

《素心集》

「樂齡樂學多自在」旁聽生計劃獎學金得獎者學習心得彙編

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編者的話

嶺大長者學苑自成立至今已差不多十年。適逢其會，並在「長者學苑發展基金」的支持下，我們今年特別推出「旁聽生計劃獎學金」。學員申請獎學金除了須獲得任教老師的推薦外，還要撰寫學習心得。「旁聽生計劃獎學金」的得獎者的作品彙集成本書。

本書取名《素心集》，因為筆者在結集成書的過程之間，受到學員們質樸的文字所打動，不期然想起陶潛《移居》詩中所云：「聞多素心人，樂與數晨夕。」我們在與眾多嶺大長者學苑學員相處的過程中，每份追求知識的赤子之心都令人刻骨銘心。相信大家細味本文集的時候，皆能從字裏行間感受到這份真摯的情感。

感謝全體學員熱心支持嶺大長者學苑，特別是參與獎學金計劃的學員，全賴各位的支持，《素心集》才能問世。此外，感謝為嶺大長者學苑學員提供學額之老師，特別是在繁重教務中仍抽空給予學員評語的教授們，使嶺南大學的博雅教育精神薪火相傳。最後，要多謝所有曾為嶺大長者學苑提供協助的部門和合作機構，大家對嶺大長者學苑的付出，才是我們能焚膏繼晷的動力來源。

嶺南大學持續進修學院

嶺大長者學苑

2024年8月

(學苑已獲得獎者的同意，發佈他們的學習心得內容。《素心集》所發表的內容及觀點僅代表作者個人意見，不代表嶺大長者學苑及其立場。)

陳慧儀 Chan Wai Yi

學修讀科目：**GEC009 Literature and Romance**

提名人：**Mr. HON Ki Chau**

從事了 30 多年的實務工作，退休後，希望可以在其他的知識範疇學多一點點，改善自己的不足。在 2024-25 學年下學期，有幸可以在三間大學的選修科目做旁聽生，包括嶺南大學的“文學與愛情”、都會大學的“正向心理學與個人成長”及樹仁大學的“Introductory Psychology”。“文學”和“心理學”都可用來品味和瞭解人生，加強個人的心靈成長和改善人際關係。

“文學與愛情”課程文本包括小說、散文、現代詩、歌詞等。範圍涵蓋兩性的相遇、約會、婚姻、婚外情、情慾、生離死別及現代人的愛情觀等。

雖然我只是一個旁聽生，我和另一位旁聽生同學都積極參與課堂討論，表達自己的意見。心態是求學不求分數，享受每一次課堂知識和討論。例如就辛波絲卡寫《一見鍾情》，同學們都認同“它”之存在，但根據生活經驗，我補充後續的愛情是要面對現實生活的要求。又如討論李維菁之《老派約會之必要》，我們年長的旁聽生亦有分享年青時約會的形式。雖然未及《老派約會之必要》所描寫的那麼儀式化，但我們當時女孩子在約會時那種矜持和被動的態度都是常見的。本科生的同學則補充由於現時電子化溝通軟件普及，男女約會變得方便、簡單和直接。另一個例子，在討論張愛玲的《紅玫瑰、白玫瑰》，就男主角那種在穩定平淡幸福生活當中，再尋找婚外情慾的刺激，在現今的社會，也都是一樣。人生旅程當中，“夫妻”是家庭關係唯一可以選擇的。至於愛情可否邁向婚姻，婚姻可否邁向幸福，還有許多磨合、包容和體諒。

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《素心集》

“文學與愛情”的文本，涉及很多方面。就算由“相遇”到“生離死別”，都有著不同故事，尤如看電影一般，經歷不同的悲與喜。藉著文本的故事，可以更加瞭解人生，看透人生的規律，減低人適應將來要面對的沖擊。例如張愛玲之《封鎖》，由於空間的封閉，做就了一段快速的愛情。但隨著空間的解放，這段愛情隨之消逝。同樣是環境因素，上世紀 90 年代，許多移民家庭為了餬口，丈夫留在香港工作，太太和孩子在海外移民國家生活。最終，夫妻離婚，家庭破碎。又如安東尼·杜爾《獵人之妻》，由於男女雙方的價值觀不同，無法一起生活二十多年。我想要淡化男女方受環境的影響和彼此的價值觀不同，溝通和包容是維持夫妻關係健康發展。又例如米蘭·昆德拉之《生命中不能承受之輕》，提及愛情之“輕”和“重”。“輕”代表自由、自主、不受任何束縛。“重”代表執著、責任和承擔。其實生活中也有不能承受之“重”。中國婦女在傳統思想下，每每培養要為家人付出。「男尊女卑」、「重男輕女」在中國人的社會十分普遍。若家境貧窮，女孩子可能還要早出社會工作，幫補家計。婚後，除了照顧家人日常生活和孩子學業，更可能要工作，分擔家庭開支。每天營營役役，而自己的要求 / 關顧，無論是婚前或婚後，都沒有理會過。但人生是要選擇。除了關顧別人，每個人都應該可以自主、自愛地生活。生活的「輕」和「重」是要適時互換。

再次上大學，當然高興。但由於年紀大了一點，無論在體能 / 精神 / 記憶 / 反應，都不比年青時。因為眼睛有些狀況，現在不像以前可以長時間閱讀書本。但我相信，用心學，點點滴滴的知識，也可累積成河。修讀“文學”和“心理學”，只是一個開始。我會繼續在人文學科努力學習，尤以“心理學”、“心理輔導”課程為首選。香港人壓力大，許多人都在情緒邊緣。學懂處理情緒，自助助人。

事實上，我現時正在接受一個義工訓練課程，預備為中學生介紹我以前實務的工作經驗和要求，講述以往怎樣面對 / 克服在學業和工作上的挑戰。希望能夠為小朋友添點光，亦可以在我退休生活加點意義。

謝謝！

-完-

林靜梨 Lam Ching Lei

修讀科目： **CLA9032 Harmonising Data: GenAI Music Creation for Public Engagement**
提名人： **Prof. BERTELLI Enrico**

Dear Professor Bertelli Enrico

I hope this letter finds you well. I am writing to express my deepest gratitude for your exceptional teaching in the AI music class. As a retiree with limited experience in computers and apps, I initially felt hesitant and unsure about my ability to keep up with the course. However, your skill, knowledge, patience, and enthusiasm have not only made the learning process enjoyable but have also boosted my confidence to continue learning despite the challenges.

Your ability to organize the lessons so clearly and your willingness to patiently guide us through each step have been invaluable. When I faced difficulties, your encouragement kept me motivated to persevere and apply what I learned. I still can't believe I was able to create my first song using the tools and techniques you taught us. It was a moment of great pride and joy for me, and it reminded me that age is no barrier to learning and achieving something new.

What touched me deeply was your kindness in making us feel fully integrated into the class. You treated us, the senior learners, as equals alongside your university students, and this meant so much to me. I was especially moved when you invited us to join the mid-term exam, giving us the opportunity to fully participate as if we were regular university students. Although we didn't take the exam, the gesture itself made me feel valued and included. It was a testament to your belief in lifelong learning and your commitment to making education accessible to everyone, regardless of age or background.

-Please turn over-

The class was always filled with a sense of integration and happiness. One moment that stands out in my memory is during the mid-term exam, when one of the university students used AI music techniques to create a playful joke for the entire class. They used your voice to generate a message saying, “No class next week!” Of course, it was just a lighthearted joke, but it brought so much laughter and joy to everyone. Moments like these made the class not only educational but also incredibly fun and memorable. It showed me how AI can be used not just as a technical tool but also as a way to bring people together and create shared moments of happiness.

Another unforgettable experience was the activity you organized before the final exam. You asked students to create a booth using AI music to explore topics of their choice for relaxation. Despite having no financial support, everyone poured their creativity and effort into the project. What moved me most was how you encouraged us, the elderly learners, to participate fully. You reminded us to draw from our life experiences to design our booth, even though there were only two of us in the class. Inspired by your words, we decided to focus on health-related themes—stress, sleep problems, eye strain, and other issues common among seniors and the young. Using the AI music tools we learned in class, we composed calming melodies and paired them with simple animations to raise awareness.

Though we had limited time, money, and manpower, we worked tirelessly and managed to create a meaningful presentation. To our surprise, the regular university students voted for our booth as one of the most impactful! This experience proved once again that age and educational background are no obstacles to success. If you believe you can do something, you truly can — it just takes determination and a willingness to try. It also showed me how lifelong learning not only enriches our own lives but also sets a powerful example for younger generations. They saw that even seniors, with no prior technical expertise, could harness AI to address real-world issues.

-Please turn over-

I also noticed how you guided all the students with such patience and care, especially those who struggled with the material. You never made anyone feel inadequate; instead, you encouraged them with kindness and understanding. It was heartwarming to see how the confidence of these students grew over time, and some of them even delivered excellent performances. Your teaching style fosters not only skill development but also a sense of belonging and self-belief in your students.

Your message about using music to raise awareness of social issues resonated deeply with me. Even if we cannot change the world overnight, your words inspired me to believe that every small effort can make a difference. This mindset has not only enriched my learning experience but also encouraged me to continue exploring and creating. After taking your class, I shared my experience with other elderly individuals, encouraging them to keep learning new things and stay connected to the world. I told them that we can use AI music, computer techniques, or even animation and funny videos to share our experiences—whether about aging, health, or other topics—and contribute to society in meaningful ways. By doing so, we can not only make a difference but also set a positive example for younger generations, showing them that learning is a lifelong journey and that it's never too late to try something new.

Your class has shown me that AI intelligence is not just a tool for the future but also a means to bring people together, spark creativity, and solve problems in innovative ways. I believe that as we continue to learn and use these technologies, we can create a better future for ourselves and for society as a whole.

Once again, thank you for being such an outstanding teacher. Your passion, dedication, and positive attitude have made a lasting impact on me. I am truly grateful for the opportunity to learn from you and to feel so welcomed and included in your class.

Wishing you continued success in your teaching and all your endeavors.

With warm regards,
Lam Ching Lei

-End-

劉玉簫 Lau Yuk Siu

修讀科目： **CLA9006 Creativity and Individual Differences: Theories and Applications**

提名人： **Prof. NG Ting Kin**

終生學習的實踐與意義

60 歲之後的我，對知識的渴求變得熱切

許多朋友在 60 歲之後，開始報讀興趣班，有實用性的，也有學術性的，學習慾望變得愈加強烈，也對新鮮事物充滿好奇，這背後有著一些社會現實的原因。退休後，許多人經歷了無所事事，對比以往忙著過活的日子，面臨活著空虛的感覺使得他們渴望尋求新的刺激和挑戰。學習成為了填補這種空虛感的一種方式。根據科學的研究，學習新知識可以促進腦內啡和多巴胺的分泌，這些神經傳導物質能帶來快樂感和成就感。

六十甲子為一干支的循環，會循環人生軌跡了嗎？

除了出於社會實況和生理需求的解釋，我想從另一角度來看待這一現象。自古已有的天道循環觀念認為，人生的每一個階段都是一個循環，在經歷了一甲子 60 年歲月之後，人們的思維和情感會重新回到對新事物的好奇。這是一種自然反應，為的是要將舊的事物去蕪存菁，甚至要再篩選共事的伙伴及朋友，就如電腦系統 Clear RAM cache, Remove temporary files, Uninstall unused apps to free up system memory。這樣的循環不僅促使人們重新檢視過去，裝載新的知識為人生下一階段作好準備，還令人生的這個 operating system 歷久常新。自出娘胎之後，「學習」致為重要，生死悠關，我需要學懂所有生存的技能才能存活下來，自身的免疫系統也要無時無刻在學習呢！如果想活得好一點的話更要加倍努力，例如嬰兒學識扭計才有糖食，孩子學識語言才能和其他群體合作，將軍要學識戰術才能打勝仗，學習知識有其實際需要。

我身邊許多單身長者朋友都在積極找尋生活伴侶，這與他們對社交網絡的重建有關，也重複了前一甲子的人生軌跡。隨著年齡的增長，經歷了婚姻的失敗或伴侶的離世，他們會開始尋求新的社交機會，這種現象不僅限於尋找伴侶，也包括結交新的朋友，跟孩童時期一樣建立人際網絡，只是如今他們已歷練數十載，閱人無數，理應不會再誤交損友了！他們正在經歷第二次的求學期和求戀期。

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為甚麼是六十

觀乎人類的社會結構，60 歲是個很重要時間節點。古今中外一般界定 60 歲為老人家，而科學家都普遍認為 60 歲之後大腦會逐漸退化且不可逆轉。老人家（現稱長者）在學習上需更費神思考、面對困難任務，甚至可能會出現疲憊和沮喪等負面感覺，但正正是這些不適感卻能強化大腦肌肉。若只待在熟悉的領域和 **comfort zone**，心智能力只會不斷衰退，因此長者更要不斷接受新挑戰，出產更多血清素才能活化大腦，有質素地生存下去。

古人十分重視 60 大壽，大事慶祝外，也為要總結前塵往事及迎接未來作好準備

古時的人要金盆洗手、交棒傳位的典禮，很多時都會選擇在 60 歲舉行，意味著之後要洗心革面，棄舊更新，就像電腦 **stack overflow**，要按鍵重啟一樣。還有人會催逼子女們爭取在甲子之年生孫子，其實是要沖喜及有重新做人的期許，可見古人面對六十甲子是多麼的誠惶誠恐，也極其重視。

嶺大長者學苑的角色

嶺大長者學苑為老人家提供了一個終生學習的平台。而嶺南大學的校園選址以至建築風格及整體格局，也不知是否暗合了風水的文昌佈置，總是讓每一個人都能在其中找到學習的樂趣。不論是教授、學生，還是花王和校工，每一個角色都在為學習的氛圍貢獻力量。我步進這校園就能感染到濃厚學術氣氛，就像我到了中環商業區總是營營役役，到了醫院就總是戰戰兢兢。走到了寺廟神殿之前，儘管是平時多麼囂張的君王將相，氣焰也會壓下七分；若置身於名山大川之中，人只會覺得渺小；走進竹林之間，會自覺空靈脫俗。我不解這是否與風水、力場、氣味、懸浮粒子或電磁波有關係，只知道走進了嶺南大學這個校園就是純粹為了學習，擴展自己的知識面和滿足求知慾。

教學相長的微妙平衡

長者學苑鼓勵終身學習，設有長者旁聽生計劃，提供了一個場合給三個世代的人混雜在一起。我認為這組合很有趣，以三十年為一組，青少年組的莘莘學子人多勢眾；講師是壯年組，雖單打獨鬥但仍擁有絕對話語權；老人家組 **hea** 讀，但基於有相當的社會經驗而且閱歷豐富，周不時有精闢的見解。我認為這是非常有趣的微妙平衡，處於教學相長的狀態。當中課堂上每一個人包括老師和學生都有 **Give and take**，收獲了知識，而學習過程中的苦與樂有多少則因人而異。對於我來說肯定是苦少樂多，而我特別多謝今次課程(CLA9006)的講師 **Ken Ng**，在每課堂都提供了一些小遊戲、IQ 題，要大家進入正題之前先嘗嘗前菜，醒醒腦筋，效果相當不錯。

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一門「學問」學了一世便已到了盡頭

根據《說文解字》，30 年為一世，有二世祖三世孫的說法，我會將一世視為一個學習的周期，其實我是想用這種觀點來提醒自己，學習不是一成不變的，是需要不斷更新和調整，而且當一個人對某一學問探究了 30 年之後，可能會面臨學習的瓶頸，再無突破，此時放下舊有的羈絆，學習新鮮事物變得更為合理。

匠人精神的弊病

很難想像一個擁抱匠人精神的老人家可以做到摒棄固有思維，推陳出新。習得了一門學問而賴以名成利就的老師傅們難得不堅持己見的。人們在某個領域積累了豐富經驗後，便會隨著時間的推移變得固執，難以接受新的觀念和技巧。這時，勇闖新領域的學習心態至關重要。比如煮廣東菜的高手可去鑽研意大利菜烹飪技巧，周星馳喜劇演到了盡頭還是要沉澱一下，學點新東西才可以重新出發。拿著一本劍譜練了 30 年便再無突破，去研習棍法也未嘗不可。我最近聽醫學講座說，原來老中青三代人的步行姿勢大不同，專家認為老人家需要重新學習走路，有助改善肌肉流失云云。學習新知識的過程絕對是自我的挑戰。

「學習」本身就是最根本的生存技能，拒絕學習的人跟鹹魚沒分別

在快速變化的社會中，更新知識與技能已成為一種必然的趨勢。隨著科技的進步和社會的變遷，許多傳統的知識和技能可能會變得過時。因此，持續更新自己的知識體系和技能變得尤為重要。例如政府要派發電子消費券，難道你不去學習使用手機 Apps 而等著坐以待斃？在小紅書上學習生活小妙招，也能夠提升生活的質量！護老院內有老人家因小事而大打出手的事時有所聞，而終生學習意味著不斷的自我修正和成長，人們可以透過學習提高個人修養和品德，還要始終保持好奇心。就算是學習了大量「唔等洗」的知識也是百利而無一害的，因為學習是人類本能，過程能產生大量的開心激素，強化及訓練大腦，有效地改善老人家情緒問題，甚至減緩腦退化症狀。

結論

古代的 60 進制源自古巴比倫，而中國的天干地支最早出現於商朝已有紀錄，以 60 年為一個甲子，有循環往復，更替的意思。人在 60 歲之後，對知識的渴求不僅是社會現實的產物，更是人生循環的一部分。《荀子·王制》中有這麼一句箴言：人生如四季，春耕、夏耘、秋收、冬藏，四者不失其時！我將其代入到人生 60 載的四個階段上：青少年時期學習準備、成年後執行發展、壯年就收獲歸宿、入暮之年沉澱總結。基於沒有人能準確地預知生死，何不就遵照這樣的人生四季循環再演繹一次呢？

陳炳倫 Chan Bing Lun

學修讀科目：**GEC011 Introduction to Chinese Culture**

提名人：**Mr. WONG Chung Kit**

選讀「中國文化導論」科的原因，純覺得中華文化博大精深，自己作為一個中國人，多年來為生活而營營役役，未能抽暇認識自己的民族文化，退休後閒下來，該對中國文化多些瞭解，以完善自己作為中華民族一份子的身份。我很珍惜每週一次的課堂，為免遲到而錯過講師精闢的講授，上課前個半小時便從住所乘搭五十多分鐘車程返校。首節課堂，講師宣布整個課程綱要、參考文章和小組討論文章已於校內聯網列出，我回家後便立即按校方寄來的電郵指示，多番嘗試後，成功把各項學習材料下載閱讀。每次課堂前，先重溫講師上載的一課電子簡報，並閱覽當天小組討論的文章，以更能掌握教授的內容。

課程中講師以先秦儒、道、墨、法四家思想作導入，以先秦儒、道墨法四家思想作導入，透過這四家思想誘發學員對中國文化的探究。以往我對四家思想只有概略的認知，只知儒家講仁義，道家法自然，墨家尚兼愛，法家講求治等皮毛而已！及第一節課，講師黃老師先道及中國文化源於自覺要求，源於人的價值意識，並以哲學的觀點角度引領我們去思考中國文化。講師的話語，頓似醍醐灌頂，令我茅塞頓開，開始反思先秦思想是否符合哲學，中國文化中具代表性的九流十家學說是否和文化開端源於人的價值意識相關。多節課堂中，講師透過不同的國哲學家對儒、道、墨、法四家思想的剖析，令我對四家思想有進一步的認識，如認識儒家透過喪禮排遣悲傷感情，以產生調節情感作用，並進一步反思情感和生命二者的關係，更相信情感教育對生命的重要性。

講師在課堂中提及儒家的義和墨家的「義」有所不同。起初我不明其異，純以往認識儒家的「義」去理解，後來愈聽愈不明白，礙於自己是長者旁聽生身份，心想不宜佔據修讀學生的時間而不敢發問。後見席上學生勇於發問解疑，於是向老師提出自己不明之處，方明白墨家之「義」是以利介定，有利於天下者為「義」，與儒家「義」者為宜、恰當的定義是截然不同。經此一問，日後課堂上遇有老師提問或自己不明之處，也敢於回答和發問，這對解決學習上的障礙和困難有莫大裨益。

-請轉下頁-

《素心集》

中國文化必有其優劣之處，修讀這個課程令我明白到認識中國文化要理性進行反思，要分辨出當中精華和糟粕所在，哪些需繼承發揚，哪些要批判改良，才能去蕪存菁，令文化得以歷久不衰。

長者旁聽生修讀課程不用參與評核，我申請此獎學金便視作此科的評核。完成撰寫學習心得便是合格，若能獲講師推薦便視成績為良，假若獲評審小組認同，該是幸獲優等了！

-完-

許素蓮 Hui So Lin

學修讀科目：**CHI2105中國現代文學**

提名人：**Prof. GONG Haomin**

久違了的校園，從未踏足的大學課室！我在花甲之年，有幸能獲得嶺南大學長者學苑旁聽生的學額，報讀了「中國現代文學」的課程，令我興奮不已。在課堂上，我恨不得像海綿吸水一樣吸取知識。雖然我家離校路途遙遠，往返需三個小時，但我也堅持不懈不缺課地上完這個課程，以彌補我年輕時沒有上大學的機會。

龔浩敏老師對中國現代文學的社會背景、作家及作品作了系統性的闡述和分析，令我明白了自一九一九年「五四運動」後，留學海外歸國的一群進步學生對中國文學提出改革，推行白話文。胡適先生提出八項文學改良的建議：一、須言之有物；二、不摹仿古人；三、需講求文法；四、不作無病之呻吟；五、務去濫調套語；六、不用典；七、不講對仗；八、不避俗字俗語。這些建議，摒棄了文言文艱深晦澀作風，廢除了八股文的俗套和陳腔濫調，用「我手寫我口」的表達手法，令中國文壇出現了新氣象。這個時期湧現了一群優秀作家，如魯迅，胡適，矛盾等人，他們的作品，對中國的封建禮教進行了抨擊，對身受其害的婦女寄予同情。他們用文學作品反映現實，針砭時弊，抒發自己的感情，塑造了一群代表人物，如阿Q，祥林嫂，惜官……等。龔老師也對文學作品進行解釋，述說了詩歌、散文、小說和戲劇的概念與寫作手法，帶領我徜徉在文學的海洋里，令我閱讀文學作品時比以前有進一步的理解。啟發我認識到，文學作品在每一個時代，對人們的思想及行為有很大的影響。

因為我沒有電腦，只是手機，看老師的課程大綱有點困難，老師說英文時聽不明白，所以我笨鳥先飛，需要預習和溫習，盡可能地閱讀有關的文學作品。但有些作品已是不外借的圖書館藏品，像葉聖陶的《遺腹子》，我要跑到中央圖書館才能讀到。更挑戰自我，在課程完結後寫了論文交功課。

以後，我盼望還能夠有機會在學校裏學習中國文學，提昇自己對中國文學的理解與欣賞能力，昇華自己的精神素質，以文學的觀點，從文學的角度，融入平凡生活的層面，發掘生活中的美與善。

-完-

林艷玲 Lam Yim Ling

學修讀科目：**CCC8014 China in World History**

提名人：**Prof. CHEUNG Yin Ki Bianca**

There are two reasons for me to take “China in World History” in the Sit-in Programme. Firstly, it is one of the ways to practice life-long learning, which can keep updating myself and exploring new aspects of life. As a Bachelor of Science, taking a more history approach course can help me learn from other disciplines. If I can learn something new, integrated with my past experience, it can inspire me and let me introspect about my thoughts and beliefs. Thinking in more perspectives can refine what I understand about the meaning of life. Thus, I treasure this valuable chance of learning. I have treated every lesson conscientiously – using my eyes to see, my ears to listen and my hands to jot down important notes or queries I need to follow. Doing readings as recommended by the course and re-organizing the materials in the lessons allow me to grasp the major concepts and ideas taught. I have also requested Professor Cheung to allow me to join the tutorial classes (this is not supposed to be included in the Sit-in Programme) so that I could participate in the discussions as well. I do learn from the presentations of my young ‘classmates’. This whole process of learning can keep my motive and energy to learn as well as make me feel young again because it brings me back to my university life. The mental activities involved surely prevent the occurrence of Alzheimer’s disease. I deeply feel that learning can bring me satisfaction and happiness.

Secondly, the world economic situation and political environment change abruptly in this decade and China has been facing a lot of challenges because of the difference in the ideology from the West. Globalization seems to be destroying and trade protectionism is frequently used to suppress the development of China. There seems to have many hidden agenda of policies exercised by the West on China. As a Chinese, how to understand all these situations appropriately is very important. Using a historical approach may give me insight to find out the reasons behind all these conflicts. How the relationship of China and the world has been changing in history is a good and basic starting point to analyze the complex situation.

-Please turn over-

After attending this course, I know there are some common developmental factors of different cultures and states. People originally living as nomads began to stay together after recognizing the benefits of forming a society which enabled them to ensure food resource and protection of properties. Systems and policies were thereafter developed for better management as to maintain the order of the society and the interest of individuals. However, throughout time, different regions of the world have been developing very differently, especially in some basic beliefs of cultures and the principles behind the political systems. What appears to me is that no system is perfect. Wherever there are people, there are problems aroused from the conflicts between the public and individual's self-interest especially that of the rulers and people with power. It is very difficult to have a universal political system that suits all, and we can't say which one is better but rather which one suits the people there according to their cultural background and the developmental stage of the society. I think this acknowledgement is very important because it prevents us from blindly or emotionally supporting some ideas though it may sound very plausible.

Furthermore, I recognize that every political system has its strengths and weaknesses. The most important thing is to keep refining according to the changes around so it can maintain its stability and improve the lives of people. Not just satisfying what we have had before but to learn from the strengths of others so to transform our weakness and finally strengthen our own system is very crucial. For example, in the Western culture, after the religious reformation, science revolution and the enlightenment period in the 17th and 18th centuries which finally led to the downfall of monarchy and the rise of democratic governance, these historical changes do give inspirations to improve our Chinese system. Consolidating from others' experiences can reduce the traps that we may meet in refining ours. Nevertheless, we cannot just simply adopt exactly what others do and forget that our Chinese culture has a much longer history.

-Please turn over-

After the precipitation of a hundred schools of thoughts contended among the pre-Qin scholars during the great cultural and intellectual expansion in China Golden Age of thoughts, the teaching of Confucianism has become the main stream that affects the Chinese life, which builds in our culture many valuable fundamental beliefs and ethical norms like humanness, ritual, filial piety and righteousness that lead us the attitude to view country, family and self. The principle behind is to put the interest of the public in a much higher position than the private ones, which differs from the West nowadays that emphasizes more the personal rights. However, the fast pace of modernization of the West which improves the living standard of people is a direction we need to target for. Thus, a synthesis of Chinese and Western culture without ignoring Chinese spatial and temporal characteristics in our development is important. I think China has found its way of development. However, it's not easy to let the West understand and accept an ideology different from theirs which can successfully achieve a very fast pace in economic and technological developments. Together with the conflicts of interest and the threat of changing the modern world order, China is facing a harsh pressure from the West. Nowadays the world emphasizes the idea of DEI (Diversity, Equity and Inclusion) in a society. I think this idea is also applicable to among countries in the world as a whole. If the West can use this mindset to treat the differences, the tension between China and the West may reduce. Finally, I wish China got the wisdom to tackle the complicated situation.

In the coming semester, I hope I can successfully enroll course of other new discipline - my next target is courses related to Psychology or Religion so I can continue my life-long learning plan.

-End-

陳維強 CHAN WAI KEUNG ANTHONY

學修讀科目： PSY004 Exploring Social Psychology

提名人： Mr. YUEN Hei Long Damian

個人四十年的職業生涯終結，退了下來。一則以喜，可以有足夠時間去旅遊和做各種自己喜愛的事。一則以懼，退休後不可能只是吃喝玩樂，樂齡的生趣不應光是如此。我個人的「退休」定義不是純休養生息，而是「蛻優」，即是通過多方位的學習和生活體驗，改變和優化自己，與時並進，使退休後的新生活更豐盛。

去年首次參加嶺大長者學苑「旁聽生計劃」，其提供的課程多元化，有利啟發和激活長者在不同範疇學習的興趣。我去年和今年分別報讀了「氣候變化」和「心理學」相關的課程，通過系統性、由淺入深的學習，加深了對不同學術範疇的認識和了解。亦能進一步把學習所得到的知識，應用在個人日常生活中。如氣候變化、環保和節能的理念，可適當採納並實踐於自己日常生活中，也可推廣到家人和朋友間，一起為環保出一分力。而心理學的種種理論、概念和模式，亦有助我更深入和全面地分析、拆解和加深了解複雜的人際關係，有利生活上的種種相互人際溝通。

雖然所修讀的學科內容，部分或會有些陌生，但嶺大的 Moodle 網上學習資源讓我可以課前作準備和在課後作溫習。偶爾在課堂上未能即時掌握課程細節，我會通過 Moodle 的課堂錄像重溫，確保我能跟上教學的進度。

在課堂上和全日制年輕學生一起上課和交流、通過向他們提問，有助我對學科多角度的了解和思考，亦是一個跨代相互溝通的良好機會。我已離開校園數十載，「旁聽生計劃」使我有機會親自體驗現今的教學模式，各種智能化的教學工具和學習軟件的應用，使我眼界大開。

嶺大長者學苑「旁聽生計劃」，近年來凝聚了一大批有意終生學習的長者，在學習上固然可以互相幫忙。在課餘時間，許多不同學科志同道合的「樂齡同學仔」都會不時一起飲茶和午膳，甚至聯袂出席其他活動。不知不覺中，這擴大了大家退休後的生活社交圈子，大家可以融洽、開心地分享訊息、話題和喜樂。

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《素心集》

我因為報讀了嶺大長者學苑「旁聽生計劃」的課程，收到其他相關通訊。我注意到和修讀了「樂齡科技專員證書課程」，這一「彩蛋」的意外收穫，大大豐富了我對樂齡人士「醫食住行樂」的知識，對自己及年長家人的生活，均得益良多。

香港人口正快速趨向老齡化，樂齡人士退休後往往還會有二十多年甚至更長的人生。嶺大長者學苑「旁聽生計劃」為樂齡人士提供一個理想的持續進修平台。

美國心理大師 **Maslow** 的個人需求層次理論(Hierarchy of Needs)中的個人五個層次需求，依次為：生理、安全、人際關係、自我認同和得到尊重。通過嶺大長者學苑「旁聽生計劃」，有助樂齡學員得到上述部分，甚至全部的個人需求滿足。

在未來的歲月，我希望能夠繼續參與嶺大長者學苑「旁聽生計劃」，圓滿我的「蛻優」生活。

-完-

簡惠詩 KAN WAI SI

修讀科目： **CLA9023 Creativity in Western Classical Music**

提名人： **Prof. IP Kim Ho**

Unveiled the Undiscovered

Introduction

As a sit-in student for the subject Creativity in Western Classical Music, the above title is the take home message after I had attended the lecture on the role of Composer. The title is chosen for I think the elderly students taking sit-in courses in the University, whether topics related to their own expertise or new subjects which they have never touched on, are given an opportunity to leash out their potential unexplored which is quite similar to the situation where composers discover new horizons to exceed vision.

The Course

As the course starts with Creativity, the first thing I started with my studies was to prepare 'A Journal of Discovery' as my notebook to record what I have learnt every lesson, all related thoughts, explorations and actions to follow.

To me, I found the course is very amazingly arranged according to special themes of love, death, destiny, music and nature which is very philosophical. For I had previously attended Philosophy courses both here in Lingnan University and The Education University of Hong Kong, these themes would just naturally link up with the life experiences for mature students like us!

Though I have no professional training in music nor an experienced player for any musical instrument, (only a beginner in learning harmonica) I was able to understand the course content and appreciate the music pieces prepared by the Professor to guide us through.

-Please turn over-

Each lesson, attentive listening, a review in between and wrapped up with a take home message were the basic actions that I would do, in addition to sharing with the young classmates before and after class. I would take the initiative to talk to them to ask what their views were, on the topics discussed and share with them mine, such that we could look from different perspectives and I can understand young people more. Besides, they are very shy and green to speak up, with an elderly student to kick off a conversation, communication amongst young students would be much easier.

As I never had the chance to take any music classes in universities, I treasure this opportunity very much and would try my best to attend all classes. Besides a full attendance for this course, I also try to listen to other music pieces of the great icons mentioned in class; give deep thoughts to each lecture and review them with the previous themes to see if they are inter-related, very interestingly, very often the answer is yes!

The Gains

I would share my take home messages in class / privately with other elder and young students and we would further discuss when we met up in campus. Tertiary education, the knowledge we learned, I think, is just like seeds sown in our hearts, for students young and old, which will germinate and eventually grow, though it takes time!

The learning from the great icons of western classical music like Beethoven - he persisted on developing his own talent, never yield to fate and concentrated on doing his best. As for Bach, with a bumpy life, time for jail might bring him other opportunities. By the way, the guest teacher Ms Wong's talk on Bach was very creative! Professor Enrico's meetings were inspiring too!

So from the lectures, I have learnt that though we might be thrown stones at our life journey, never give up is a very positive way to face the challenges!

-Please turn over-

Other learnings from different lectures such as:

- life fulfilment
- to lead
- to make a change
- to be brave
- to see yourself bigger
- don't set limits for yourself
- unleash your potentials
- hit targets for continuous improvement
- actions to pave way for future
- don't underestimate your ability
- death is not that terrible but living like dead is
- be courageous to face challenges
- at your best at all times
- creativity comes from small actions
- appreciate nature
- attentive listening
- keep pace with the ever-changing world
- curiosity
- creativity accommodates cultural harmony
- zeitgeist (the most impressive one)

All the above are findings after taking this course and I have already incorporated their implementation in my daily life!

Give for an example: after a class on sounds/music, I began to think if everything had a sound and try to find it out and discuss my answers with other classmates and Professor and more is yet to be found.

-Please turn over-

Cross generation communication

This is one of the most important gains here in class, as there are young classmates with different musical talent and training, we always share topics on music. We became more familiar and they would tell me about their family and other problems, say anxiety for exams and looking for a job etc. Afterall, they don't have much chance to make friends with other elderly people and sharing with outsiders will be more relaxing with family members. So they tell me their likes and dislikes, we share music score sheets with each other on songs we like and I can ask for their help when it comes to music part.

On April 23 , the last lesson for students' presentation, before class, there was yellow rain storm signal hoisted and class had to be delayed for 30 minutes ; I took this opportunity to ask young student scale questions, he at once demonstrated by using the piano in classroom LBY203 to demonstrate and explain, another young student joined saying he wanted a revision and we started another conversation on jazz. What a warm knowledge exchange!

Also after the April 18 Concert in University Art Gallery on Carnival of Thy Animals, the student who played piano for the community group singers shared with me the satisfaction he had had when seeing the people with special need were more confident with the music training which I hold the same view with him and we agreed there is a need for more volunteer work for the community with music. We got to know more today the youngsters in reality, instead of hearsay, and can do it here, so good!

Conclusion

As we have our own baton in our hands, to compose and direct the song of our life is totally our own choice whatever situation bestows on us! I would think creativity is the continuous process of pursuing the beauty of life in all aspects! No doubt I would follow through together with my motto below which I learnt from a poem when I was in Secondary one!

The Poem

Invictus

William Ernest Henley

I am the master of my fate!

I am the captain of my soul!

-End-

陳銀慧 TAN NGAN HUAY

修讀科目： **PSY3103 Psychology of Human Performance and Technology**

提名人： **Prof. HUANG Yi**

Introduction

Psychology has been my interest and perhaps the next career after my retirement from thirty years of international engagements as an English teacher, postgraduate course tutor, IT auditor and management consultant. With my Master of Education (TESL), Master of Business Administration, Bachelor of Laws and Bachelor of Economics (Accounting and Computer Science), I tried but was not successful in applying for both the Master and Doctorate of psychology courses in Hong Kong in 2020.

An alumnus of Lingnan University Elder Academy recommended me to this program in 2021. She enjoyed the vitality of her young university course mates and the good and value for money canteen food!

The program

Anxious to enjoy the same I applied for the 2024 January-April term and was accepted into PSY3103 'Psychology of Human Performance and Technology'.

Before the lectures

I was however disappointed about not getting my first choice PSY2101 'Introduction to Psychology'. Realizing that PSY '3'103 is a 'third' year course, I searched online immediately for the relevant academic materials to fill the gaps of the fundamental knowledge in year 1 and 2, and this course.

'Engineering Psychology and Human Performance' by Christopher D. Wickens et al. was found and the captions available were gone through in detail. They give a comprehensive summary of the basic concepts. It turned out to be one of the references and the prescribed textbook! The lecturer gave me the link to this book upon my request after the first lecture.

-Please turn over-

During the lectures

Before every lecture, I went through the lecture slides available in Moodle. They are very interesting and inspiring but not quite 'comprehensible' for a beginner. However, through the excellent and succinct lecture notes which summarize the fundamental concepts in psychology and correlate their applications through this program, systematic and clear lecturing, interesting interactive activities and my proactive queries during the lectures, I comprehended and enjoyed this 'third' year course thoroughly!

Application of knowledge

With the knowledge gained in this program I am more informed of the rationales for the designs of the daily technologies. I appreciate the convenience, effectiveness and efficiency of these technologies corresponding to human perceptions and behaviors. The theories were also applied in preparing our exhibition materials, power point presentation and final report in this course. And I will surely apply them in all my future work.

Service-Learning

Although optional for the sit-in elder students, I participated in the service-learning program. My team selected the 'Yung Shue Au village revitalization' project.

Ice breaker

My three teammates are from China. The leader approached me to join their team after the first lecture as I am fluent in Cantonese to interview the villagers. I was 'honored' to be recruited when I was just wondering if any team would welcome an elder teammate!

Field trip

My teammates were so considerate to have chosen Yung Shue Au village, which required the shortest speed boat trip and least walking for an elder teammate, which I greatly appreciated.

-Please turn over-

Teamwork

Throughout the process of field trip on 24 February, Skylight exhibition on 15 April, group presentation on 19 April, and preparing the group report dues on 5 May, we shared an equal amount of the workload. I was again 'honored' to be fully trusted to share equally. My contributions were greatly appreciated. This gave me the confidence to share my experiences while they complemented the academic knowledge and technology skills to complete the project.

Personal growth

We learned from one another during our discussions. I led the content outline, and did the analysis and synthesis of the findings which was the most important section of the project. This again reinforced my confidence in applying my experiences and values as an elder student and citizen!

Bonus

It also gave me the opportunities to learn about the work of the Non-profit organizations, Wu Zhi Qiao and Hong Kong Countryside Foundation, which are involved actively in rural revitalization. Our team was privileged to have been guided during the field trip by their chairmen Mr Wong Kam Sing, former Secretary for Environment and Ecology; and Mr Lam Chiu Ying, former Director of the Hong Kong Observatory.

Resonance

We also learned about the history, aspiration and effort of the village sole surname 'Wan' clan in conserving their Hakka culture and revitalizing their homeland. It resonates with our Chinese cultural inheritance and clan-ship unity and sustainability as overseas Chinese. It is particularly touching to compare this with heritage preservation of the foreigners: Portuguese, Spanish, Dutch and British, in Malaysia.

Inspiration for future programs

Psychology

Aspired by the positive results from this program, I will continue to learn more about psychology online while applying for the other psychology related programs in this Elder Academy and other tertiary educational institutions to achieve my next career as a psychologist.

-Please turn over-

Other topics

After realizing the benefits of attending a tertiary course in a new field, I will definitely also explore into other topics offered here.

Fellow elder course mates

The active participation of the other eight elder course mates during the lectures was very encouraging. Some were also involved in the service-learning program. It was so reassuring to be supported by one another in our journey of life long continuous learning!

Conclusions

During retirement

As an elder student, it was very accomplishing and self-assuring to be involved actively in a full-time course corroborated the gratification of the alumnus who recommended me to this program. I am really thankful to the Elder Academy, our lecturer Dr Huang Yi, my teammates and fellow elder course mates to have made my retired life so rich and fulfilling! And I will definitely recommend this program to my elder friends.

Out of retirement

This program has also greatly inspired me to move out of my retirement into the next stage of my productive life in contributing to my potential career as a psychologist upon the completion of the full psychology program, or any other field with my additional exposure in psychology upon the completion of this program.

It has also given me a chance to note the English proficiency level of the university students where I could help to elevate and meet their academic and career needs. This will be possible if I am successful in my future application for an English lecturer position to tertiary educational institutions, or the current one to the position of a 'Part-time lecturer at the Center for English and Additional Languages (Post Ref.:24/103)' at Lingnan University.

-End-

陳淑芳 CHAN SUK FONG

修讀科目： CLD9025 Climate Change and Human Health

提名人： Prof. WONG Pui Yun Paulina

大家好！我是 Windy，很榮幸能夠參與 2023-24 年上學期長者旁聽生計劃，能夠與大學生們一起學習、交流，感受氣氛，人也變得青春活潑了！很开心！

旁聽的課程是「Climate Change & Human Health」，由王教授帶領學習。這門課程非常有趣味性，她善用科技設施及純熟的教學技巧，令課堂進行得非常順暢。

教授備足豐富的教學資訊、影片分享、數據分析及講解，並善用網絡遊戲學習，既高效率又富趣味性，我從當中學習到：

- 氣候變化與人類健康的關係
- 理解全球暖化問題為何是當務之急
- 認識事件發展的背景、經過及未來展望
- 拓寬國際視野，探討世界極端天氣現象，如何影響民生、經濟、政治和地區策略
- 認識國際性 COP 會議
- 理解 ICPC 的科學數據怎樣作用於相關議題及政策
- 香港政府落實推行的減碳項目、包括：
 - 推廣綠色能源，例如太陽能巴士
 - 住宅及工商的綠色建築計劃
 - 推廣電動車並增設配套設施
 - 綠色校園計劃
 - 明年 4 月 1 日實施的垃圾徵費、等等。

課程完結後，使我更加關注環保，樂於實踐垃圾分類、廚餘回收、少用少買即棄性物品、關注環保資訊。我喜見香港引用氫能巴士服務、建設綠色運輸通道等等。

另外，本人有幸成為班長，因此我成立一個 WhatsApp 群組，方便長者同學之間的聯繫、提升學習氣氛，亦便利於執行班務，如記錄同學出席及請假情況、適時發佈和提醒上課資訊等等。大家都喜歡這種溝通模式，亦用於聯誼、聚餐活動等等，氣氛非常愉快。

課程雖然完結了，大家仍想保留群組來聯繫，真摯友情從此延續，增添人生色彩，分享至此，深感有幸能夠成為嶺大長者旁聽生，感謝學苑！

-完-

洪介之 HUNG KAI CHI

旁聽課程： CCC8014 China in World History

提名人： Prof. CHEUNG Yin Ki Bianca

An impression from a university sit-in student

Introduction:

In a world where education is often associated with the young, there exists a remarkable group of individuals who defy stereotypes and embark on a unique journey of knowledge-seeking and personal growth. Among them, the elder university sit-in students stand out, driven by an insatiable thirst for learning and a desire to challenge societal norms. This essay explores the positive feelings experienced by an elder university sit-in student, highlighting the transformative power of education and the joy it brings to their lives.

1. Sense of Fulfillment:

The pursuit of knowledge knows no age limit, and for the elder university sit-in student, stepping into the hallowed halls of academia brings a profound sense of fulfillment. Engaging in intellectual pursuits ignites a spark within them, allowing them to tap into their curiosity and expand their horizons. The act of attending lectures, participating in discussions, and interacting with professors and fellow students fills their hearts with a deep satisfaction that they are actively contributing to their personal growth and development.

2. Intellectual Stimulation:

Education is a never-ending journey, and for the elder university sit-in student offers a constant source of intellectual stimulation. It keeps them mentally agile and alert. The opportunity to delve into new subjects, explore diverse perspectives and engage in critical thinking exercises nurtures their cognitive abilities, ensuring that their minds remain sharp and active.

-Please turn over-

3. Sense of Belonging:

The university environment is not only a place of learning but also a vibrant community where individuals from diverse backgrounds come together. For the elder university sit-in student, this sense of belonging is invaluable. They find themselves surrounded by individuals who share their passion for learning, regardless of age. Interacting with younger students and forming connections with like-minded peers makes them feel accepted and appreciated, erasing any feelings of isolation that may have accompanied their decision to return to academia.

4. Increased Self-Confidence:

Embarking on the educational journey as an elder university sit-in student requires courage and determination. As they overcome challenges and achieve academic milestones, their self-confidence soars. The realization that age is not a barrier to acquiring new skills and knowledge empowers them to break free from societal expectations. Their newfound confidence spills over into other aspects of their lives, enabling them to tackle future endeavors with renewed vigor and belief in their abilities.

5. Personal Enrichment:

Education is a transformative force that can enrich one's life in countless ways. For the elder university sit-in student, the acquisition of knowledge goes beyond academic pursuits. It opens doors to new hobbies, interests, and passions. They discover hidden talents, explore artistic endeavors, and engage in cultural activities, broadening their perspectives and deepening their understanding of the world. This personal enrichment brings immeasurable joy and a renewed zest for life.

6. Legacy and Role Model:

By embracing education in their later years, elder university sit-in students become role models for younger generations. Their commitment to lifelong learning challenges societal narratives that limit education to specific age groups. They inspire others to pursue their dreams, regardless of their stage in life, and demonstrate the enduring power of intellectual growth. As they leave a lasting legacy, they create a ripple effect that encourages others to seize the opportunity to learn and grow at any age.

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Conclusion:

The journey of an elder university sit-in student is one filled with positive emotions, as they immerse themselves in the world of education, defy stereotypes and embrace personal growth. Their sense of fulfillment, intellectual stimulation and sense of belonging contribute to a profound transformation within themselves. Through education, they find personal enrichment, increased self-confidence and the ability to inspire others. Their stories serve as a testament to the boundless joy and positive impact that learning can bring, irrespective of age.

-End-

連逸梅 LIN YAT MUI CONNIE

修讀科目: ECO3213 China, HK & World Economy

提名人: Prof. WHITTEN Gregory William

China, the rapid growth of its economy since 1978 and became the world's second largest economy since 2010. The country accounted for around 15 percent of the world's economy in 2017. The China economy miracle captured the imagination of many researchers and economists as well as me.

With much appreciation, the professor elaborated the elements that attributed to China's economic miracle, from historic reforms propelled China from poor and isolated to the world's economic superpower.

Helmsman of the reform

In 1978 Deng Xiaoping visited the United States, China started an accelerated process of economic development. In that year, China's economy was about the same size as Italy's. However, in 2021, China's economy on a nominal GDP basis had become the world's second largest behind the United States. At the same time, China had lifted 800 million people out of poverty, never before in human history have we seen anything quite like this.

Political system

The non-democratic and authoritarian political regime in China has meant that it has been possible to embrace western-style free market economics while maintaining control over the political system.

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Various approaches

China set up several special economic zones to carry out pilot projects. Successful experience and practices from these were then spread more broadly. The late 1970s also saw key reforms in agricultural and household institutions, the 1980s brought support for entrepreneurship, township and village enterprises and more support for special economic zones. In the 1990s the financial sector was reformed with the growth of specialist banks and creation of development banks. In the 2000s the focus moved to human capital, with shifts in education and greater provision of social insurance. Throughout, there has been increasing emphasis on market mechanisms and on interaction with the world economy.

Labour supply

Being the most populous country in the world, China has a large supply of workers with a steady stream of rural-urban migrants in search of work. This is due to the mechanisation of agriculture leading to unemployment and under-employment in rural areas and concurrent growth in industrial work in urban areas.

Female workforce

China's workforce is characterized by a higher-than-average female participation in manufacturing industry. With the One-Child Policy which has meant women were involved in child-raising for a much shorter period than in many other countries, has made a much larger workforce available.

Export-led growth

This is the strategy which China initially pursued. The strategy is beginning to become phased out in favour of Import Substitution industrialisation by which consumer products imported for China's growing middle-class are increasingly being made in China.

Foreign direct investment

Foreign investment was encouraged in the initial phase of economic growth. The majority of the foreign companies were located in one of the Special Economic Zones. These are designated zones where Transnational Corporations are offered incentives such as reduced tax rates to set up manufacturing operations.

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Private enterprise

For many years, all manufacturing in China was state-owned and operated. This has affected the overall productivity and output. During the 1990s and 2000s, many medium and small-sized state-owned enterprises were privatised and went public. According to the expert, China's private sector contributed over half of the nation's tax revenue, over 60 percent of its GDP, over 70 percent of its technological innovation, over 80 percent of its urban employment and over 90 percent of the number of enterprises. Nowadays, many of China's private enterprises are at the world class scale.

The difficulties

Like implementation of all systems and policies in the world, China has encountered many difficulties. As they adopt the 'touch stones while crossing the river's strategy, they are kept rectifying the systems and policies all along the way.

Asian Financial Crisis and Hong Kong

As a special administrative region of China, Hong Kong is also a city worth paying attention to. The outbreak of Asian Financial Crisis in 1997 first happened in Thailand then spread out in many of the Asian countries/regions, including Hong Kong. As Hong Kong is one of the essential stock markets in the world so the actions taken by the Government and its financial officers were just like fighting a battle. They decided to deploy the Exchange Fund to counter the manipulation of the speculators. They also decided that HKD to be hook up with USD and set up the Tracker Fund to manage the money that put in fighting the battle. Although the government was criticised as a betrayal of the free market principle to intervene in a stock market to prevent it from falling, Hong Kong is still adopting a free market strategy nowadays.

Benefit from the course

I am very interested in study of economic, not only those actives happen in Hong Kong but worldwide, as economic growth has close relationship with human development. This course is very fruitful and satisfied me in looking deeper into the China's economic miracle.

-End-

麥永通 MACK WING TUNG TONY

修讀科目: CHI3001 方言與中國文化

提名人: Prof. XU Gang

正規學生與旁聽生的分別

攻讀學位的正規學生要以取得學分為大前題，所以功利點來說，他們是有責任及義務去完成教授交託下來的任務。然而旁聽生目的純粹，只為擴展自己的知識面，滿足求知慾，沒有獲取學位的包袱，更沒有義務取悅教授。上課時的心態可說是相當輕鬆的，不勞不累。當然，學習過程中樂趣的大小因人而異，但鐵定不以為苦。

長者學苑是一班超齡的學生，年紀比老師還大

一般社會的操作，傳承知識是從高向低、由多傳少。作如是觀，超齡學生沒有違反道德倫理的認知，身份尊卑上沒有矛盾，因為師傅為尊僅次於父。

有說老師是越老越矜貴，古時做官的人退休後會告老還鄉，之後不屑從商事的，便會到私塾任教，作育英才。年老輩尊傳授學術的人便稱為老師，學子除了學習課本上的知識之外，還繼承了老師半生在官場打滾的實戰經驗，周旋於權貴之間的處世學問以至人脈關係，之後便形成了師傅、門戶和派系等。選擇師從的原則是老師的年紀越大越好，他累積了的知識和資源越多，他給你寫的推薦信威力便越大；若拜師岳不群跟邱處機收獲也大不同。然而長者學苑都是一班超齡的學生，大都比老師和教授更年長。觀乎人生閱歷跟待人處事的法則，他們往往有著一套不可撼動的標準和固執，也用不著繼承老師的人脈資源。如此一來，我們長者學生更可以專注獲取知識和享受學習的樂趣。

長者的學習態度不一樣

學習的滿足有分實際需要和精神上的滿足。現今數碼世界的說法是一虛一實，古易的說法是一陰一陽；例如細路仔學識扭計才有糖食，人要學識語言才能和其他人合作，將軍要學識戰術才能打勝仗，學習知識有其實際需要。虛的方面為精神上的滿足感，不明顯地有用處，像好多時小孩子學識新的事物都會開心得手舞足蹈，對新的知識有好奇心，就是不管那些知識能否用得著。這種現象用現代的科學解釋是因為學習會刺激我們產生開心激素多巴胺，由此我總括人類需要不斷學習的這種行為，是因應進化的需要而產生，懂得更多學問便更容易適應環境而存活下來。這是基因使然，未死之前也得繼續學習下去。

-請轉下頁-

我是一個超齡學生，花甲之年報讀了嶺大長者學苑，不認為學習需有年齡的限制。可是長者需費神思考、面對困難任務，甚至可能會出現疲憊和沮喪等負面感覺。但有研究證明這些不適感卻能強化大腦肌肉，若只待在熟悉的領域，心智能力不會提升。要不斷接受新挑戰，產生更多血清素才能加強學習能力及活化大腦。老人家只是打麻雀並不能有效地減緩老人癡呆症狀，要加上鋤大 **dee** 和刨馬經才能。

附註：

有人提出學習要遵循很多個學習法則，要嚴格遵守很多條治學態度。我簡單地 google 了一下：學習不是為了知道正確解答，而是了解一件事有多種答案。因此更需要了解各種價值觀、主動傾聽自己不知道的觀點，讓想法保持彈性。

有效率地整理知識。讀書時只熟讀每本書的重要部份，加上標籤及筆記；瀏覽資訊時，善用知識庫工具整理知識。

不是藉由吸收知識來學習，而是輸出知識。要積極透過發言、寫作發表所知。

選擇課程系列心得

以長者學苑來說，大部分長者學生都已是花甲年華的退休人士。我認為可以選擇一些實用性高或者修煉精神文明的課程：

提高生活品質的課程：例如健康管理、營養學和中醫等，既可以美容護膚，還延年益壽。

文化藝術系列：如樂器、書法、美術與及國畫班等等，不必以表演為目的，可以自娛和提高自身修養帶來鑑賞的樂趣。

商業應用學系：如會計、公司法、談判及語言技巧，不荒廢謀生技能。

宗教哲學系：主打查經、靈修、神學及哲學等精神的修煉。

資訊科技系：如教授攝影、電子器材使用等，要與時並進，不落後於形勢。

是次體驗及分享

我今次報讀了嶺大 CH3001 方言與中國文化，由徐剛教授主講。課程內容探討了漢語及其方言的歷史和現狀。一些有關方言的地域分佈、源流及傳播走向，其中有好些猜想，徐教授都提出了很多文獻作證或一些環境證供作為輔助，他的治學態度嚴謹，有點像電視劇集《法證先鋒》戲內的調查官：既然死者自己不能說明案情，我們就用證據推敲出真相，如對每一項證據都沒有提出異議，那麼預先設定的猜想便大機率成立了；但若有新證據發掘出來，又可以再重新討論啊。我認為這種治學態度可以令學問歷久常新。

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是次參與的長者旁聽生計劃，作為我打從畢業之後再一次重新踏上求學之路。暫時沒有用什麼學習心法，不趕功課，不組織筆記，只想輕輕鬆鬆樂在其中，做到六十而耳順，七十而從心所欲。

思考未來語言的趨向是單一化還是更加多元

今次學習中，我思考了語言是什麼。它是人類學習知識的基礎工具，好的語言能力可以提高學習效能，但過程可能會痛苦沒趣味，但如果掌握到便可以享受學習的樂趣和擁有知識的快樂。又例如能懂得權貴的用語，熟悉官樣寫作的用詞，巧言令色，便可以爭取到這個階層人士的信任而獲得重用。現在主流社會使用英語，國際上的交往都會用英文作為通用標準，運用好英語你便可以取得 **Anglo-Saxons** 的信任。不過，我現在要強調國際形勢現出了微妙變化，**AI** 和 **Google translate** 減低了提升語言能力和學習外語的熱切程度。

根據聖經上巴別塔的故事，我的理解為：單一語言對整體人類發展更有利，混亂語言之後，加劇民族之間的鬥爭及分歧，阻慢了人類文明進展步伐。然而，在物種演化的過程中，很多學者提出多樣性的好處及單一化的壞處。因為單一化缺乏包容性，如不合時宜的基因也會被強制遺傳下來而不會被修補，又沒有其他的選擇，最終導致滅絕。

我的猜想是，維持多樣性是比較難以團滅。語言是人類發展文明的最重要基礎工具，所以更不能單一化，否則後果很是危險。若有朝一日全地球只剩下一種語言，那麼文明的滅亡已經非常近了。

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Learning is a continuous and essential process that will guide us and be with us at every stage of our lives. In infancy, we learn things such as eating, drinking, and crying that help us to survive. At puberty, we learn how to walk, clean, and take care of ourselves physically. In adulthood, we learn all the necessary skills to make a living. Learning, therefore, is a valuable experience and a pursuit of knowledge that helps us grow. I have come to appreciate its merits and power. In this article, I would like to share some of my reflections and experiences on learning and hope that it will shed some light on the subject and inspire others for their benefit.

One of the fundamentals of learning is curiosity (will kill the cat, they say). Curiosity is what fuels our desire to explore, question, and seek answers. Without curiosity, learning can become dull and mundane. It is this eagerness to understand and discover that has led me to delve deeper into various subjects, whether it be in the realm of science, literature, history, or just the facts of life. Curiosity has taught me that there is always something new to learn, no matter how much I think I already know.

I have found out also that learning needs planning to keep up with the motion and on its target. I like to make little milestones in between to maintain propulsion and interest. One example is that when I want to learn to speak Putonghua, I will divide my time between phonics, reading, and communicating with people who know about the language. That way I will have time to think, study, and practice. Learning also needs patience and persistence. It can be challenging and sometimes demotivating, especially when faced with complex concepts or difficult problems. And when I face frustration and difficulties, I will tell myself I must persevere.

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Furthermore, I have realized that learning is not solely about acquiring knowledge, but also about developing critical thinking skills and a never-ending exploration of information like reading, getting on the internet, or even joining a study group. The ability to analyze and evaluate information is essential in today's world, where misinformation can easily spread. By honing my critical thinking skills, I have become more discerning and less susceptible to falling victim to false narratives. Learning has empowered me to question, challenge, and form my own opinions based on evidence and rationality.

Additionally, I have come to understand the significance of collaboration and learning from others. Engaging in discussions and exchanging ideas with classmates or colleagues has broadened my perspectives and enriched my learning experience. Each person could bring a unique set of knowledge and experience. Through collaboration, we can learn from one another and foster a sense of collective growth. Each experience, whether it is in the classroom or out on the avenue of life, has the potential to teach us something new and valuable. Hobbies, traveling and reading bring me joy these days. Lately, I have learned to enjoy red wine and durian and to appreciate old Chinese architects when I went to visit my hometown Hua Yuen in Guangdong, China. I never knew that I could have so much fun learning about engineering and the investment purpose of things.

In conclusion, my journey of learning has been an enriching and transformative experience. Through curiosity, critical thinking, perseverance, collaboration, and embracing life's lessons, I have come to appreciate the beauty of learning. It is a lifelong process that not only expands our knowledge but also shapes our character and empowers us to become better individuals.

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