

Teacher's sharing Scripts 17 Sep 2021

Theme: Conducting Evaluation and setting new targets

Introduction

Good morning Ms Cheng, teachers and students. Let me begin by asking you questions.

Are you anxious to set new targets? Have you ever ended up doing nothing because your anxiety is too strong that hinder you to try? And then later, you regret giving up.

Many students know that I went on the exchange in the UK but not many of them know the process was indeed not a smooth one. So, how did I overcome my fear and take the opportunity?

Usually, undergraduate students apply for the exchange programme in Year 2 and go to exchange in Year 3 for half a year or a year, so that they can concentrate on studying and finding jobs in Year 4. In Year 2, I thought many candidates are more capable than me, so I didn't even apply for the programme. I feared of failure. When I was in Year 3, seeing many of my friends going to Europe, I struggled if I should apply for the exchange programme. However, I was even more anxious. I feared that my application would be unsuccessful. I feared that I could not cover all my spending. I feared that I could not graduate. I feared that I could not find a job because of studying overseas in final year. It's just like the end of the world.

So, how did I cope with the fear? I evaluated the situation. Instead of thinking of the good, I pictured the worst. What if I failed again? The worst scenario would be continuing my study in university. How about the money? I can simply spend less and do more part-time jobs to earn as much as possible. How about graduation and finding jobs? The worst case would be deferring my graduation and looking for jobs in Year 5. So, what should I fear if the worst is manageable? The result is I successfully applied for the exchange programme and scholarships and graduated as planned. What's more, the half-year exchange is still the most memorable experience in my university study.

Actually, we are stronger than we think. By allowing ourselves to have time for reflection, meditation or prayer, we can understand that the worst scenario is still manageable, and it is within our remit. So, please do reserve time for yourselves and accept yourselves.

We hope that this can help us set new targets rationally.

Thank you.