

Winky: W Kelly: K Tammy: T

W: Good morning Ms Cheng, teachers and fellow schoolmates. I am Winky Yeung from Class 5C, the SA Chairlady of the 40th Students' Association.

T: I'm 5A Tammy Chow, the Vice-Chairlady of the SA this year.

K: I'm Kelly Chan from Class 5C, the SA Vice-Chairlady this year.

: As the journey of our new school year kicks off, we, as students, should turn over a new leaf by evaluating ourselves and setting new goals. Our monthly theme is "Conducting Evaluation and Setting New Targets". We all know that setting goals is a crucial key to success. Let's start by explaining the importance of setting goals first.

: Goal setting plays a pivotal role in both providing us with long-term vision and short-term motivation. Not only does it give us a bigger and clearer picture of our life plan, but it also prompts us to endeavour for little goals first, and eventually targets at the 'big boss'. In addition, setting targets also helps us to better organize our time and resources so that we can make the most of our life.

: In order to set goals, you should first consider what you want to achieve, and then commit to it. I'm sure that our schoolmates still remember the sharing from our Head Girl Hilda. She has mentioned how to set SMART goals, where S-M-A-R-T stands for 'specific', 'measurable', 'achievable', 'relevant' as well as 'time-limited'. Today, we're focusing on the time factor.

: Albeit our teachers keep reminding us about time management all the time, I still don't think we have sufficient time! We students have to handle our schoolwork, which includes gazillion piles of homework and mounting study materials, not to mention other onerous duties that we bear at school, especially for senior form students who might be leaders. We would always be running out of time even if there were 48 hours a day!

: Don't be so exasperated. Yes, we all get the same 24 hours a day, 7 days a week. But have you ever thought of why someone else seems to accomplish more than you do? Do they have an inborn superpower that they can reverse time? Indeed, that's probably because they have explicit planning of goals and better time management than others.

: Absolutely correct! Even if you have countless great ambitions or magnificent aspirations, they would finally turn into a trace of dust if we don't manage our time well. For instance, if you wish to become an English teacher, your foremost aim is to enter the Faculty of Education at university. Undeniably, all you have to do at this moment is to make a timetable: plan your time to memorize 10 advanced English vocabulary items a day, to read at least 3 extra English books each month during weekends, and to practise English speaking every evening.

: That's a good example! Knowing that many of our schoolmates find it hard to strike a balance between the extracurricular activities and academic performance, let us cast light on how to get organised and prioritized in work.

: Good time management enables you to work smarter – but not harder – so that you can finish the most tasks in the least time, even when we have tight schedules.

: We can use draw timelines to help visualize tasks, milestones and deadlines. Once you've set those dates, try to stick to them as closely as possible. A timeline creates a sense of urgency, which in turn motivates you to stay on. I used to be a procrastinator. What I did was piling up homework like mountains and starting to do homework late at night. It's no wonder that I needed to stay up late, then the result was obvious. I could hardly keep my eyes open while having lessons at school. This created a vicious cycle.

: Furthermore, it is important to take a break. Whenever you find yourself tired and stressed, take a break for 10-15 minutes. Stress can hamper your productivity and take a toll on your health. Taking regular breaks will also help you to relax and get back to work energetically later. If you know a break is coming, you'll likely be able to restore motivation to push yourself to finish the task in hand. You can take a walk,

listen to music, cook some food or do some exercises. Do whatever you feel comfortable.

: In a nutshell, we genuinely hope that every Holy Familian can make a fresh start by setting new goals, beat the clock and get a handle on their time by using the above strategies. I'm incredibly sure every one of us can have a fruitful and blissful learning experience this year. I also believe that when we are determined and persistent in doing everything, we can achieve our goals triumphantly one day. Thank you!