



只要肯努力 下一個就是你 澳大學霸教你攻考秘訣

‘Study Gurus’ Share Tips for Acing College Exams

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圖 Photo | 譚金榮、校園記者梁曉舒、部分由受訪者提供 Eric Tam, UM Reporter Helen Leong, with some provided by the interviewees

大家讀書時，是否班裡總有一兩位同學平時上課漫不經意，放學後就去參加活動，但是每次考試總是名列前茅，令一眾拼命讀書而不得其法的同學恨得牙癢癢？澳大也有不少這些學霸，專業成績固然之好，課外活動同樣出色。

提前做好學習計劃

何宇雯（Mandy）是工商管理學院一年級學生，去年以優異的入學試成績考入澳大，並獲

金蓮花獎學金。大學首個學期，她無負學霸之譽，成績平均積點（GPA）3.78。不要以為這位斯文的小女生只會讀書拿高分，她也是呂志和書院院生會和學生會的積極分子，平時還熱愛運動，發展多方面的潛能。（續內文，見第二及三版）

Don't you just hate those who seem to ace every exam without even breaking a sweat, when your grades just refuse to go up no matter how hard you study? Well, here's the good news. Learn

these students' tips and you can become the next study guru.

Making a Study Plan

Mandy is a first-year student from the Faculty of Business Administration. She was admitted to UM on the coveted Golden Lotus Scholarship. Living up to her reputation as a 'study guru', Mandy achieved a GPA of 3.78 in her first semester. But don't think she is just a nerdy bookworm. She is also a sports lover, a longtime practitioner of Chinese calligraphy, and an active member of the House Association and Student

Association in the Lui Che Woo College. (continue reading on page 2 & 3)



何宇雯
Mandy He



背後故事

[Tell Us Your Story](#)

最佳媽媽 譚美玲博士
'Best Mom' Tam Mei Leng

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澳大校園記者專欄

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失戀，可怕嗎？
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我最喜愛的「背後故事」 投票結果

My Favourite 'Tell Us Your Story' Article
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從小學習書法的Mandy言談舉止很溫文，她說學習好的原因是無論課業再繁忙，心情也不會太緊張，「我通常會提前一天計劃好第二天想要做的事情，根據自己的學習計劃來學習。」因為這樣，Mandy整個高中從來沒熬過夜，即使考澳大入學試前也如是，「熬夜會影響聽課或考試的品質，得不償失。」回憶去年備考澳大，Mandy說：「若是一些自己比較弱的科目，例如英文科，每天完成老師佈置的作業以外，自己還去買多些補充練習。」如此用功和自律，難怪她在澳大入學考試中的英語成績拿到了765分的高分。

不單要學習成績優秀

心理學系二年級學生葉尚仁（Paul）在上學年以3.83 GPA高分進入榮譽學院，現時是榮譽學院學生會主席。他出生在香港，八歲移居澳門，13歲去了美國一所傳統天主教學校讀書。2014年Paul返回澳門讀書，原本就成績優異的他以SAT 2010的高分獲澳大錄取。Paul說：「留在澳門是因為這裡有大量的研究資源和朋友。」

「我在美國學到的邏輯思維與批判能力對於學習有著重大的幫助。在判斷問題上，能夠pick up重要的信息。」Paul是一個想法獨特和健談的男孩，他不只在讀書方面盡全力，也常參加學生會的義工、新聞討論等活動，還加入了邵邦書院的合唱團。「參加組織，與不同學科的學生交流，也是學習和成長的一種方式。」他認為，學霸不單要學習成績優秀，還要在其他領域例如人際溝通、社交技巧等方面全面發展。若要成績好，活動玩得叻，他秘訣是：「設定好一個目標，並做好合理時間分配與規劃。」

努力而不驕傲的人

修讀款客服務及博彩管理課程的李綺婷（Miki），是本學年經「校長推薦入學計劃」的其中一名保送生，更以優異成績獲得大蓮花獎學金。保送入學的學生都要過面試一關，Miki向面試的老師也分享了策劃活動的難忘經歷，「相信這方面的經驗為我加了不少分」。她以過來人身份教有意投考澳大的學弟妹考前一定要「做足資料搜集，對所報科目的背景、現況以及發展前景都要瞭如指掌。」



李綺婷
Miki Lei

一行。」她對策劃活動的專長由中學延伸至大學，目前是蔡繼有書院社會服務小組和傳訊部學生公關大使計劃成員，以及文物大使和教育局的陽光義工，2015年更因服務出色獲教育局頒最佳義工獎。

Miki平時被同學封為「學霸」，考入澳大後的首張成績單取得了GPA3.85的高分，但她謙稱自己只是「一個努力的小學霸」。「別人可能覺得取得高分就是學霸，但我不相信有一個人天分高到完全不用聽書、溫習就可以取到很高的成就，所以我認為學霸應該是一個肯努力而不驕傲的人。」

提倡多元發展

2016/2017學年「校長推薦入學計劃」共錄取300多名優秀中學生，其中有67名於各中學成績排名第一，比上學年的人數大大增加。教務長彭執中（Paul）表示，越來越多成績優秀的學生以澳大為首選，是對大學教學水平的認同。在收生方面，Paul指出，澳大提倡多元發展，在收生時除了看學術成績外，也會考慮學生的其他方面的潛能，例如學生在學術、體育、音樂、社會服務等方面是否具突出表現都是招生的考慮因素。Paul建議學生在選科時最好興趣行先，「不要隨波逐流，應結合個人興趣和能力來選科，同學定能讀得愉快和投入，成績自然會更好。」

考前小貼士

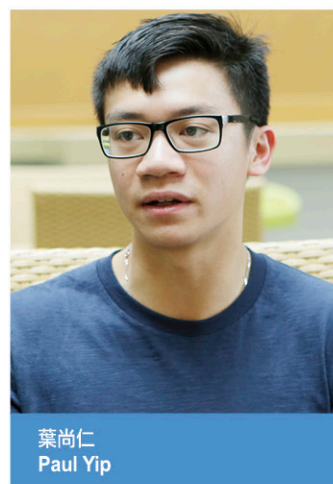
2016/2017學年澳大入學考試將於4月8至10日舉行，不少應屆畢業生都正在備考當中，根據Paul多年對入學試的觀察，他建議考生在應考前一定要放鬆心情，「臨考前最好睡一個好

覺，讓翌日有精神上試場。」以往很多考生在最後一刻才急忙跑進試場，他建議考生要預多些交通時間，「不妨預先到校園考察，知道考場的位置，也可以估算坐車大概所需的時間。」

Mandy's secret to excelling in studies is her ability to stay relaxed no matter how heavy her workload. 'I usually make a study plan for the next day,' she says. 'I like to pace myself accordingly.' This method has helped Mandy get through high school without pulling an all-nighter. She believes cramming overnight is not worth it because you would be too exhausted to go to class or take the exam the next day. Mandy also shares how she prepared for UM's admission exam last year. 'I knew English was one of my weak subjects, so I bought many English exercise books and did the exercises after finishing my homework,' she says. As a result, Mandy got 765 points in English in the admission exam.

Excelling in Studies and Extracurricular Activities

Paul is a sophomore from the Department of Psychology. He was accepted by the Honours College (HC) last academic year with a high GPA of 3.83, and is now the president of the HC Student Association. Born in Hong Kong, Paul moved to



葉尚仁
Paul Yip

Macao at the age of eight. When he was 13, he went to the United States and entered a traditional Catholic school. In 2014, he returned to Macao and got into UM with a high score of 2010 in the SAT. 'I have decided to return to Macao because there are a lot of research resources and friends here,' he says.

During his time in the US, Paul learned logical reasoning and critical thinking skills, which he now finds indispensable to his studies. Paul is an active participant in student activities, and a member of the Siu Pong College Choir. He thinks that one can learn a lot from student activities and through exchanging ideas with students from different disciplines. To Paul's mind, a study guru is someone who not only excels in studies, but also has good interpersonal



李綺婷教長者做眼部操
Miki teaches older people to do eye exercises



何宇雯（後排左四）熱衷參加社會服務
Mandy He (back row, 4th from left) is an active participant in community service

and social skills. 'It is important to set goals, to effectively manage your time, and to prioritise your daily tasks,' he says.

A Humble and Hard-working Guru

Miki is a hospitality and gaming management major. She got into UM through the Principals' Recommended Admission Scheme, and was granted the Grant Lotus Scholarship for her outstanding academic performance. During the admission interview, Miki shared her experience in organising events, which she thinks has gained her a few bonus points. She suggests that students who are interested in applying to UM should research the relevant programmes beforehand. 'Knowing something about the programme's background, latest developments, and future development can help you make a good impression during the interview,' she says.

Miki has always been a model student. She was class president throughout secondary school, an experience that cultivated her interest in organising events. She felt a great sense of achievement from organising the graduation dinner in secondary school, so she decided to pursue a career in event planning and management. She is currently a member of Choi Kai Yau College's community service group and a participant in the PR Student Ambassador Programme organised by the Communications Office. She is also a volunteer of the Education and Youth Affairs Bureau (DSEJ) and a Macau Heritage Ambassador. In 2015, she received the Best Volunteer Award from the DSEJ for her outstanding performance.

Miki gained a high GPA of 3.85 in her first semester, but she is modest about her achievements. 'I don't believe anyone can be so talented that she can get good grades without going to classes or studying hard,' she says. 'All I did was give my best.' To most people, a study guru refers to someone who always gets good grades. But in Miki's case, a study guru simply means a humble person diligent in her studies.

UM Encourages Well-rounded Development

UM admitted more than 300 students for the 2016/2017 academic year through the Principals' Recommended Admission Scheme. 67 of them were ranked No 1 in their schools, which is a large increase from the previous year. According to UM Registrar Paul Pang, more and more outstanding students are considering UM as their first choice, which is testament to UM's increased quality of education. Paul says that in addition to academic performance, applicants' talents and potential in various areas will be taken into consideration in the admission process. Paul suggests that students should consider their personal interests when choosing a college major. 'Don't simply follow the crowd,' he says. 'A programme that best matches your personal interests and ability will help you enjoy your college life and achieve better results.'



彭執中
Paul Pang

Tips for Acing the Admission Exam

Many graduating students are now preparing for UM's admission exam for the 2016/2017 academic year, which will be held from 8 April to 10 April. From his years of observation, Paul has learned that students will usually do well in the exam if they relax and sleep well the night before. 'Remember to allow sufficient time to get to the exam venue,' he says. 'Check out the campus in advance so you know the location of your classroom.'



專訪短片 Video

恭賀 Congratulations

工商管理學院理學士學位（會計學－專業會計）課程與理學士學位（會計學－會計與資訊系統）課程榮獲英國特許公認會計師公會（ACCA）認證。於2013/14學年或以後入學並完成相應課程之畢業生，可獲豁免全部或部分基礎階段課程的考試科目。

The Bachelor of Science in Accounting with Specialisation in Professional Accountancy programme and the Bachelor of Science in Accounting with Specialisation in Accounting and Information Systems programme, both offered by the Faculty of Business Administration, have been accredited by the Association of Chartered Certified Accountants (ACCA). Students of the two programmes admitted from the 2013/2014 academic year onwards are eligible for exemption from all or part of the papers at the Fundamentals level of the ACCA Qualification, provided that the corresponding courses are completed.

澳大向當代傑出的漢語文學家白先勇教授頒授榮譽文學博士學位，以表彰其對世界文壇及中國崑劇藝術的貢獻。

UM conferred the Doctor of Letters *honoris causa* degree on Prof Pai Hsien-yung, one of the foremost figures of Chinese literature, in recognition of his significant contributions to world literature and the art of Kun opera.

科技學院黃承發博士獲頒英國皇家特許計量及控制學會會士名銜，以表彰他在學術和工程界上所作出的貢獻。黃博士是澳門首位專業人士獲頒該會士名銜。

Dr Wong Seng Fat from the Department of Electromechanical Engineering has been elected fellow of the Institute of Measurement and Control, in recognition of his outstanding contributions to academic and engineering fields. Dr Wong is the first from Macao to be elected fellow of the institute.

模擬與混合信號超大規模集成電路國家重點實驗室於美國三藩市舉行之國際電機電子工程師學會（IEEE）第63屆國際固態電路峰會（ISSCC）發表研究成果，本年度澳大共有三篇常規論文及三篇海報被會議接納，再次反映澳大近年在大中華區電子領域中之領先地位。

Three papers and three (PhD) Student Research Previews from UM's State Key Laboratory of Analog and Mixed-Signal VLSI (AMSV) were accepted and presented at the 63rd ISSCC held in San Francisco, California. This was yet another excellent harvest for the AMSV, a leading laboratory in the field of electronics in the Greater China region.

社會科學學院院長郝雨凡教授發佈兩本新書，分別為《重新審視：華盛頓－北京－台北的三角關係》及《中美全球能源競爭：霸權下的資源外交》，內容均探討中美關係。

Prof Hao Yufan, dean of the Faculty of Social Sciences, has launched two new books on Sino-US relations, namely *Sino-US Energy Triangles: Resource Diplomacy under Hegemony and Rethinking the Triangle: Washington-Beijing-Taipei*.

心理學系賀佰恩博士榮獲美國心理學會授予「Theodore Blau臨床心理學傑出專業貢獻新秀成就獎」。

Dr Brian Hall from the Department of Psychology received the Theodore Blau Early Career Award for Outstanding Contribution to Professional Clinical Psychology, from the American Psychological Association.



葉尚仁（右一）組織榮譽學院學生參觀澳門愛護動物協會
Paul (1st from right) organises a field trip for Honours College students to Anima Macau

最佳媽媽 譚美玲博士

‘Best Mom’ Tam Mei Leng

文 Text | 張愛華 Ella Cheong

圖 Photo | 何杰平、部分由受訪者提供 Jack Ho, with some provided by the interviewee

讀 澳門大學本科時已認識譚美玲博士，雖然沒有上過她的課，但從同學之間口耳相傳知悉，她是一位跟學生感情很要好的老師。那些年，譚博士還是新手媽媽，應付大學繁忙工作之餘，還要披星戴月照顧年幼的女兒。這次採訪她，首次聽她追憶往事，語調輕盈，彷彿一切辛苦都付笑談中。譚博士對古典戲曲情有獨鍾，常笑說人生如戲，每天更要飾演六種不同角色，當中她最難飾演的是甚麼角色呢？

I knew of Dr Tam Mei Leng when I was still an undergraduate student at UM. I never attended her classes, but from what I kept hearing from those who did, students loved her and felt very close to her. Those were hectic days for Tam, because in addition to her heavy workload at the university, she also had a young daughter to take care of. A lover of classical Chinese opera, Tam likens life to a play, in which she has to constantly switch between six different roles.



鬥智鬥力感恩

譚博士是中國語言文學系助理教授，擁有羨煞旁人的美滿家庭：有同樣從事大學教育且疼愛自己的丈夫；有一對會噓寒問暖，生日又會為媽媽送上驚喜的孝順兒女。大女Victoria 2014年在澳洲昆士蘭大學畢業後，正在當地做藥劑師，兒子Douglas也於同年考入墨爾本大學攻讀機電工程。20多年當媽媽的經驗，譚博士笑言：「要鬥智、鬥力和感恩。第一要有體力去陪他們玩；第二是要採取積極不干預政策，不能硬碰硬，尤其是青春期的，更需要智慧去處理問題；第三要有一顆感恩的心，子女至今沒有走上歪路，我經常多謝菩薩，因為幸福都不是必然。」

用智慧解決問題，當中竅門未必每位媽媽如譚博士般能掌握。Victoria中學讀女校，曾有一段時間跟某女同學來往甚密，譚博士在一次母女閒聊時假裝不經意地對Victoria說出以下的話：「囡囡，無論你的選擇是甚麼也不緊要，最重要是你要找一個真正愛你的人。」「我思想比較開放，就怕丈夫不能接受。」不過事件最終也證明是媽媽過慮了。去年，譚博士到澳洲探訪Victoria時首次跟她現任男友碰面，譚媽媽又再一次施展智慧術，「女兒問你對男朋友有甚麼意見時，你不能直接說他不好，還要控制好自己的面部表情，一個眼神或皺眉都不可以啊，她可能會很在意。」

「你走不動，我揸你吧。」

譚博士經歷最辛苦的是教書、讀博、湊子三線並行的階段。「那時兒子才幾歲，很『痴身』，一定要

跟我睡，我當時急著完成19萬字的論文，他每晚就趴在我腿上入睡。」兒子七歲時，一次跟譚博士和學生上山考察，途中喊累不願意走，她就對兒子說：「你走不動，我揸你吧。」冒著因長期站著講課引致的膝關節疼痛也願意這樣做，只有當過媽媽的才能明白這種愛。

每日扮演六角色

做全職阿媽固然辛勞，但雙職女性何嘗不是？譚博士慨嘆謂：「我每天要飾演六種不同身份的角色：自己、女兒、媽媽、妻子、老師和下屬，每轉換一個角色都要變一次臉。以前面對工作壓力不懂釋放，回到家板著臉而不自知，後來丈夫提醒我，不要把負面情緒帶回家，因為子女是會跟著不開心。」自此，她每次回家前必變臉，「拋掉工作壓力才進家門，希望帶給家裡輕鬆和有愛的氣氛。」譚博士的演技如此收放自如，真的要頒一個「最佳媽媽」獎給她。

這位最佳媽媽，同樣也是最佳妻子，「家務事都是由我一手操辦，沾雄（丈夫）為了我離開加拿大的家人留在澳門發展，單憑這點我就應該要感恩，要對他遷就和體貼。我慶幸身邊不斷有朋友指點我怎樣做一個稱職的媽媽，尤其是一位我曾教過的教育學院學生，一直是我的好朋友，他任訓導主任，我一遇到教養的難題都會向他請教。」

假如人生可以從新來過

譚博士除了對性別研究有興趣外，還對古典戲曲很

著迷。這天要她拿一個角色來比照自己時，她竟笑自己是「潦倒書生」。為甚麼？「教書25年了，在研究上我覺得還未達到自己的要求，有時很羨慕我丈夫，可以無所顧慮發展自己的事業。在六個角色中，我覺得對『自己』這角色有所愧疚，演得最不好。假如人生可以從新來過，我會選擇不結婚，這樣就可以有更多時間去成就自己。」

訪問結束時，忍不住再問一次：假如人生真的可以從新來過，Miss你真的願意選擇走一個人的路嗎？「是。」

A Battle of Wits and Strength and a Lesson in Gratitude

Dr Tam is an assistant professor in the Department of Chinese Language and Literature. She has a family that is the envy of many, with a loving husband who also works in higher education and two children who never fail to surprise her on her birthdays. Tam's daughter, Victoria, graduated from the University of Queensland in 2014, and is now working as a pharmacist in Australia. Her younger son, Douglas, is studying electromechanical engineering at the University of Melbourne. Asked what parenting experience she wanted to share with other parents, she said, 'Raising children is both a battle of wits and strength, and a lesson in gratitude. First, you must have the strength to play with them even when you feel exhausted after a day's work. Second, you need to adopt a policy of non-interference and avoid dealing with problems head-on. This is especially important when you have adolescent children. You need to use your wits to solve problems. Third, you need to cultivate a heart of

gratitude. I often offer my thanks to the Buddha that my children have never gone astray. It's a blessing and no blessing should be taken for granted.'

As a teenager, Victoria went to a girls' secondary school and for a time became very close with another girl. Open-minded but worried about her husband's reaction, Tam brought up the subject with feigned nonchalance while chatting with her daughter. She told Victoria, 'It does not matter who you choose in the end; the most important thing is that you choose someone who truly loves you.' It turned out Tam needn't have worried, for Victoria introduced her current boyfriend to her mother during Tam's visit to Australia last year. Ever the witty mother, Tam answered her daughter's question about what she thought of the boyfriend with great tact. 'Even if you don't like the boyfriend, you can't say so directly,' she explained. 'You also need to be careful with your facial expression, because even a passing look or frown might give you away and hurt her feelings.' If you are also a parent and despair over your apparent lack of Tam's parenting talent, take heart! Tam says she is lucky to have some friends who could teach her how to be a good mother. 'I once had a student, who has now become a good friend of mine. I always turn to him for parenting tips,' she said.

'If you are too tired to walk, hop on mommy's back.'

The most difficult time for Tam was when she had to teach, study for a PhD degree, and take care of her young son at the same time. 'My son was just several years old. He was very clingy, and wouldn't sleep without me,' she said. At the time Tam had to complete a 190,000-word dissertation on a tight schedule, so she worked every night with her son falling asleep on her lap. Several years later, while tagging along with Tam and her students on a field trip on a hill, the seven-year-old child grew tired and refused to walk any further. Despite her chronic knee pain from standing for long periods of time as a lecturer, Tam said to her son, 'If you are too tired to walk, hop on mommy's back.'

Switching Between Six Roles Daily

Being a full-time mother is not easy, but juggling a career and a family is even harder. Every day Tam has to switch between six different roles: herself, daughter, mother, wife, teacher, and employee. In the past, she wasn't very good at handling work-related stress, so sometimes she returned home with a sour face without even realising it.

Her husband noticed this and gently reminded her that bringing negative emotions back home would have a bad effect on the children. So from then on Tam always made a point of putting on a happy face when she came home. 'I now remind myself to shut down work stress before entering home, because home should be a place where everyone can relax and feel loved,' she said.

Not only does Tam deserve a Best Mother Award, she should also receive a Best Wife Award, because in addition to all her other commitments, she does all the housework. 'My husband left his family in Canada and came to Macao because of me. This alone should make me forever grateful, so I want to take good care of him and pamper him a little,' she said.

If I Had to Do It All Over Again

Tam is a big fan of classical Chinese opera. But I was surprised by her answer when I asked her which character from classical Chinese opera she thought resembled her the most. She said jokingly, 'A wannabe scholar.' She then explained without my further prompting: 'I've been teaching for 25 years, but still I feel I haven't reached the standards I set for myself. Sometimes I envy my husband, because he can focus on his career without any distraction.' It turns out of the six roles Tam plays on a daily basis, the role of 'self' is her most neglected one. 'If I had to do it all over again, I would choose not to get married, so I could have more time to focus on myself and my dreams,' she said.

Before the end of our interview, I couldn't help asking: 'Do you mean it? If you could do it all over again, would you really rather choose a solitary path?' She replied, 'Yes.'



專訪短片 Video



譚美玲與子女無所不談，非常「老友」。
Tam is both a mother and a friend to her children



學生送給譚美玲的印章，背後刻有：Miss, Love you forever!
A gift from Tam's students



一家四口，親密無間。
Tam and her family



譚美玲與學生關係亦師亦友
Tam is both a mentor and a friend to her students



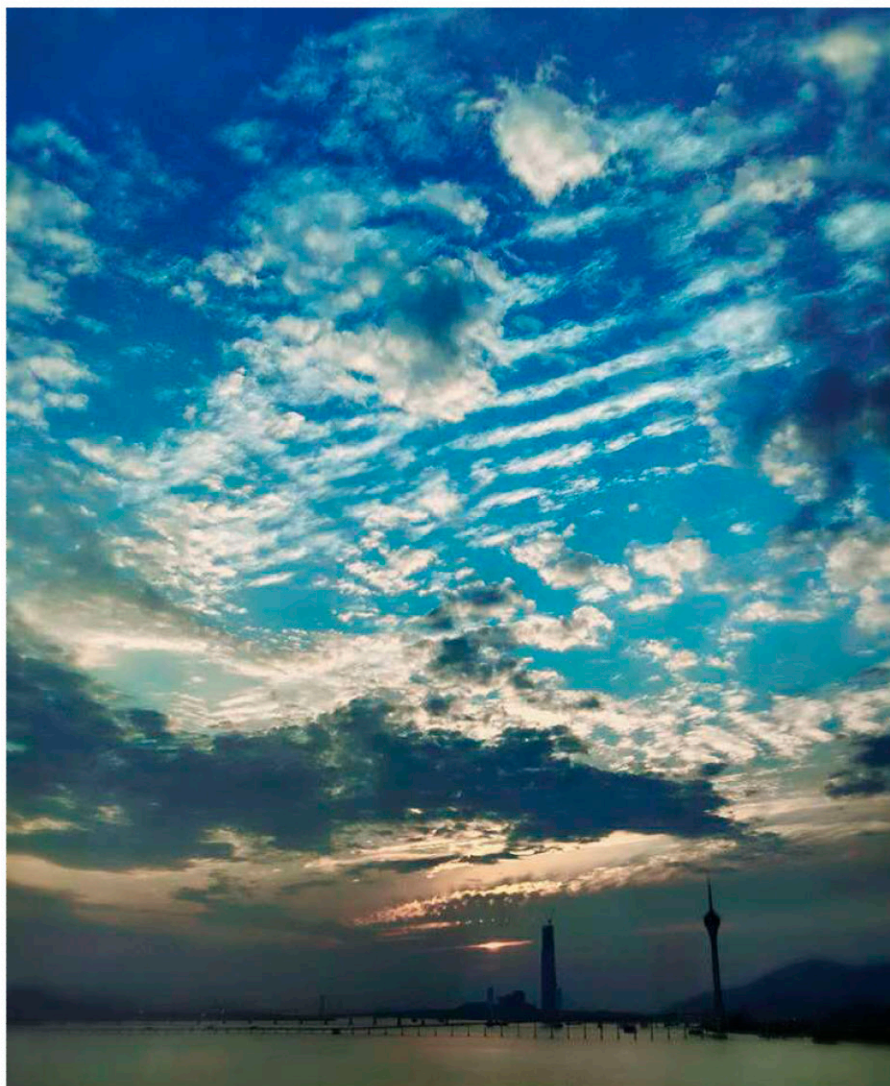
長居海外的女兒喜歡以心意咭表達對媽媽的愛
Tam's daughter in Australia often sends her greeting card



願意花時間陪伴，是成為最佳媽媽的首要條件。
Spending time with the children is a prerequisite of being a good mother

投稿園地 UM's Got Talent

此欄歡迎澳大人踴躍投稿（相片、詩詞、書畫甚至藝術作品皆可）。請把稿件電郵至 prs.publication@umac.mo，詳情請留意每日校內通訊《今日澳大》。
Share your creative works with us in this column (photos, poems, calligraphy works, paintings and other forms of artworks are all welcome) by emailing to prs.publication@umac.mo. Please refer to our *UM Today* for submission details.



瞬間

蘭倩, FAH

當你轉身，天邊美得就像一幅油畫。



天真無邪

Edison, FST

人大了，永遠也無法回去天真的「年代」。

《新公園的蓮花池》

阿迪, FAH

血液爬過血液

紅睡蓮自月亮的召喚，響起夜的聲音

孤獨的蓮花竊竊私語

這裡是他們的王國

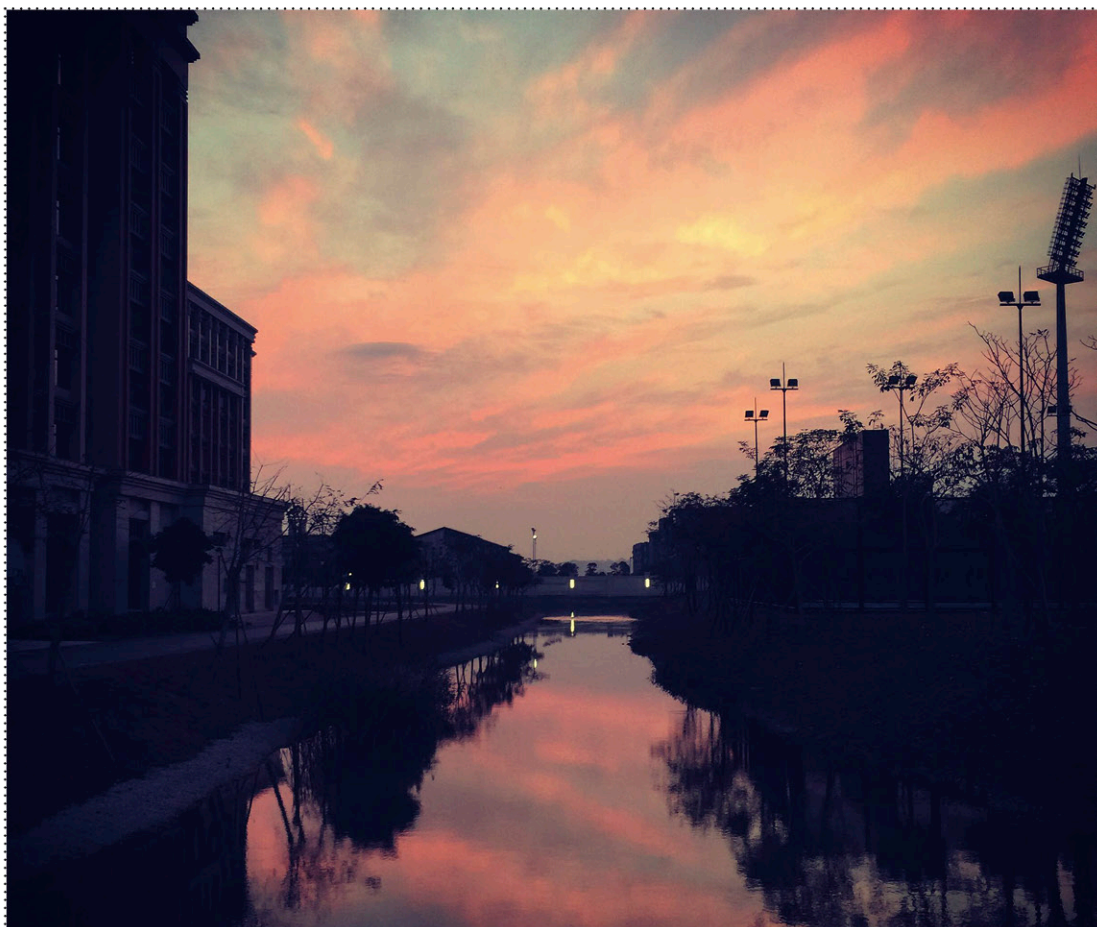
是青春

是重生

是沉寂心跳後的迴響

是一群不滅的紅眼睛

（作品主要描寫了白先勇長篇小說《孽子》中的一群青春鳥，他們在台北新公園聚集，圍繞著蓮花池，自我救贖。）



倒影

Laurence, FAH

河流如同一面鏡子，映出優美的落霞。

英語錦囊 English Corner

By Averil Bolster, FAH-ELC

March is an important month in Ireland because on 17 March, it is Saint Patrick's Day. This is the country's main **national** holiday and it has become a day to celebrate Irish culture in many countries. This is because Irish people have been moving to other countries since the 1600s. They mostly moved to English-speaking countries such as the United Kingdom and the United States, but a surprising number of Irish **descendants** (related people who lived before them) could be found in South America, including the Argentinian revolutionary Che Guevara.

The mass **migration** (or movement) of Irish people has resulted in a large worldwide **diaspora**, which has been estimated to be as large as 70 million even though the population of the Republic of Ireland is only 4.5 million. When the former American president John F Kennedy visited Ireland in 1963, he stated, 'Most countries send out oil, iron, steel or gold, some other crops, but Ireland has only one export and that is people.'

St Patrick's Day is a day for eating and drinking with family and friends and of course, music. In towns and cities all over Ireland **parades** are held, in which music bands, representatives from local businesses and artistic performers march through the streets.

The national colour of Ireland is green, and in 2011 **landmarks** in Ireland's capital city, Dublin, were **illuminated** with green lights on St Patrick's Day. Since then, many countries have adopted the practice of lighting up their historical buildings or natural wonders in green on 17 March. 'The Greening' has become bigger every year and includes landmarks such as the Statue of Christ the Redeemer in Brazil and the Great Wall of China. It is expected to be even more worldwide this year, so check the media for beautiful pictures of brightly green-lit monuments **around the globe**.

Remember to celebrate on 17 March as the expression states, 'On St Patrick's Day, everyone's Irish!'

New vocabulary: can you work out the meaning of the words in **bold** print? If they are new words for you, check if there is a definition provided. Be sure to read the complete sentence the word appears in as well as the previous and following ones.

Answers

- | | |
|--|---|
| 1. National – belonging or common to a particular country | 2. Descendants – relations who live on after a person |
| 3. Migration – movement of people from one place to another | 4. Diaspora – a group of people from one area spread over a much larger area |
| 5. Parade – a public march or procession of people | 6. Landmark – historical building or natural wonder |
| 7. Illuminate – light up | 8. Around the globe – worldwide |



China took part in The Greening in 2014 for St Patrick's Day
Pictured is the Great Wall (Tourism Ireland)



The Statue of Christ the Redeemer in Brazil
(Tourism Ireland)

恭喜蘇桂龍獲選為 我最喜愛的《澳大人》背後故事人物 Congratulations on Elvo Sou's Story's Being Voted Readers' Favourite Story in My UM

慶祝本刊創刊五週年紀念活動之「我最喜愛的《澳大人》背後故事」第二輪投票已於3月5日塵埃落定。《這個心理輔導員不太冷》從53篇背後故事中高票勝出，感謝所有支持本刊的師生、職員、校友以及訂閱澳大微信用戶的踴躍參與，也恭喜學生事務部學生輔導及發展處處長蘇桂龍！

抽獎儀式已於3月10日舉行，由趙偉校長從所有投票的訂閱澳大微信用戶中抽出一位獲得iPad Air2一部。

獲獎的幸運兒為：Wechat ID: XXXX3141 (Dennykou)

「我最喜愛的《澳大人》背後故事」頒獎儀式於3月16日在「澳門大學校園記者暨學生公關大使就職典禮」上舉行，歡迎澳大人出席。

The second round of the My Favourite 'Tell Us Your Story' Article Voting Activity, held in celebration of the fifth anniversary of My UM, ended on 5 March. We are pleased to announce that the story, 'Elvo the Counsellor Shares the Secret of Emotional Health', received the most votes out of the 53 articles that have appeared in My UM's 'Tell Us Your Story' column. A big thank-you to all those who have participated in the activity, and congratulations to Elvo Sou, head of the Student Counselling and Development Section, Student Affairs Office!

On the lucky draw ceremony held on 10 March, Rector Wei Zhao drew the lucky winner out of all UM WeChat subscribers who participated in the voting. The WeChat ID of the lucky winner of the iPad Air2 is: XXXX3141 (Dennykou)

The award ceremony will be held on 16 March at the inauguration ceremony for the new cohorts of UM Reporters and PR Student Ambassadors. All UM members are welcome.



趙偉校長抽出幸運兒
Rector Wei Zhao draws the winner

「很開心，很surprise！感謝支持我的同學、同事、家人和朋友！這篇文章跟學生心理健康有關，藉著這次機會，我想多謝學生事務部和全校不同部門的同事，多年來共同努力打造一個充滿正能量的校園。同時，我希望可以傳遞一個正面的信息：無論我們在學習、工作或生活上遇到壓力或逆境時，都要以積極的心態去面對，因為辦法總比困難多，有需要時可以尋求幫助。祝願大家健康、快樂！」

'I'm so happy and surprised! I want to thank all those who voted for my story, which is about emotional health. I would also like to take this opportunity to thank my colleagues from the Student Affairs Office and the other departments for working together over the years to create a campus filled with a positive energy. Also, I hope to convey this message: no matter how stressful or difficult your current situation is, face it with a positive attitude, because there are always more solutions than there are problems, and don't forget to ask for help when necessary. Finally, I wish everyone health and happiness!'



蘇桂龍 Elvo Sou



這個心理輔導員不太冷
Elvo the Counsellor Shares the Secret of Emotional Health
文章重溫請掃描上面的QR碼
To read the article, scan the above QR code.

澳大校園記者專欄 UM Reporters' Column

傳訊部於2012年推出澳大校園記者計劃，為對採訪及寫作有興趣的學生提供一個實習平台。此欄專為校園記者而設。
Launched by the Communications Office in 2012, the UM Reporter Programme aims to provide students with a platform to develop journalistic skills.
This column is dedicated to publishing UM Reporters' articles.



失戀，可怕嗎？ How to Get Over a Breakup?

文、圖 Text & Photo | 校園記者龔俊龍 UM Reporter John Ngai

相信不少人都曾有過談戀愛的經驗，然而並非每對情侶都能天長地久，失戀也是正常的事。作為一名大學生，我們應該如何正確地對待談戀愛以及面對失戀呢？

凡走過必留下痕跡

社會科學學院二年級的羅同學（Michael）表示他曾有兩次失戀經驗，最近一次在半年前，亦是他最深刻的一次，「我們因為性格不合而分開，雖然我那時候還喜歡她。」失戀初期的Michael難免有點頹廢，但他明白「life must go on」的道理，慢慢就接受了，「凡走過必留下痕跡，但時間可以沖淡一切，我已經放低了，不會再對前度念念不忘，現在正等待下一段緣份的來臨。」事過境遷後，他想簡單地跟前度說：「吃多一點，睡好一點，記得要常常保持微笑。」



羅同學
Michael Lo



劉同學
Kenneth Lao

社會科學學院三年級的劉同學（Kenneth）最近一次失戀是在一年前，分手的主因是對方任性的態度和性格令他難以接受，「事事都要加以遷就，這樣在一起很辛苦，於是我主動提出分手。」這次失戀令他從此對愛情改觀，「原來拍拖既浪費時間又浪費金錢，並不如想像般美好。」失戀後Kenneth有幾個星期沒有心機上課，每天都渾渾噩噩提不起勁，經常約朋友唱K消愁，直到現在他表示仍沒有興趣尋覓新對象。

專家教你談戀愛

教育學院陳薇文博士的研究涉及年輕人的戀愛關係，她建議同學在戀愛前就要有分手的心理準備，「很多人一拍拖就認定對方是永遠唯一的伴侶，這種觀念是錯誤的；必須認知到對方有可能只是你人生中其中一個選擇，我們應該坦然面對失戀。」她

補充說：「適度地吃喝玩樂，有限度的自我放逐，都是可接受的注意力轉移方法。在失戀過後如果發現自己情緒起伏太大、負面行為或想法太過強烈，一定要懂得向身邊親朋好友傾訴或求援，或者找專業諮詢，像是到學生輔導中心尋找協助。」

陳薇文博士建議在一段感情進行中時就可以找機會與伴侶討論戀情告終時的相關話題，藉此瞭解與協調彼此的處理方法與手段，以避免日後發生太過激烈的分手狀況。學生在談戀愛時也應給予自己自主的空間，有自己的愛好和朋友圈，這樣不但在戀愛時能較有自信，即使失戀也可以較快恢復到正常的生活。

No one goes into a romantic relationship expecting it to end some day. But like it or not, sometimes things just don't work out and relationship breakups are a fact of life. And whether you are the heart breaker or the heart-broken, ending a relationship is never easy. So if you are unlucky enough to experience a breakup, how should you get over it? More importantly, what are the do's and don'ts when you are in a relationship?

Time Heals the Wound Left by a Breakup

Michael Lo, a second-year student from the Faculty of Social Sciences (FSS), have experienced two breakups, with the most recent and difficult one happening about six months ago. He still liked his former girlfriend when they broke up because of personality clashes, so in the early days after the breakup, he naturally felt a little depressed, but understanding that life must go on, he gradually came to terms with the breakup. 'Every breakup leaves a wound, but time heals everything,' he says. 'I've learned to let go of the past and I'm ready to start a new relationship when the right one comes along.' Asked what he wants to say to his ex-girlfriend, he says, 'Eat well. Sleep well. Smile often.'

Kenneth Lao, a third-year student from the FSS, had his most recent breakup about a year ago. He was the one who made the decision to break up with the other person because he could no longer put up with the girl's petulance and wilfulness. 'Everything had to be done

her way, and eventually I just got tired, so I broke up with her,' he explains. This breakup has changed the way he looks at romantic relationships. 'Now I feel that being in a relationship is not as wonderful as I imagined it would be,' he says. 'It's just a waste of time and money.' In the first couple of weeks after the breakup, Lao could hardly drag himself to the classroom, moping around all day and drowning his sorrows in sad songs in karaoke with his friends. Even now he is still not interested in starting a new relationship.

Expert Advice on How to Love with Both Your Heart and Your Head



陳薇文博士
Dr Chen Weiwen

Dr Chen Weiwen from the Faculty of Education is a relationship expert. She advises young people to be prepared for the possibility of a breakup before entering a romantic relationship. As unromantic as this may sound to any starry-eyed lovebirds, Dr Chen has good

reason to make this suggestion. 'Many people enter a relationship thinking the other person will be their lifelong partner. But it's wrong to think this way. That person is just one of the many possibilities, and we should learn to take breakups in our stride,' she says. Dr Chen suggests that having fun with friends, or even going on a self-imposed exile, as long as it's done within reasonable limits, is an acceptable way to divert attention away from the breakup, adding that a person should seek help from family, friends or professionals, such as the student counselling staff on campus, if he or she experiences wild mood swings, has persistent negative thoughts, or exhibits disturbing behaviours after a breakup.

Dr Chen also suggests that you should seek opportunities to talk to the other person about related topics while the relationship is still going well so you can understand each other's thoughts on the subject and avoid an ugly breakup if things don't work out in the future. Above all, she stresses the importance of not losing yourself in a relationship. 'Even when you are in a relationship, you should still have your space, hobbies, friends, and whatever else that makes you feel happy and fulfilled, because this way not only can you bring your most confident self to the table, but you will also be able to quickly rebuild your life in case of a breakup.'

《澳大人》旨在報導您與我身邊的有趣故事，歡迎您提供資料。

My UM aims to cover interesting stories about ordinary UM members we work or study with. If you happen to know such stories, please feel free to share with us.

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