experiment. They did not know the identity of the boys they were giving the money to, but were told whether the recipients were members of the same group or not. In the end, the researchers found that a large majority gave a remarkably larger amount of money to the boys of the same group.

We can thus conclude that, despite the formation of groups is based on arbitrary and trivial criteria without any past or future interests (e.g. overestimation or underestimation of dots), one still favours another who is in the same group with them; and likes others in a different group less — that is, **in-group favouritism** and **out-group derogation**. Favouritism and Derogation, or in other words, inclusion and exclusion takes place in our daily lives. You might be complimented for doing something easy and requiring no effort; or be targeted and hated though you finished a required task flawlessly — it all comes down to your in-group or out-group status.³⁰

In-Group Favouritism and Out-Group Derogation

According to the SIT, individuals go through social categorisation, identification and comparison to form groups of people with similar traits, e.g. people of the same race. However, the formation of such groups and divisions inevitably leads to comparisons between different social groups in terms of their own unique characteristics. Those in the same group may view the characteristics of their own group as superior, and that of other groups as undesired, stupid, or even laughable, in an attempt to affirm their group identity and raise their self-esteem by positioning their group in a higher level than all others. If the self-esteem gained this way is insufficient, group members may resort to inter-group discrimination. This takes form as a phenomenon known as **in-group favouritism** and **out-group derogation**. Individuals tend to favour people in the same '**in-group**' and view people in '**out-groups**', i.e. individuals with different characteristics as them, in a neutral or even negative light. The formation of such 'in-groups' and 'out-groups' risks over-emphasising similarities between in-groups and differences between out-groups, commonly known as group polarisation, with stereotypes forming due to natural bias towards 'in-groups'. This encourages misinterpretations of 'out-groups' based on possibly inaccurate stereotypes, progressively developing into prejudice and even discrimination.

This may take form as various ways, such as bullying, verbal abuse, etc. Social relationships and groups form part of our identity and gives us **self-esteem**, but may lead to discrimination and unfair prejudice against others, due to the misunderstandings and prejudices that have been established against them due to a lack of trust. Similarly, due to increased and unwavering trust towards the 'in-group', those within it may be favoured above other 'out-group' members.



Inclusion and Exclusion. Source: Veracidad Channel

Black Sheep Effect

While in-group favouritism describes how members within the same group are viewed more positively, group membership can cause the total opposite, if you are an outlyer of the group. This phenomenon is known as the **Black Sheep Effect**.

²⁶ 'Social Identity Theory In Psychology (Tajfel & Turner, 1979),' Simply Psychology <https://www.simplypsychology.org/social-identity-theory.html>

²⁷ 'Social Identity Theory,' Encyclopedia Britannica, <https://www.britannica.com/topic/social-identity-theory>

²⁸ Islam, Gazi. (2014). Social Identity Theory. https://www.researchgate.net/profile/Gazi-Islam-2/publication/281208338_Social_Identity_Theory/links/55db57eco8ae9d6594935f59/Social-Identity-Theory.pdf

²⁹ 'Tajfel (1970) Minimal Group Paradigm' - InThinking https://mrsteen2016.weebly.com/uploads/2/3/6/1/23616912/tajfel_1970_.pdf

³⁰ Being 'In' With the In-Crowd: The Effects of Social Exclusion and Inclusion Are Enhanced by the Perceived Essentialism of Ingroups and Outgroups - Sage Journals <https://journals.sagepub.com/doi/10.1177/0146167210376059>

Stereotyping

The complexity of society is simplified, or perhaps oversimplified, during the process of social categorisation. We attribute qualities to people not based on the individual, but the group they are categorised into. Therefore, social categorisation inevitably leads to **stereotyping**.

Derived from the Greek word for 'impression', stereotype is a set idea that people have about what someone or something is like.

Stereotyping is speculation, fully based on one's knowledge and experience on someone, then predicting characteristics of the same 'type' of person. In the context of MBTI, people with an I, or in other words, introverts, are stereotypically shy and withdrawn on social occasions. Imagine being introduced to someone who says they are an introvert, say an INTP, would your assumption of them be 'a shy, perhaps antisocial person'? But as mentioned previously, introverts always being shy is no more than a misconception to the dichotomies of MBTI. Perhaps they just enjoy some alone time occasionally.



Typical representation of gender stereotypes. Source: India Today

Not all stereotypes are negative. Such positive stereotypes are known as '**model minorities**'.

One famous example is 'all Asians are good at maths.' It is based on the fact that Asian candidates are often among the top performers in maths. However, this argument has two fatal flaws. First, as any mathematics teacher can prove, not every Asian is good at maths, and blindly assuming any Asian you meet excels in mathematics is plainly wrong. Second, purely focusing on mathematics ignores other aspects, such as literature, in which Asian candidates are top performers similarly.²³

We build our stereotypes from society's influence, and we are most susceptible to this at a young age. A teen may hear a parent complain about one specific kind of person in the household, or see their peers talk about their MBTI personality (e.g. how ENFP makes them over-enthusiastic). Hearing such opinions from a young age, they may soon **internalise**, i.e. unconsciously adopt the thoughts or personality traits of others,²⁴ and carry on the idea of the stereotype.



Source: Instagram @mbti_as_things

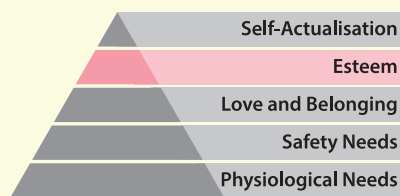
People being stereotyped often **internalise** the idea and confine themselves to the expectations of society and lose their self-esteem when being unable to attain them, despite the potential talents in other non-conventional fields. According to a study, a direct correlation is found between the model minority phenomenon and depression in Asian Americans.²⁵

Continuing with the example of ENFP, after being stereotyped as being 'always happy and positive', one may force a smile on rainy days and avoid spilling their emotions, which potentially leads to severe consequences on their mental health. Therefore, we should not underestimate the potential adversities brought to groups being stereotyped despite the stereotypes not being seen as harmful on the surface level.

Stereotypes have much more negative impacts, such as leading to prejudice and ultimately discrimination.

What Psychology Says

No matter what, social categorisation and stereotyping is innate human nature. **Maslow's Hierarchy of Needs** encapsulates this perfectly. Through biases and positive self-perception, attributing more favourable characteristics to ourselves, we can fulfil needs for self-esteem, the fourth level in Maslow's hierarchy. With social media, the '**echo chamber**' also works wonders for **self-esteem**.



Maslow's Hierarchy of Needs

Maslow classified esteem needs into two categories: **esteem for oneself** (dignity, achievement, mastery, independence) and the **desire for reputation or respect from others** (e.g., status, prestige).

Esteem presents the typical human desire to be accepted and valued by others. People often engage in a profession or hobby to gain recognition. These activities give the person a sense of contribution or value. To achieve such, some embrace the identity given to them by their MBTI (and with that, their unique personality), fostering a sense of self-acceptance. Introverts may embrace their need for solitude and reflection, and extroverts may celebrate their outgoing nature, allowing both to accept who they are and build their confidence.

However, one must keep in mind that this 'need for esteem' may be overdone — promoting an unfounded belief in the superiority of one's own personality type.

Preventing Making Unsubstantiated Assumptions

Even though social categorisation and stereotyping are performed without thought, it would greatly benefit us to recognise areas where we have **implicit and unsubstantiated assumptions**. In cases where they may have detrimental consequences, we would be able to correct the assumptions and observe things in a more logical manner.

In the concept of MBTI, we may best consider it a tool to help introduce people and understand their behaviour, rather than it being a personal definition of someone. Although it is not fully accurate, it can still provide a glimpse into one's personality, and grouping people with the same MBTI type is a convenient and introductory way to differentiate between different personalities. Instead, true understanding and connection comes from getting to know a person on a deeper level.

Social categorisation is only the first cognitive function proposed by the **Social Identity Theory**. Together with other functions such as social identification and social comparison, its impact may be greater than what you have thought.

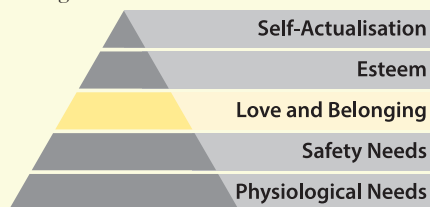
²³ 'Effects of Stereotypes on Personal Development,' Gouvernement du Québec

<https://www.quebec.ca/en/family-and-support-for-individuals/childhood/child-development/effects-stereotypes-personal-development/definition-stereotypes>

²⁴ American Psychological Association. (n.d.). *Apa Dictionary of Psychology*. American Psychological Association. <https://dictionary.apa.org/introjection>

²⁵ Chang, Hanna Yun-Han, "The Internalization of the Model Minority Stereotype, Acculturative Stress, and Ethnic Identity on Academic Stress, Academic Performance, and Mental Health Among Asian American College Students" (2017). Dissertations. 2785. https://ecommons.luc.edu/luc_diss/2785

Another reason is that we would like to be relatable. Humans as social creatures would like their experiences and struggles to be relatable with other members of society, giving us a common ground for social interaction, therefore we instinctively seek connection with others by perceiving broad statements as relatable to us.



Maslow's Hierarchy of Needs

The Barnum Effect reveals the gullibility of humans. We are vulnerable to believing in generic statements when they are packaged to be dedicated to us. This vulnerability can lead us to be taken advantage of. Tarot card readings do not work according to science, but because of the Barnum Effect, we might be tempted to purchase the pseudo-scientific service.

Barnum Effect and the MBTI

It is worth noting that unlike astrology and horoscopes, MBTI has its scientific base, even if it might not be as rigorous as we have thought. Statements given based on our MBTIs are not purely Barnum statements, but with a touch of, maybe limited, science in it. To some extent, statements given in accordance with 1 of the 16 personality types are not necessarily broad and widely applicable, as our judgement and perception of our daily life are identified based on the test. Moreover, the MBTI test is not superior to other psychiatric and psychological tests in any way, and should only be treated as a general metric for a person's personality and identity. With that being said, the categorisation of MBTI does a lot more than give us relatable information. But with terms like 'categorisation' flying around, how exactly does MBTI categorise us, and what are the effects of it?

Society 101: Categorisation

MBTI categorises the population into 16 personality types. However, it is definitely not the pioneer of categorisation. 8 billion minds are roaming this earth, too big of a number for one to handle. Therefore, we try to make sense of things by **social categorisation – grouping these people by their characteristics**.

Social Categorisation

From an early age, children try to make sense of the complexity of this world. There has been studies exploring the formation of social understanding in children. A study showed that categorisation stems from **observable and noticeable differences**.²² They detect patterns through linguistic, visual, and behavioural cues. In other words, we observe the world around us, and make stereotypes to try to order and simplify things. Think of when you were 8; you were probably just grasping the concepts of 'class jokers', 'class clowns', and 'bullies' within your class, perhaps after hearing about these words online. Those are prime examples of categorisation. Similarly, children mimic adults, adopting their ways of 'sorting' people: by age, sex, and race, also known as the 'big three' of social categorisation. Here are some examples:

Age: People are split into 'generations' by their birth year, with the latest being Generation Alpha (2013–2025), Generation Z (1996–2012), and Millennials (1981–1996).

Gender: This categorisation can be found just by filling in any form. It is much more emphasised than other categorisations, as it is needed for daily communication, the mere act of calling someone 'Mr.' or 'Ms.'.

-Select Gender- ▾

-Select Gender-

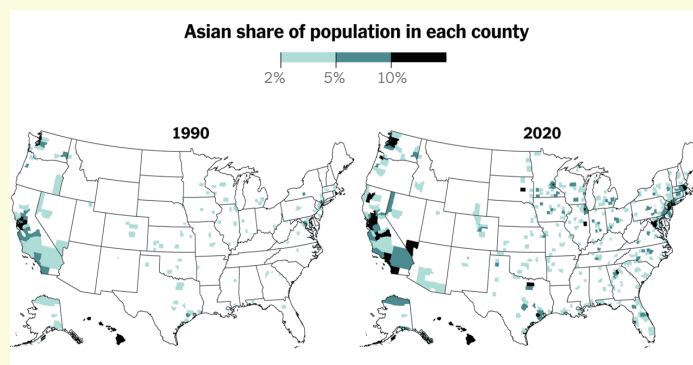
Male

Female

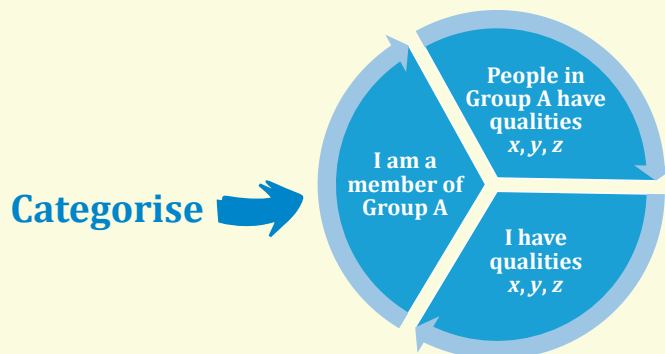
Other

A typical drop-down selection box for gender.

Race: The colour of the skin of one is used to form different groups. Whites, Asians, Gypsies, Aryans are only some examples of this widely-used categoriser.



The distribution of Asian Americans in the USA in 1990 and 2020. Source: New York Times



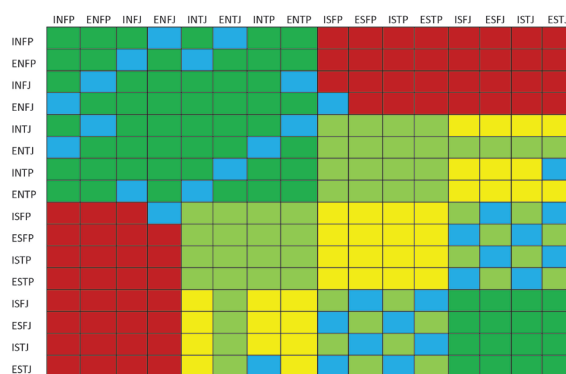
A visual demonstration of social categorisation

The MBTI unintentionally provides another way for people to differentiate themselves from others, while treating themselves the same as others with the same MBTI. It has become a personal identifier: You may see MBTIs popping up in the bios of Instagram profiles, along with their birthday, school and other things they hold proud of. Even relationships are not immune, as some sites have made 'compatibility charts' to predict relationships between different 'types' of people, recommending for or against a relationship merely from a combination of two MBTIs.

For instance, some dating apps require the user to input their MBTI, and perform matches based on so-called 'compatibility charts'. The app may pair an INFJ to an ENFP, almost guaranteeing the two individuals will get along, for it being listed as an 'ideal match' in the table.

However, it's important to remember that **MBTI cannot accurately define who you are**. Each individual is unique, and generalising everyone to a combination of four letters sometimes oversimplifies their personality. Not all INFJs are compatible with an ENFP. There are still many different factors that determine the relationship of two people. The world doesn't have 16 types of people; but a complex spectrum of personalities varying with time and context.

Simplified Myers Briggs Type Compatibility Chart



So-called 'Compatibility Chart' of MBTI. Source: Dan Johnston

²² Mari, M. A. (2022). How cues to social categorization impact children's inferences about social categories. *Acta Psychologica*, 229, 103707. doi:10.1016/j.actpsy.2022.103707 <https://www.sciencedirect.com/science/article/pii/S0001691822002220>



Source: DDI

The second problem is its **self-reporting nature**. Accurate results must be based on objectively measured measurements. While some psychological tests have this particular ability, the MBTI test failed to do that. Humans are social creatures. We cannot live without our lovely peers. There is a cognitive bias known as the **social desirability bias**. It is the tendency to underreport socially undesirable attitudes and behaviours and to over-report more desirable attributes.¹⁷ We will react in a way to satisfy others' wants instead of exhibiting our true thoughts.

For example, when every friend of yours has received the E (extrovert) trait, you might want yourself to receive the E trait just not to be isolated from your friends. This part of your self-concept is known as the ideal self, in which we will be discussing further in a later subsection. This might influence you to answer the test question in a way an extrovert would, so that you can receive the E trait, following the socially desirable path instead of the real one, dampening the test validity.

Then so forth and so on, we might find ourselves to be heavily indulged in the 'accurate' results the test has shown. As it follows completely with our own anticipation. But is that truly the case? The **Barnum Effect** might be doing tricks behind us.

Too Good to be True?

Predictions or advice given based on our MBTI are nearly always accurate, but why? Is the MBTI actually that accurate? Our brain might be the culprit for this phenomenon.

For example, have you ever encountered embarrassing situations where you forgot somebody's name, and needed some conversational filler to answer embarrassing questions such as 'Remember that time I did that thing with you?' More often than not, you answer with some vague statements that apply to every experience possible, such as 'Yes, I grew a lot that day'. As a bystander, we might easily recognise this as an attempt to beat around the bush and avoid the question, but the person might not notice, and will go on to talk about the event you forgot about, giving you clues as to who the person was. This specification of how we believe generalised statements as accurate not only comes up in awkward social interactions, but also in other situations, such as when perceiving information given according to one's MBTI type. The phenomenon is known as the **Barnum Effect**, named after P. T. Barnum, one of the greatest showmen in America who used equivocal language to arouse interest in his audiences.



The story of P.T. Barnum is theatrically produced and released as the film *The Greatest Showman* in 2017, in which the Australian actor Hugh Jackman is starred to portray Barnum himself. Source: Disney+

Barnum Effect

The Barnum Effect was first discovered by psychologist Bertram Forer. He conducted a study with his introductory psychology class students, in which they were required to complete a Diagnostic Interest Blank test. One week later, he returned an 'individualised test result' to each student and told participants they were custom-suited to them by psychologists. Participants rated the accuracy of this test as an average of 4.3 on a scale of 1 to 5, only to discover, after handing in the results, that these 'personalised statements' were simply vague, ambiguous, and general statements that are true to most people and contain desirable qualities, which was later known as Barnum statements, and came from the daily horoscope of a newsstand astrology magazine.¹⁸ This experiment is later known as the 'classical experiment'¹⁹ of the Barnum Effect, thus earning the alternative name - **Forer Effect**.

The Barnum Effect appear to be the most prominent when:²⁰

1. The subject believes that the analysis is personalised, and thus applies personal meaning to the statements.
2. The subject believes in the authority of the evaluator.
3. The analysis lists mainly positive traits.

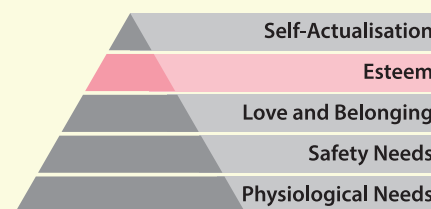
Among the most prominent manifestations of the Barnum Effect, there is the MBTI. One of the reasons behind its popularity is how relatable advice according to our MBTI type is. For example, INFJs are often described as perfectionistic, and have many unfinished plans due to their perfectionistic characteristics. Since the statement is dedicated to its kind, people scan through their memory and identify one or two 'unfinished plans due to their perfectionistic characteristics,' and claim that MBTI is so accurate. In fact, the statement is no more than a Barnum statement. Barnum Effect played a role here. They feel that all INFJs suffer from the same struggle as us because of their perfectionistic nature, not being able to identify the vagueness of it, and the fact that the statement is indeed given to INTPs.

Barnum Effect and Superstition

Another manifestation is **horoscopes and astrology**. 30% of Americans and 20% of Britons believe that star signs can give useful insights to themselves or others.²¹ However, scientifically speaking, the time of year you are born does not affect your personal encounters. The reason why people believe in star signs is because of the vague Barnum statements of it. Because of the Barnum Effect, we perceive them as personal and applicable to our lives, believing it to be able to give insights to ourselves or others.

Psychological Principles

There are a few psychological principles behind the effect. The first is that we want to believe in good things about ourselves. Barnum statements are usually positive. This fits our mentality of wanting to become a good person, therefore we give personal and positive meanings to vague or broad-sweeping statements when they appear to be dedicated to ourselves.



Maslow's Hierarchy of Needs

¹⁷ Latkin, C. A., Edwards, C., Davey-Rothwell, M. A., & Tobin, K. E. (2017). The relationship between social desirability bias and self-reports of health, substance use, and social network factors among urban substance users in Baltimore, Maryland. *Addictive behaviors*, 73, 133–136. <https://doi.org/10.1016/j.addbeh.2017.05.005>

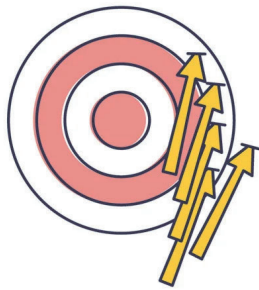
¹⁸ Forer, B. R. (1949). The fallacy of personal validation: A classroom demonstration of gullibility. *The Journal of Abnormal and Social Psychology*, 44(1), 118–123. doi:10.1037/h0059240 http://apsychoserver.psych.arizona.edu/JJBAReprints/PSYC621/Forer_The%20fallacy%20of%20personal%20validation_1949.pdf

¹⁹ Dutton, D. L. (1988). The cold reading technique. *Experientia*, 44(4), 326–332. doi:10.1007/bf01961271 http://www.denisdutton.com/cold_reading.htm

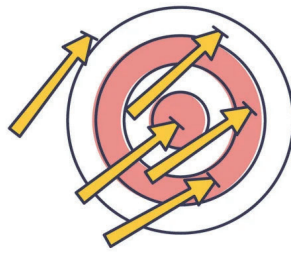
²⁰ Dickson, D. H.; Kelly, I. W. (1985). "The 'Barnum Effect' in Personality Assessment: A Review of the Literature". *Psychological Reports*.

²¹ "8% of Britons believe horoscopes can predict the future," YouGov, https://yougov.co.uk/politics/articles/12731-8-of-Britons-believe-horoscopes-predict-the-future?redirect_from=%2Ftopics%2Fpolitics%2Farticles-reports%2F2015%2F07%2F03%2F8-of-Britons-believe-horoscopes-predict-the-future

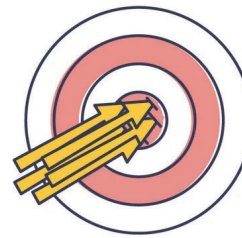
**RELIABLE
BUT NOT VALID**



**VALID
BUT NOT RELIABLE**



**VALID
AND RELIABLE**



VALIDITY VS RELIABILITY



Source: Simply Psychology

Limitations of the usages of the MBTI

To understand the limitations of the MBTI, its 'reliability' and 'validity' should be discussed. They are two of the most prevalent and academically-accepted indicators for judging a psychological test objectively.

Reliability for the MBTI

The **reliability** of the MBTI test has been a heated debate since the time of its release. While many major sources rated it as high, others simply do not have the same view.

Reliability refers to *the consistency of results between different measures*.¹² They are important when we are trying to account for the functionality and usefulness of a psychological test. For a test to be reliable, the same user shall receive **nearly identical results** with the previous one within a short period of time.

A reliable psychological test should obtain a reliability of over 70%, while the official website claimed the MBTI test to have a reliability of 90%. The self-proclaimed unbelievably high reliability shows the confidence of Katharine Cook Briggs and Isabel Briggs Myers on the test. Does it look like a flawless test? From paper, it absolutely does. But something doesn't hold up when we dive into the nooks and crannies.

According to Mr. Peter Chan Kin-yan, a local psychology educator, 50-60% of people have unstable results when they repeatedly take the test.¹³ Even the official website has put a margin for error when calculating the precise reliability of the test, providing a range of values instead of an absolute one to account for the correct reliability.

In 2013, The Fortune Magazine published an article called 'Have we all been duped by the Myers-Briggs Test?'

*"The interesting — and somewhat alarming — fact about the MBTI is that, despite its popularity, it has been subject to sustained criticism by professional psychologists for over three decades. One problem is that it displays what statisticians call low "test-retest reliability." So if you retake the test after only a five-week gap, there's around a 50% chance that you will fall into a different personality category compared to the first time you took the test."*¹⁴

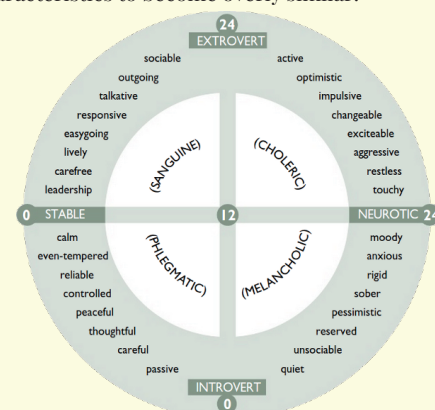
Its glory cannot cover up its core imperfection. The reliability fails to withstand the challenge voiced by science and perhaps, science only makes the situation even worse, unravelling numerous reliability issues.

Validity for the MBTI

Most test takers want to attain a clear and correct personality reflection of themselves. Therefore, the validity of the test is one of the most, if not the most, important aspect we have to consider before doing it. The validity of the MBTI test is however unsettled.

Validity is *the extent to which a test measures what it claims to measure*.¹⁵ A valid test warrants an accurate reflection of the tested subject, unleashing the tester's truest essence. There is no point for you to take a certain test if the test itself is somewhat invalid and fails to project your correct personality. It lays the foundation for an excellent psychological test. Reliability is based on '**consistency**' while Validity is the '**accuracy**' of the measurement.

One of the biggest reasons for its invalidity is its **rigid dichotomies** and **overgeneralisation**. The assortment of human personality is much more convoluted than what the MBTI suggests. In the test, personality traits are divided into only 4 dichotomies. 'For most people, the MBTI personality test is neither accurate nor reliable,'¹⁶ Dr. Jaime Lane Derringer, a psychologist at the University of Illinois, Urbana-Champaign said. Meanwhile, some other tests such as the Eysenck Personality Questionnaire have a variety of personality traits in order to provide the most precise categorisation, but this could not be said on MBTI. People who exhibit extreme extroverted or introverted behaviour might fall into the same segment due the limited options given by the test. Human personalities simply cannot be segregated by only a few choices. The rigid dichotomies of MBTI narrow down individuals with different characteristics to become overly similar.



Personality traits of the Eysenck Personality Questionnaire, which is much more sophisticated than that of the MBTI, prompting people to question the validity of the latter.
Source: Community Health Solutions

¹² "80% of Fortune 500 Companies Use Personality Tests, But Are They Ethical?" Leaders, <https://leaders.com/articles/business/personality-tests/>

¹³ "MBTI Facts," The Myers Briggs Company, <https://www.themyersbriggs.com/en-US/Support/MBTI-Facts>

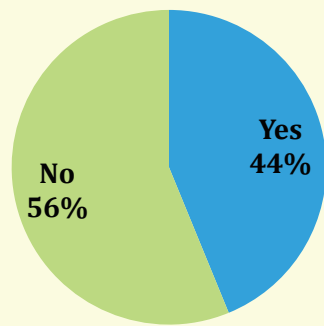
¹⁴ "Should we trust our MBTI results? Expert discusses why we love personality tests and if they're useful," Young Post, <https://www.scmp.com/yp/discover/lifestyle/features/article/3237096/should-we-trust-our-mbti-results-expert-discusses-why-we-love-personality-tests-and-if-theyre-useful>

¹⁵ "Have we all been duped by the Myers-Briggs test?" Fortune, <https://fortune.com/2013/05/15/have-we-all-been-duped-by-the-myers-briggs-test/>

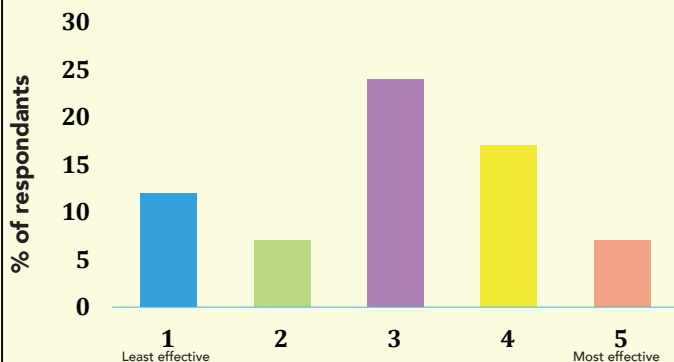
¹⁶ Newton PE, Shaw SD. Standards for talking and thinking about validity. Psychol Methods. 2013;18(3):301-19. doi:10.1037/a0032069

¹⁷ "What Is MBTI: Is the Myers-Briggs Test Still Valid?" Discover, <https://www.discovermagazine.com/mind/the-problem-with-the-myers-briggs-personality-test>

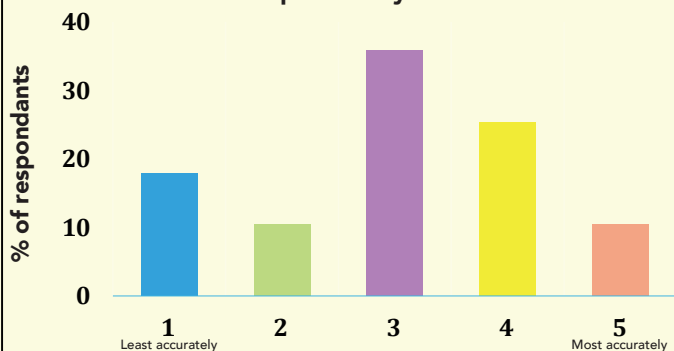
Have you taken the MBTI assessment before?



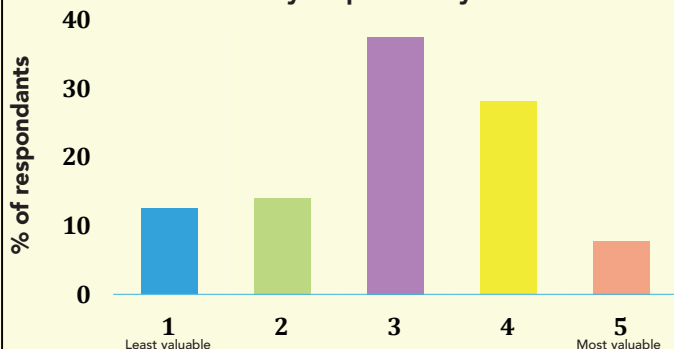
How effective is MBTI in helping you understand others?



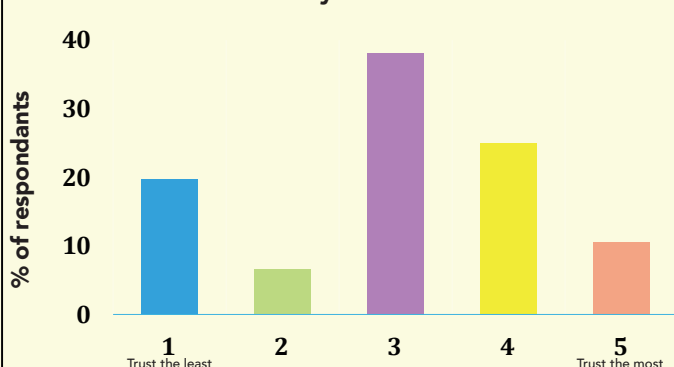
How accurately does your MBTI type reflect your personality?



How valuable are the insights provided by MBTI about your personality?



How much do you trust the MBTI?



The MBTI indicator is also widely used by major corporations around the world. These include well-established human resources consulting firms such as McKinsey and Bain, and over **70% of Forbes 500 companies**, which is a list of companies with a high profile and net worth. Besides, over 80 million people worldwide use MBTI tests, and the personality testing industry itself has been projected to be worth \$53.6 billion by 2027."

In a nutshell, MBTI is getting more and more attention, and appears to be widely-used in our daily lives, such as the reported 80% of top Forbes companies, including top consulting firms like McKinsey, which use the test to better understand their employees' strengths, weaknesses and modes of communication. In addition, one cannot escape the barrage of pop culture references and Instagram feeds concerning MBTI, which is said to dictate anything from romance to academic results. The MBTI gives us an idea of how we should make good use of such personality strengths to benefit others, or ourselves. Yet suffice to say, a coin has two sides, so does everything in nature. After reviewing the basics of MBTI, we will continue with discussing the limitations of MBTI.

The Limitations of MBTI

The MBTI test has commenced a new trend amongst teenagers and is currently being heavily used by many major companies over the world. Nonetheless, there are still several limitations that cannot be neglected. Before we dive into its shortcomings, let us clear some common misconceptions of MBTI.

Misconceptions 1: The MBTI is an actual 'personality' test

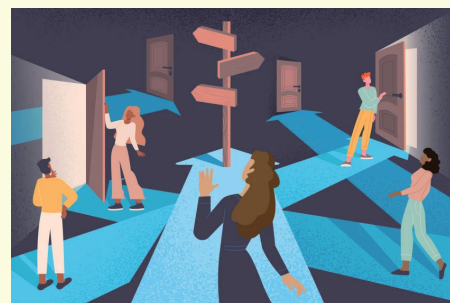
The MBTI **does not** exactly reflect the personality of an individual. Instead, it is an indicator to **demonstrate your judgement and perception towards actions in everyday life**. It displays the inclination for one to behave in different situations.

Misconceptions 2: The MBTI is a fixed label for yourself



Source: X.com (@mbtimeme)

Most people might treat the MBTI as a tag or a goal to achieve. They might fall into the pithole of thinking that this label will follow you eternally and is your ultimate personality combination. Quite the contrary, the MBTI is actually **a tool for you to explore your true self**. It will differ as you get older or have new life experiences. As we grow, our minds undergo new changes. Personality tests taken today are nothing but a snapshot of your ever-evolving personality, and may not exhibit your tomorrow self, not to mention years later. Time changes, so do we. **The MBTI shall not be a fixed measure to ourselves.**



Source: Rudzhan Nagiev/iStock/Getty

"80% of Fortune 500 Companies Use Personality Tests, But Are They Ethical?" Leaders, <https://leaders.com/articles/business/personality-tests/>

The Four Letter Enigma

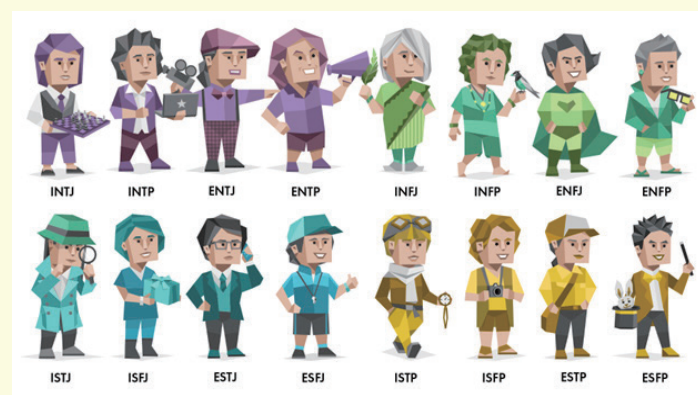
Developed from Carl Jung's Cognitive Functions, the **Myers-Briggs Type Indicator (MBTI)** was the brainchild of Katherine Cook Briggs and Isabel Briggs Myers, a mother and daughter with no formal education in Psychology. It utilises **four dichotomous scales** to categorise the public into 16 personality types, generating a four-letter code for each test taker, with one letter taken from each scale depending on the trait they showcased. The dichotomies are as follows:

1. Extroversion (E) or Introversion (I)
2. Sensing (S) or Intuition (N)
3. Thinking (T) or Feeling (F)
4. Perceiving (P) or Judging (J)

Behaviours and Attitudes	
Extroversion (E)	Action-oriented and seek active attention from others.
Introversion (I)	More thought-oriented and prefer substantial interaction.
Information-Gathering Functions	
Sensing (S)	Likely to trust concrete evidence and tangible sources, and can be interpreted by the five senses.
Intuition (N)	Less dependent on sources and value deduces and recognisable patterns.
Decision-Making Functions	
Thinking (T)	Tend to make decisions based on what seems reasonable and rational in the grander scheme.
Feeling (F)	Tend to empathise with the situation and use a humanistic approach to solve problems, balancing and mediating the situation with a mixture of all needs.
Lifestyle Preferences	
Perception (P)	Tend to 'keep matters open'.
Judging (J)	Willing to 'have matters settled'.

The four-letter code generated thus provides a complete portrayal the individual, which on one hand allows type-specific advice provided, on the other hand allows others to have a quick and relatively accurate understanding on an individual upon knowing his MBTI type. When an individual meets another individual who shares the same MBTI type with them, a sense of community is formed, allowing them to exchange ideas and experience of being a person with very similar personality.

Its main difference with the Jungian Cognitive functions is that instead of being an expression form of other dichotomous traits, introversion or extroversion is a standalone dichotomy.⁸ Furthermore, a judging or perceiving dichotomy is added to demonstrate the lifestyle preference of the individual.⁹



Source: Dao Insights

⁸ 'Understand the 8 Jungian Cognitive Functions' - Cognitive Functions <https://www.cognitiveprocesses.com/>

⁹ 'Myers-Briggs Type Indicator - an overview' - Science Direct <https://www.sciencedirect.com/topics/neuroscience/myers-briggs-type-indicator>

¹⁰ Research conducted on 30th November to 1st December 2023 n = 89, 67, 63, 64 and 76 for the data in the charts respectively

Vox Pop

The complex principle of MBTI seems to be trustworthy. However, different voices have arisen, leading to growing attention surrounding doubts and concerns being inevitable. To delve into this subject of discussion, we have conducted some Vox Pops, which are a brief intercept interviews, on campus in the past few months to know what our schoolmates and teachers generally think of MBTI.¹⁰



3D Jayden Tang

I learnt about MBTI on Instagram. I discovered that some of the users tend to put a four-letter code, such as ENTP or INTP, in their bios, representing their personality. I believe that one of the problems of MBTI is that users may be bound by its labels, but in fact, our personality cannot be completely represented by these labels.

I would not say that MBTI has not changed my personality, but only for a bit.

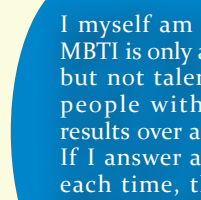


5C Brandon So



2F Koleman Luk

I think MBTI allows me to understand myself better for a little bit. It gives insights into my traits and the things I should do to make up for my weaknesses.



Mr. Sunny Lam

I myself am an INFJ. I would say MBTI is only a metric of personality but not talent, because I've seen people with so many different results over a short period of time. If I answer a question differently each time, then I will get a very different result in the end which I think may not be as accurate.



Ms. Katrina Sum

MBTI is a personality test that analyses your personality. I learnt about the test online!

MBTI

Psychology

&

Introduction

Peer pressure is considered as the root of all evils in teenage problems. Social media addiction, mood swings, depression, etc., peer pressure is always the culprit; but have you ever wondered, why can we be pressured by our peers? Maybe **psychology** can tell.

Psychology is the scientific study of the mind and behaviour.¹ By studying psychology, we can explore the complexities of human cognition, emotions and actions, explaining the underlying factors that shape our thoughts, feelings, and behaviours.

Psychology is a relatively new independent academic discipline. Early psychologists were philosophers. Philosophers — ancient Greek or Renaissance — all raised questions about how the human mind works; however, they were not able to settle their claims using scientific methods.

It was not until 1879 when German professor Wilhelm Wundt established the first psychology laboratory in Leipzig, Germany, where some psychological concepts could finally be proven by experimental methods.

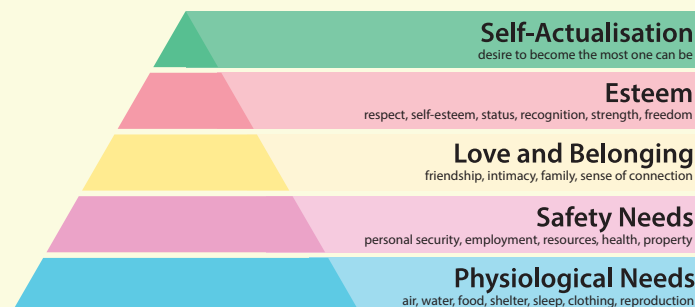
There are two major branches of psychology, one of which is **applied psychology**, whereas the other is **pure psychology**.

Applied psychologists are the psychologists most of us would imagine in the first place. Further divisions include educational psychologists, who assist students with special educational needs (SEN), clinical psychologists, who assist patients suffering from mental illnesses, and industrial-organisational (I/O) psychologists, who assist public and private organisations. They assist their targeted audience by applying psychological principles and theories. On the contrary, pure psychologists focus on developing a fundamental understanding of human behaviour and mental processes, without necessarily focusing on practical applications.



A clinical psychologist. Source: SDI Productions / E+ / Getty Images / Psychology.org

Between spiritual needs and hunger, which one do you think is a more fundamental need for humans as an organism? Abraham Harold Maslow, an American psychologist, said that it is the latter, and is reflected by the pyramid structure of the **Maslow's Hierarchy of Needs**, proposed in an attempt to theorise the motivation of human behaviour,² from a so-called **humanistic approach**, in which human behaviour was understood by human experience.³



Maslow's Hierarchy of Needs

When one need emerges, it dominates an individual, and only when it is fulfilled, a higher-level need emerges, and so forth. First, there are **physiological needs**. Air, water, and food, they keep the individuals alive. After physiological needs are fulfilled, individuals start to think about getting **safe**. Instead of being chased by predators, they would rather be in a safe place with necessary resources in reach without scarcity. Then individuals would like to be **loved**, then they would like to have **esteem**, and at last, reach their full potential, also known as **self-actualisation**. Only a handful of people are said to have reached the state of self-actualisation.

From another perspective, human behaviour can also be explained by the social situations they are encountering. **Social psychology** examines how thoughts, feelings, and behaviours are influenced by the actual, imagined, or implied presence of others.⁴ Under this academic branch, social psychologists study in scopes such as **interpersonal relationships**, social cognition, social influence, group dynamics,⁵ and their influence on individual and group behaviour.⁶

This year in *Torch*, we are indulging in the world of psychology, from both humanistic and social perspectives, to examine how psychology relates to the daily lives of teenagers. Psychology may seem to be a distant topic to most readers, but is it? A simple and prevalent personality test is not only based on psychological findings, but manifests different psychological phenomena and theories. The test is no other than the familiar **MBTI** test.

If you are an aged user of social media platforms such as Instagram, there is a high chance that you have seen some four-letter codes, such as INFJ and ENTP, in the biographies, or bios, of users. It is an instance of the user showcasing their MBTI personality type.

The MBTI, or the **Myers-Briggs Type Indicator**, is a self-reported questionnaire that assesses the personality of individuals using four specific dichotomies.⁷ Normally taking less than 30 minutes to complete, the MBTI is adopted by many teenagers and teenage friend groups, partially due to its seemingly simple structure, for self-introduction or attempts to enhance the understanding of themselves or others. One might introduce themselves as, say, an ISTP. Others can soon easily have a brief and general idea of the person by imagining the traits of being introverted, sensing, thinking, and perceiving. In the following pages, we will examine the principles, usages and limitations of MBTI, as well as how you — our schoolmates view this simple yet complex personality assessment, before moving on to the more complicated psychological theories it reflects.

¹ 'About APA,' American Psychological Association, <https://www.apa.org/support/about-apa>

² Maslow, A. H. (1943). A theory of human motivation. *Psychological Review*, 50(4), 370–396. <https://doi.org/10.1037/h0054346>

³ 'Humanistic Psychology's Approach to Wellbeing: 3 Theories,' Positive Psychology, <https://positivepsychology.com/humanistic-psychology/>

⁴ Allport, G. W. (1985). 'The Historical Background of Social Psychology'. In G. Lindzey and E. Aronson (ed.), *The Handbook of Social Psychology*. New York: McGraw Hill. p. 5.

⁵ 'Social Psychology: Definition, Theories, Scope, & Examples,' Saul Mcleod, PhD, Simply Psychology, <https://www.simplypsychology.org/social-psychology.html>

⁶ Social Psychology Studies human interactions. (n.d.). <https://www.apa.org>. <https://www.apa.org/education-career/guide/subfields/social>

⁷ 'Myers-Briggs Type Indicator (MBTI): A Beginner's Guide,' Forbes, <https://forbes.com/health/mind/myers-briggs-personality-test/>

Editor's Note

Dear Reader,

The human mind is an exquisite masterpiece in which every decision we make results from the complex processing of the information and implications we receive from the world. Everybody perceives and processes information differently, and **Psychology** was born as an academic study to investigate such intricate inner workings.

On the other hand, the **Myers-Briggs Type Indicator (MBTI)** was born in 1944 in an attempt to explain the distinction between people's decision-making by categorising the public into 16 personality types, and to popularise such psychology. To date, it is estimated that there are more than 80 million people who have taken the test,¹ which includes 43.8% of the students in our school, according to our research.² You might be one of them.

In this year's *Torch*, we will be delving into the topic of **Psychology** through the lens of **MBTI**: first discussing the personality test itself and seeing what our schoolmates think about it, before touching on the psychological phenomena and theories that can be manifested by the MBTI or can explain the reason of the prevalence of the personality test.

In the Campus section, as a tradition, we have interviewed four teachers new to the Home of our Youth. We also had the privilege to interview the newly resumed English Debating Team, including both of their Junior and Senior divisions.

Meanwhile, the Gallery section includes a new addition — The Editors' Column — which includes 4 editor-written pieces on topics of the editor's choice, allowing our readers to broaden their horizons while sparking new interests. We are also delighted to have 5 pieces of works written or translated by our students or teachers in Gallery this year, from poems to some words of wisdom about the essence of writing.

I would like to take this opportunity to thank everyone who has made this issue possible, especially Mr. Barny Lam and other teacher advisors, whose invaluable comments and suggestions fine-tuned and perfected this issue. We also have our deepest gratitude to Mr. Jeff Chan and Ms. Agnes Lee, whose works enriched the Gallery Section content-wise, and the nearly 100 teachers and students who participated in one of our Vox Pop sessions, whose thoughtful responses allowed us to have a better understanding of how our schoolmates view the MBTI.

At last, I would like to thank all of our 22 editors and graphic designers, who have sacrificed days and nights to draft and refine every single word in this 27 pages. I have nothing but utmost appreciation, and respect for our members of the editorial board. Without their concerted efforts, the publication of this issue of *Torch* would not have been possible at all.

I remember vividly how I (jokingly) wished my editors a 'happy writing' in one of our first meetings. Now, on behalf of the entire editorial board, thank you for taking the time to read *Torch*, and happy reading.

Best wishes,
Henry Tsze
Chief Editor (English Section)

¹ '80% of Fortune 500 Companies Use Personality Tests. But Are They Ethical?' Leaders,
<https://leaders.com/articles/business/personality-tests/>

² Research conducted on 30th November to 1st December 2023, n=89.

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