

Good morning Ms. Cheng, teachers, and fellow schoolmates.

It is my pleasure to serve as the Head Girl of the school this year. Taking this valuable opportunity, I would like to express my sincere gratitude wholeheartedly to Ms. Cheng, all my encouraging teachers, and supportive schoolmates who have been guiding and assisting me with light, warmth, and hope throughout my journey in Holy Family. Without your support, I would not be here today.

Looking back at the past academic year, it's been a tough year, right? The ongoing virus has been the most backbreaking challenge to all of us. Suspension of lessons, cancellation of school events, and so on, have provided us with an unusual experience but we, as students, should never be defeated by unfavorable conditions. Instead, we must reflect on ourselves and continuously set goals at every stage of our life.

The monthly theme of September is 'Conducting Evaluation and Setting New Targets'. Here, 'conducting evaluation' means judging the quality of an issue, rethinking about it, making changes to it, or making decisions about it, which metaphorically refers to reviewing our previous performances. 'What are your targets?' is a common question that we always hear. However, have you ever wondered why teachers, parents, or anyone who cares about you always ask about this? There's a hidden reason behind it.

By setting targets, we will be able to guide our focus and maintain momentum in our life. Targets are something that we would like to achieve and something that we are looking forward to. They may not be remarkable or conspicuous but can be as simple as visiting somewhere, meeting someone, or learning some skills. Targets act like stars in our life that light our way. I remember when I was asked about my targets back then, I would always say that I wanted to pass all the subjects with flying colors or to outdo myself. It helps me keep being energetic and persistent in reaching my goals.

The right path to achieve targets is an uneasy one. However, as mentioned by American author Tony Robbins, "Setting goals is the first step in turning the invisible into the visible." Without hopes and dreams, we would never know how great we can be. It must be something that is out of our expectations and something that is rewarding. Having clear goals, we will never give up as they are the motors in our life.

Having explicit focus matters a lot. The key to it is to conduct evaluations. Do you remember teachers always ask us to do an evaluation every time after tests or examinations? Have you realized the importance of making reviews of your previous performances? Evaluations focus on understanding how to pave the way to best meet ones' targets. It can point out the successes and mistakes in the previous stage and make recommendations for improvements. Don't underestimate the momentousness of conducting evaluations. It is one of the steps that we must experience before succeeding. Knowing the right path to go, we will then be able to set appropriate targets.

To me, my short-term target is to get a ticket to university. Of course, it will be even better if I can get a degree in my desired faculty. I believe the same goes for our S6 schoolmates. To achieve this, surely we all need to obtain excellent results in the HKDSE. My dear friends, do you still remember the life skills we learned in S4 Liberal Studies? Practicing the S.M.A.R.T. goal-setting strategy is a key to our success. S-M-A-R-T stands for 'specific', 'measurable', 'achievable', 'relevant' as well as 'time-limited'. Setting appropriate goals can help us to be motivated and well-prepared before the HKDSE. My dear friends, I do hope that you have already planned your future and set clear targets. If not, go find one. It is never too late. We must all believe that hard work will eventually pay off and we can all reach our goals.

To other schoolmates, having different short-term and long-term targets are equally important in every stage. Do try to join more competitions, internal or external activities, and take up several posts to have better self-understanding. Don't forget to conduct evaluations from time to time. By unleashing your potentials, you can have more new insights in setting additional targets. Don't underrate the other learning experiences OLE gained throughout your journey. They are always useful in upgrading yourself.

Last but not least, as a student, I understand that academic studies seem to be the greatest focus at this moment. However, as I mentioned just now, targets may not be remarkable or conspicuous but can be as simple as visiting somewhere, meeting someone, or learning some skills. Spare some time every day. Put down your pen. Try to recall what you have given up or left behind during your studies such as learning musical instruments, trying out new sports, visiting a foreign country, or just simply celebrating festivals with your beloved family.

Just like what our school theme tells us, "Treasuring our life, lifting up our mind". Every single moment in our life can be treasurable. Dear Holy Familians, apart from academic targets, I do hope you can set goals on various aspects. Life can be wonderful as long as you are willing to keep moving and exploring. I wish all of you can live a joyful life through continuous target-setting and evaluations.

Thank you.