

With exams upon us again, it's important to find ways to cope with stress.

The best way to avoid panic on exam day is to be prepared. This means making a revision plan and sticking to it. Prioritise the topics you need to revise and work through them using the "PQRST" method:

1. Preview the material to make sure you are familiar with it
2. Question yourself to identify what you need to learn
3. Read the material and make notes
4. Summarise key concepts
5. Test yourself by doing practice questions

You learn best when you're calm and rested, so don't put too much pressure on yourself. Instead of saying "I must read the whole book", say "I'm going to read as much as I can before 11pm and then go to bed".

Set yourself goals and reward yourself when you achieve them. It's good to get out of the library and have a meal with friends or go for a walk after a long day studying.

Take regular breaks and remember to eat, sleep and shower!

The exam period can be very stressful even if you're well prepared. Don't compare yourself to others. Everybody feels stressed at exam time, even if they don't always show it. If you talk to your classmates you might find they're just as nervous as you – and a problem shared is a problem halved! You can get more tips online from the CEDARS resources (<http://www.cedars.hk/counselling/content/resources.php>) or share with our counsellors (Please call 2857 8388 or email [cedars-counselling@hku.hk](mailto:cedars-counselling@hku.hk) to make an appointment.)

Most importantly, keep things in perspective and remember there's more to life than exam results.

### What's on @ CEDARS (After the Second Semester of 2008 - 2009)

Events	Organized by	Date, Time & Venue	Event Highlights	Contact	Website
Emergency financial assistance	CEDARS Campus Life	-	Emergency financial assistance is available for application from students with unexpected financial needs arising from sudden changes in family or financial circumstances, unexpected expenses and short-term cash flow problems.	2859 2305	<a href="http://cedars.hku.hk">http://cedars.hku.hk</a>
Series on Adversity Coping (SAC)	CEDARS-Counseling and Person Enrichment	-	A wide range of activities will be held to enhance 2009 graduates' character strength and job hunting skills in the second stage of this series.	2857 8225 cedars-counselling@hku.hk	<a href="http://cedars.hku.hk/SAC">http://cedars.hku.hk/SAC</a>
Induction Programme 2009	CEDARS	Aug - Sept	7th Non-academic Induction Programme includes intellectually stimulating talks, visits to special locations on the campus, group discussions, visits to community sites, games, orientation session, and events to feature the best HKU tradition.	2857 8387	<a href="http://cedars.hku.hk">http://cedars.hku.hk</a>

### What's on @ Student Societies (After the Second Semester of 2008 - 2009)

Events	Organized by	Date, Time & Venue	Event Highlights	Contact	Website
暑期天文班2009 Astronomy Summer Class (ASC 2009)	Astronomy Club, HKUSU	Jul 11 - 15 HKU Campus Jul 17 - 19 The Kadonzo Institute Shek Kong Centre, HKU	Our target of this activity is secondary students from P3 to P7. The activities of ASC include talks, mass games, stargazing, campfires and water battles.	9557 9140 (Judy Lee) aastro@hku.hk	<a href="http://www.hku.hk/aastro/aac/index.html">http://www.hku.hk/aastro/aac/index.html</a>
除夕日與夜 華美·北京八天日 歡樂團圓	Astronomy Club, HKUSU	Jul 20 - 27 Beijing, Nanjing and Shanghai	Participants can watch one of the longest durations of total solar eclipse in this century in Shanghai. Participants can also visit the observatory and stargaze in Beijing and Nanjing.	9369 0082 (Tina) aastro@hku.hk	<a href="http://www.hku.hk/aastro">http://www.hku.hk/aastro</a>

The list is not exhaustive. Please visit the CEDARS' website (<http://cedars.hku.hk>) and the websites of student societies for the latest programmes on the campus. Student societies interested in promoting their activities in Dialogue please contact CEDARS-Student Development at [cedars-programme@hku.hk](mailto:cedars-programme@hku.hk).

## Audacity in Times of Adversity



Live a fruitful university life to prepare yourself for all future challenges, say students

What should we do to cope with adversity?  
Self Empowerment and Resilience in Crisis  
by Positive Psychology

## Contents

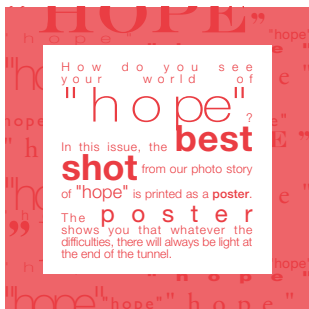
3-5 Cover Story

6 and 11 Photo Story

12-15 Cover Story

14-15 Active in Activities

16 New & Fresh



### Editorial Board

*Managing Editor*  
*Design*  
*Published by*  
*Address*  
*Website*  
*Telephone*  
*Email Address*

Chong Chan-yau  
 Bango Communication Co.  
 Centre of Development and Resources for Students, The University of Hong Kong  
 3/F & 4/F, Meng Wah Complex, Pokfulam Road, Hong Kong  
<http://codar.hku.hk>  
 (852) 2857 8387  
[codar-programmes@hku.hk](mailto:codar-programmes@hku.hk)

# Live a fruitful university life to prepare yourself for all future challenges, say students

**Xue Shiyi**  
 Master of Journalism, Year 1

Some students may worry about their future due to the adverse economic climate brought about by the financial tsunami, but a lot of others may not. Like these students we interviewed, they focus on their future by living a meaningful life on the campus.

Being a student majoring in human resources management, I've learned not only the theoretical side but also the practical ways to deal with people. My study has given me a good foundation of what I want to do later. I hope that in my future career, I can be engaged in a related field.

I'm interested in working in Asian places like Hong Kong, Mainland China and Korea. Before coming to Hong Kong, I lived in Beijing for one year and undertook a language programme. Now I'm taking a Mandarin course in Hong Kong.

My position at AIESEC as a marketing affairs officer allows me to meet companies and promote the internship exchange programme to them. For example, for companies in Hong Kong, we can recommend to them students from the US, the UK, Europe and other parts of the world. The experience helps me apply my study to the real world.

I suggest that students should not simply focus on their academic results, but also participate in extra-curricular activities that are key to adding value to their future career development. Doing volunteer work is also good for making your university life a more fulfilling one.

**Patrick Bostrom**  
 Business Administration, Year 2

HKU is a place for whole-person development. The most unforgettable thing for me was when I became the chairperson of the Linguistics Society in year one. I learned many things beyond my books and studies through organising all kinds of activities.

I was lucky enough to receive two offers from sizeable accounting firms, despite the global financial crisis. I believe that was all due to the experience I gained from my three years of life at the University.

Let me share with you some tips for a university life that will benefit your future development:

Try to be a leader. Be responsible. Sometimes you feel stressed about taking up the responsibility of a leader, but in the end it's rewarding.

Make more friends. I became more open-minded to the world and more able to learn from people.

The last thing is for you to do something meaningful and helpful to others, which will in turn help you grow and learn more than you expect.

**Andy Yiu King-man**  
 Linguistics, Year 3

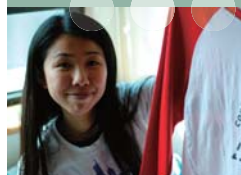
I spent two years living in hall. You may be surprised to hear that a postgraduate chose to stay in undergraduate hall, but I like the hall life and I'm keen on activities.

For freshmen, the important thing is not only participating in activities, but also concentrating on study. They have to look for interest from their studies and set a clear goal about what they are going to do in the future.

In short, instead of seeing the world from one window, or in one circle, or within one culture, students should be open-minded. I am sure that doing so will benefit their university life and also help with their future careers.

After a fulfilled life at HKU, which has given me a good foundation, I'm now in Japan for further study. In future, my wish is to go to Harvard or Tokyo University for a doctoral degree.

**Rosaline Yung Kim-fong**  
 Master of Public Health, Year 2





When I was a Year One student, I joined the Computer Society as a technical secretary. Although the position only lasted one year, it did give me a chance to improve my interpersonal skills. Now, as the co-ordinator for the Information Technology Student Ambassadors for more than two years, I enjoy helping others and learning to understand the importance of commitment.

I'm not too worried about job hunting, despite the global financial recession. I understand that I'm skilful in programming and setting up websites, and I'm optimistic about the future. I believe there are options available for me, such as continuing my study, or finding a job related to IT.

Besides these two options, I'm thinking about starting my own business. I once got some experience in creating web applications like developing a facebook game, from which I earned revenue from the advertisements. I can definitely see the potential of internet advertisements!

Wan Kwok-hung  
Physics, Year 3

Through my exchange experiences at McGill University in Montreal, Canada, I have observed first-hand how the "financial tsunami" has affected students and society in general in Canada. Compared with Hong Kong, which has been surrounded by pessimistic news and economic figures, the situation in Canada is relatively more optimistic. There are two main reasons for that. Firstly, Hong Kong has a financial oriented economic structure, while Canada can still support its economy through exporting and manufacturing industries. Secondly, compared with investment banks in the US, Canadian banks were less involved in high-risk investments because of strict regulation by the Canadian Government. From my observations, the bad financial news in Canadian newspapers was mainly from the US and not from the domestic Canadian economy. I also could not really see any impacts of the crisis on the life of Canadians, or on the country's retail industry.

Nevertheless, students still prepared themselves to face the crisis. Their understanding of the crisis is much more in-depth than that of Hong Kong students. This may be due to the fact that Canada has a close relationship with the US. The students would actively express their opinions in lectures and daily conversations. What we need to do is learn from the seriousness of their discussions on this issue.

Eric Kong Cheuk-yun  
Business and Economics, Year 2

The effects of the financial crisis are definitely observable in the general population of Berkeley and within the student body of UC Berkeley. The main signs of a financial crisis in Berkeley have been the series of closures of newly established retail businesses on the busiest streets adjacent to campus. Very few businesses have taken up the vacant spots at the prime locations.

The university's budget has been cut by around US\$30 million, but the chancellor announced that there were no plans for cutting admissions for the coming year. The details can be found here: <http://www.universityofcalifornia.edu/news/article/18804>

Regarding the student body, the financial situation is more adverse for the recent graduates and the senior students. Job prospects are poor and many have had or will have difficulties finding work pertaining to the business/financial sector. For undergraduates, off-campus part-time retail job openings are scarce. The dropout rate did not significantly increase due to financial issues. Some students are definitely limiting their spending and some parents have become more reluctant to pay for their children's extra-curricular activities. Sports teams/clubs that receive less funding from the university are struggling to cover the costs for students when participating in competitions and hence more fund-raising events have occurred on campus. Everyone is counting on the Obama administration to reverse the situation swiftly.

So Man-hon  
Medicine, Year 3

## How is adversity from the financial crisis viewed by students studying abroad?

Students now on exchange in Canada and the US share with us their observations about the adverse situations brought about by the worldwide financial turmoil.

## Messages from Teachers

*Be creative and think outside the box. Learn the difficult stuff. Stretch your mind with new knowledge. A stretched mind does not regain its original dimension - it makes you more versatile and able to adapt easily to a changing world. If you can't find a job, stay in school to continue learning!*

Professor W C Chew  
Dean  
Faculty of Engineering

*One big lesson from this economic crisis is: The establishment can collapse, and a corrupted establishment will collapse badly. So don't rely on "big bosses" or fortune any more. Instead, get back to the basics - equip yourselves with real knowledge, and take your fate in your hands.*

Dr. Tsing Nam-ku  
Associate Dean (Teaching and Learning)  
Faculty of Science

*There is a Zen saying: Leap, and the net will be there. Likewise, the road will appear if one is prepared to take a step. Adversity is a means to enrich human experience. Sometimes only by taking ordeals and difficulties can we become stronger in spirit and be endowed with the will to surmount the insurmountable. In the course of our lives, there are trials of more than one kind. When confronted by life's uncertainties, do not fear. Trust yourself, use what talent you possess to sail through the wind and break the waves. If you hang in there, you will see that the sun will shine again soon - you will see.*

Professor SP Lee  
Dean  
Li Ka Shing Faculty of Medicine

*On satisfactory completion of final examinations, graduates who can secure the jobs they want but with reduced expected salaries are reminded that a starting salary does not mean much; one can work hard and progress well in one's chosen career as long as there is a clear career path lying ahead.*

Mr. Edward E.C. Chau  
Assistant Director  
Undergraduate Enrichment Programmes  
Faculty of Business and Economics

*In a difficult job market, graduates are required to apply their learning and adaptive skills more so than when jobs are beckoning. The challenge can be met in different and creative ways. It may be the time to acquire new skills sets and knowledge not learned in your degree, through alternative employment or further education or - if you can afford it - travel. These opportunities will not come along very often once your professional life is underway. Use your time wisely. don't live to regret a lost opportunity. Above all, hope should prevail. Carpe diem! Seize the day!*

Mr. Rick Glochecki  
Director of Student Affairs  
Department of Law

*The best paid first job is one that gives you a lot of learning opportunities and networks you to people beyond your comfort zone. You will identify your potentials and advance your resilience in the process. If you choose to take this challenge, you are already a winner!*

Dr. Sandra Tsang  
Head  
Department of Social Work and Social Administration

Photo Story

# Hope

It's good for us to keep hope in life, and it's also good to share stories of "hope" with others. Students of different disciplines show us how they see their world of "hope" through the lens. From their photos, "light" and "children" appear to be the favourite subjects in their interpretation of "hope". Whatever your views about hope, you are encouraged to experience the daily sights that can inspire and keep up your spirit for life.

Kevin Chan Yin-chun Social Sciences, Year 1



*As long as you break down the walls, hope enters.*

Nora Wong Lok-yun Education, Year 4



*Whenever there is life, whenever there is love, we believe that there is hope.*

Lisa Cheng Shan Medicine, Year 1



*Captured from the base of the double-helix staircase designed by Leonardo da Vinci, located in the Chateau de Chambord in France. The staircase is counter-rotary, so that when two individuals take the stairs, their single hope to meet is never fulfilled, but the process itself is more than enigmatic and enjoyable.*

Leung Wai-tim Social Sciences, Year 3



*Hope, like a stream of light, permeates lives. It penetrates the hours of you and me!*

Yolanda Ma Social Sciences, Year 3



*Heading towards future.*

Lesley Wu Medicine, Year 2



*Behind every smile, there is a sad story as this orphanage in Kalamandir, Nepal. Each child had lived in a broken home, they have been beaten by their abusive parents or simply abandoned. Here, their laughter come out more easily though, because where there is love, there is hope.*

Mart van de Ven MPhil (Linguistics), Year 1



*Every time I stand in love hope, I find this picture to let the world in. May these eyes also help you see your world anew.*

Vincci Chan Wing-chi Arts, Year 3



*Even though this innocent girl in Ghana is battling AIDS, she fights with the most beautiful smiling face in the world. That is hope. Nothing is impossible if love and hope are around.*

Sky Yeung Sui-kaun Arts, Year 2



*Hope is always there, like a beautiful sunrise. You can see it or not, depending on whether you wake up on time. As your mind is the forerunner of everything you do, you can always change your mind and wake up on time, then witness the sunrise and feel the hope.*

Ding Xin BBA (Accounting and Finance), Year 2



*Far away in the sunshine is hope. We may not be able to reach it but we can look up and see its beauty, believe in it, and be warmed by it.*

Special thanks to:  
Bobby Yip,  
Hong Kong Press Photographers Association







# What should we do to cope with adversity? Self Empowerment and Resilience in Crisis by Positive Psychology



Hilan Ho Hiu-nam  
English, Year 3

Students, especially those in their final year, may feel stressed or even depressed due to the financial crisis. We may lose our current part-time jobs and worry about finding a permanent job upon graduation. Although the situation seems gloomy, we can still be happy, as long as we adopt positive thinking. Positive psychology certainly provides us with some insights into how to face current adversities.

Not many people succumb when they encounter adversity. Some are able to recover, or even do better than before. According to Dr. Samuel Ho, an associate professor from the Department of Psychology, there are personal attributes that can help us achieve resilience. They are self-efficacy, hope and optimism.

"They may sound like common sense, but the results are supported by a number of our researches," Dr. Ho says.

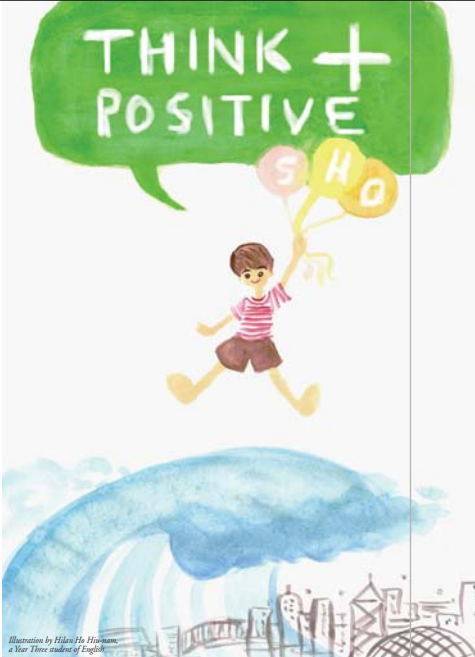


Illustration by Hilan Ho Hiu-nam  
a Year Three student of English

# Stay positive and determined in times of adversity, says alumnus

Alison Lam  
Journalism, Year 3

When the HKU graduate of Marketing Vivien Hui talked about coping with adversity, she suggested two important qualities – a positive attitude and determination. Vivien felt that even when facing the career uncertainties associated with the economic downturn, HKU students should stay confident and remember they are still high-quality graduates from a prestigious university. "I never thought 'I am inferior compared with other graduates', so why should I worry that much?" she said. Vivien observed that human resources staff and employers still prefer HKU students.

Obviously, being strong and determined is crucial to success, but *staying* your determination is also very important. Vivien remembered that mainland students always stayed behind after recruitment talks to ask questions. "They are more determined to pursue their career," she observed. When people witness your determination, they are

more likely to be impressed and offer help. Hong Kong students need to be more aggressive to accomplish their aspirations.

Facing such difficulties is stressful, but chatting with friends or going out with family members are good ways to reduce stress. Vivien strongly recommended that students devote some time to a favourite sport. She completed the Standard Chartered half-marathon last year. "You can set your own goals when exercising, such as running a certain distance every week. Reaching the target can give you a rewarding feeling," she said.

With the current financial turmoil, it seems harder to find and grasp opportunities, but Vivien has two suggestions for students. First, think deeper. Many students become disappointed when they cannot secure job offers from well-known companies. What they don't realise is that small companies are actually "hidden treasures" – employees have a closer interaction with others and more frequent



Vivien gives suggestions on finding out opportunities from alumnus.

## Self-Efficacy

Self-Efficacy is self-confidence in layman's terms, which sometimes correlates with fear in a negative way. "If you are too afraid in a fire, you cannot see the door," Dr. Ho says. "People with high self-efficacy are not afraid of adversities; instead they are happy because there are challenges."

To boost self-efficacy, we have to find something we are good at and keep practising. It is even better if we can get to practising something that is within our own circle of interest.

"If we are able to learn something we like, a psychological status which is called 'flow' will appear when we master the skills and keep being interested in them," Dr. Ho says.

However, this "flow" is lost once we get bored with these skills.

Dr. Ho gives one example of this "flow". "When learning piano, if you are tired of the skills at the level of Grade Six, you can move on to Grade Seven. 'Flow' will re-appear when you have to master new skills," he says. "The more the 'flow' experienced by a person, the higher the chance he can survive in difficulties."

## Hope

Dr. Ho says hope "is a mode of thinking that can be trained". He stresses that one may raise the "level" of hope by having more goals in life. In case there is hope that cannot be realised, there are other goals for one to accomplish.

Having goals alone is insufficient, as strategies and motivation are also needed to achieve them. Dr. Ho points out three elements or qualities that are equally crucial to success.

"Without strategies we are losers; without motivation we can only day-dream; without goals there will be no achievements," he says.

Dr. Ho adds that one's level of hope can be increased by receiving positive messages.

"An experiment finds that hope grows after one has heard stories about hope (but not after watching comedies)," he says. "So we should share our stories of hope with others more."

## Optimism

It is easy to recover if one is optimistic. For example, an optimistic person recently laid off will think that unemployment is only temporary and another job will come soon. Instead of attributing everything to his own work performance, he will understand that the financial crisis is a factor.

It is all about how we think. By keeping happy memories in mind and being keen to look for positive things from life, we will be able to emerge from hardship.

"When one door closes, another door opens," says Dr. Ho. "Instead of feeling disappointed when opportunities run away, we should be proactive in seeking new ones. Attitude is just as important as ability in responding to challenges and coping with adversity."

job rotations. Vivien urged students to analyse matters in more depth, and they will see that opportunities will eventually emerge.

Her second suggestion is that students be more outgoing. Talk to as many people as possible – ask for help from professors, counsellors and senior staff. Students are often shy to consult with others, but voicing out concerns may lead you to the right person or opportunity, which you would have definitely missed had you remained silent.

Vivien is so confident and optimistic that it is hard to imagine that she also had a short period of depression during SARS in 2003. She became very anxious about her health, because she frequently interacted with clients in her job as a salesperson. Her skin condition worsened because she always wore a mask. Fortunately, Vivien recovered from depression after talking to family, friends and her doctor.

"When I have a tiny pimple now, I won't worry about it because my skin has been much worse!" she joked. Her experience during SARS gave her new inspiration in her life. "Even huge disasters like SARS will eventually pass away. It is just one of the many experiences in life. If Hong Kong can survive SARS, what can't we overcome?" she said.

Right now Hong Kong is coping with more adversity. Vivien took this as another chance for students to develop positive attitudes and determination. "Indeed, companies will only hire the most outstanding students now. But I think HKU students are the best of the best," she said.

Being an assistant manager in a sizeable company doesn't stop Vivien from planning other exciting things in her life. Her long-term goal is to open her own business retailing food products. HKU students, like Vivien, should never settle for less than their best, especially in times of adversity.

# About Series on Adversity Coping



Professor Ma gives a speech on fighting adversity.

The programme has already kicked off, with Frederick Ma Si-hang (馬時亨教授) giving a keynote speech on the topic. Professor Ma has generously shared some tips on facing adversity.

- Strategies**
- Prepare well for every opportunity, e.g. job interviews
  - Hard work is crucial to success
  - Think more, and do a little more than others
  - Dress properly for different occasions
  - Learn from adversity and failures

- Attitudes**
- Be honest
  - Be self-confident, but not arrogant
  - Be positive
  - Be polite, don't address seniors too informally
  - Do not be afraid to take up extra tasks

- Communication skills**
- Avoid getting involved in office politics
  - Keep maintaining a good relationship with your teammates
  - Eye contact is required when listening and talking with people

For more information about activities planned for the SAC, please visit <http://cedars.hku.hk/SAC>



The programme includes a design to design competition of which the winning works are exhibited on the campus.

# Careers forum highlights opportunities for postgraduates



Members of the commercial sector are invited to speak at the forum.

**Karen Dai**

MSc Graduate of Industrial Engineering and Logistics Management

The Career Forum for Postgraduates entitled "Explore New Possibilities and Reach New Heights" was successfully launched on March 28 this year. The aim of this programme was to enable participants to understand the value of postgraduate degrees and how they can utilise their expertise and professional knowledge in different functions within the commercial sector. To inspire postgraduates to think beyond their own academic expertise, the forum invited over 30 past postgraduates of HKU from different professions to share their wisdom and experiences. The forum highlighted opportunities arising from the financial crisis as well.

Mr. Herman Chan, the Director of Careers and Placement, provided an overview of the current

employment market and highlighted the niches and opportunities for postgraduates. There was obviously a contraction in offers from December 2008, and the number of job openings is predicted to continue decreasing by 20 to 50 per cent this year. This, together with competition among job seekers is tougher than ever, especially with the global recession tipped to worsen from July to September. Mr. Chan suggested that students be realistic, aggressive, act fast and have contingency plans ready. Hopefully the economy will show signs of recovery by the second half of 2010. He also encouraged students to seek cross-field opportunities related to their majors or practical studies, as many successes had been gained from this strategy in the past.

So how can postgraduates utilise their resources and better equip themselves during postgraduate study?

Dr. Li Jianhui, the Deputy General Manager of COSCO International Holdings Ltd. and also a former chairman of PGSA, shared his experiences from his doctoral study and gave some precious suggestions:

They are nothing more than ordinary students. You may not recognise who they are by just looking at them, but you may notice them once they speak. They are the "Fab Five" of U-Radio, currently the co-ordinators and hosts of a school-life related radio programme, U Speak.

The "Fab Five" was formed last year by five undergraduate students: Winnie, Samantha, Big C, Eason and Kai-man.

The combination was "just a coincidence," says Winnie, "I thought I was invited to brainstorm ideas only, I never thought I could be a DJ."

Yet, the combination was also spontaneous. Big C, the only one who received radio training from CEDARS, explained: "I was looking for somebody to help, and I met Kai-man in a part-time interview."

The "Fab Five" did not really know each other. They came from different faculties, had different interests and attitudes.

"We did not really break the ice," Eason explains. "Perhaps our differences sparked the relationship; we tend to have more fun because of our different backgrounds."

Big C adds: "The five of us are talkative and our relationship just grows very naturally."

Responsible for designing the radio's programme poster, promo and jingle, Samantha says enthusiastically: "I finally realised I can be creative!"

Winnie on the other hand claims that she learned to calm herself down when she makes responses during the programme.

"I was teaching how to make Tangyuan (sweet dumpling 汤圆)," she recalls of one of the live programmes, "and I was too concentrated at that time and I said the wrong thing: 'when you continue rubbing the flour, you will eventually become a Tangyuan' and everyone burst into laughter."

The Tangyuan joke has become one of their classic moments.

Eason remembers how he became a "superman". He had to handle multiple tasks at a time in his phone-in programme on the Sichuan earthquake. "I had to think up questions, to talk to audiences, and at the same time prepare songs for the interval and pull up the lines," he says. "I felt exhausted afterwards"

Nevertheless, he relished the experience. "It was fun and I gained a sense of success."



Eason (right) and Kai-man at the studio of U-Radio

- Evaluate oneself comprehensively: Who am I? What do I have? What can I do?
- Study the job market. What fields interest me? What job can I get with my qualities?
- Position oneself and set goals: What do I want? How can I achieve the goals?
- Make action plans. Attend activities to develop leadership skills, communication skills etc. Meet people from different backgrounds and get basic knowledge about the business world.
- Modify plans continuously and keep going. Evaluating oneself is an ongoing process.
- Other advice:
  - Cool down yourself (安靜下來)
  - Deep think yourself (慎思少煩)
  - Light future yourself (於是大明)

Dr. Li was like many of us when he first entered HKU – full of confusion about the future. However he began to think about his study, career and life, and then carefully planned his time to achieve his goals. He emphasised the importance of "time management" during postgraduate study. Being a PhD student, it is not easy to keep a good balance between academic and extra-curricular life. Therefore, you need to schedule your time wisely, and gain trust and support from your supervisor as well.

In this financial crisis, starting up your own business may be a good choice. Mr. Henry Oh and Mr. Rodney Lloyd, Co-founders of SK Start-up Association, shared their stories on how to identify business opportunities. There are several important things to consider:

- Business Plan Considerations
  - Target Markets
  - The Importance of Networking
  - Application v Platform Considerations
  - Sources of Funding and Support
- Project Resources (e.g. Entrepreneur Groups)

"Forming a business plan is a mental exercise," Mr. Lloyd said. "It gives you the opportunity to really think things through..." Mr. Oh agreed and encouraged students to do more networking, since new ideas and opportunities could be generated from these networks.

Facing the global recession, people can easily panic or become passive about their future. However, when you calm down and evaluate the situation carefully, things are not that bad.

Opportunity and risk always come hand in hand. Be realistic, be aggressive, be prepared, act fast and you will find your way.

## Remarks from students:

"Surrounded by so many postgraduate students, I recognised that I was not the only one worrying about hunting for a job. Seeing so many successful guests of several working fields who graduated from our university, I encouraged myself: 'If they can, why cannot I?' The forum gave me confidence to some extent.

The most helpful part for me was the round-table discussion. I had the chance to communicate with Jeffrey (From McKinsey) and Danny (From Boston Consulting Group) face to face to learn more about consulting, information that cannot be found on the Internet.

The forum also taught me to see the recent job hunting dilemma from a new angle. I know that I should do now to better prepare myself."

Zhou Lu,  
MSc (Electrical and Electronic Engineering), Year 1

"The forum was very well organised and I liked the atmosphere of free discussion and sharing. The job market is much tougher than I thought. I can imagine the pressure of competition when I graduate. Thus my first goal is to get my degree, and I will figure out my career plan in the following two years."

Ni Zhaoh,  
PhD (Electrical and Electronic Engineering), Year 2



# "Fab Five" talks about their change at U-Radio

Takka Wong  
Journalism, Year 3

# About U Speak

What do you expect from your university life? To get the five must-do things of university (大學五件事) done? Alongside living in hall, achieving GPA 3.0, joining a club, dating and part-timing, U-Radio is here to suggest some new ideas. From April onwards, U-Radio started its new series of U Speak called "You can do it too!" (港大學生講大話 – 任你唔好怕). Campus icons such as Ayo Chan Yeung (陳一芳), the newly elected SU President, will talk about their school life and inspire you on how meaningful and joyful university life can be. For more information, please browse U-Radio's official website: <http://uradio.cybercampus.hku.hk>



(From left) Kai-man, Eason, Big C, Winnie and Samantha are "Fab Five" of U-Radio.

Audience is also a motivation for the "Fab Five". "We keep tracking the number of the audience, and we normally have 200 per programme," Big C says.

Eason adds that "the number may be a bit small to others, but to a newly founded radio station, it is encouraging. We are going to improve our programmes and have better ones every time."

Time flies. Four among the five will graduate soon, leaving only Winnie remaining.

Eason is worried. "It's been a good time with them, and I may lose initiative when they leave," he says.

Big C and Kai-man both respond: "If you need help, we are willing to come back because we love the job so much."

These days, Eason has been looking for potential campus DJs to fill the posts; he has promised he will "never let it end".

Perhaps not many people know about Room 102 of the CYM Amenities Centre; maybe only a few know that we have a mini radio station at HKU. But to the "Fab Five", this mysterious place is where they shine and become stars, where they grow together against adversity and have their friendships scaled forever.