



HKYCOA

Outstanding Internship

Performance Award

2020/21

First Prize Student Reflection

1st Prize

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I was placed the internship at the Proactive System Ltd. I think it is important to have good relationship with your supervisor. Furthermore, my supervisor is kind and willing to communicate with our student. He gave a lot of support for our student. I have improve my communication skills and presentation during my internship period.



It is usually a challenge at the beginning of the internship for research and present some information which relate to STEM education. This experience has further helped me prepared for my future career. Overall, I think it is the valuable experience to understand more about different industry such as the requirement for starting working in the different industry.

I would like to thank for Proactive System Ltd for giving me the internship experience and also Mr Lubanski LAM for giving some guidance during the internship period.

POON Mei Ting

Department of Business Administration

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BUS490

1st Prize

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首先，我要感謝周國良老師與聖若望英文小學的提拔與教導，讓我有幸獲得本年度之獎學金。

為期約四個月的實習如白駒過隙，忽然而已，於我的影響卻既深且遠。於學校實習，從瑣碎行政事務、閱覽教綱、製定教程、教材設計以至於教學錄影及考卷設計與審核等各方面，無一不設身處地體驗到作為老師日常之繁複教務，雖然作為實習生所體驗到的，相比正式的老師，仍是所見皮毛，實在無法與之相提並論，但實習過程中最令本人為之深刻的感悟莫過於為師者是一份極盡心思的職業，所需之細膩並非人人皆能滿足，這種感悟是除了學習實務外，作為實習生最寶貴之體驗，讓我對前路更為堅定。

實習機會難得，希望各中文系的同學也可把握機會踴躍參與。

LEE Hei Long

Department of Chinese Language and Literature

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CHIN396

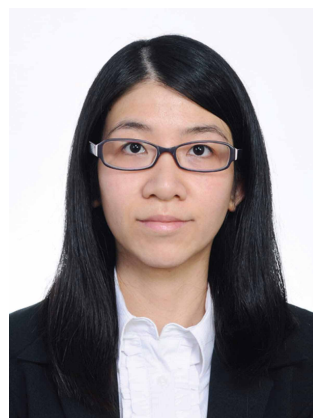
1st Prize

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First, I would like to express my deep gratitude to the department, my internship clinical supervisor, and the staff at internship agency for their patience and support during internship.

Significantly, humbleness, perseverance with working under pressure and passion to learn are essential attributes for a counsellor-in-training. Serving different kinds of clientele in youth setting, I contributed myself to being equipped with various psychological approaches, applying such knowledge and theories to promote their well-being. Throughout the process in clinical supervision, it allowed me to enhance self-awareness and self-compassion for personal growth.

Counselling psychology is a knowledge-based discipline. With internship practicum, not only did it help cultivate my professional awareness, but also paved a way for me to further studies in the field of psychology in future. I am highly obliged to the department for internship arrangement again.



LUK Sze Ki

Department of Counselling and Psychology

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COUN461-2

1st Prize

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The most amazing internship experiences for me are those able to prepare me for my dream job after graduating. Last year, I worked as an investment research intern at Harris Fraser Group where instancy and comprehensiveness are what I have learnt from my teammates. My colleagues imparted not just technical skills but also the conduct of life to me, making me realise that sometimes being bold and act confidently will make others, especially your supervisors, take you seriously. Most hiring managers these days are preferred fresh graduates who have already interned in different companies before. Therefore, having an internship that is relevant to the field I want can well prepare me for my future career.

LEE Wing Sze

Department of Economics and Finance

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ECON460

1st Prize

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It is my pleasure to work as an intern in the campaign 'For Every Child, Hygiene' organized by Hong Kong Committee. The campaign was well-considered, well-organized, and well-developed. My supervisors set great examples for us by being wise in decision-making, diligent and passionate. My internship experience would not be that wonderful without my caring and responsible teammate.



It wasn't an easy task for me to inform participants with a wide range of information in just a few minutes phone conversation. I learned to be precise and thoughtful while considering the word choices in my speech.

This working experience has marked as an unforgettable memory in my university life.

YU Lok In

Department of English Language and Literature

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ENG285

1st Prize

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這次實習，令我學到了做人做事的道理，豐富我的閱歷，對我未來投身社會有重要影響。學校的文件必須仔細地製作。因此在一開始，我還不太適應，不過只要懷着一種謙卑，不恥下問的精神，所有難關都必定會解決，並得到別人的認可，從而獲得良好的實習經驗。

LI Ching

Department of History

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HIST380

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從這次實習中，我學到不同的劇本寫作技巧，令我更有興趣從事與攝影相關的行業。而這次實習更榮幸邀請到黃偉傑先生作為我們的導師。他非常樂意花時間指導我們，每次交出作業時，都會給予我們詳盡的評語，盡力把劇本修改得更好。是次實習能夠順利完成，我很感激遇到一群十分盡責的組員在實習過程中互相幫忙。



MAN Hiu Ching

Department of Journalism and Communication

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JOUR403

1st Prize

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The one-month internship gave me invaluable professional experience in a local law firm through attending mediation sessions, visiting the family court, and drafting legal documents. Communication skills have been acquired from interacting with clients. The most unforgettable experience is to draft a contract in an intern team. It has enabled me to realize the importance of identifying the need of others and acknowledging various perspectives. The internship experience has greatly enhanced my language proficiency. At last, I would like to thank my Department Head Dr. Lui, my internship master Mr. IU, and Mr. NG, partner of the law firm, for their kind guidance and support throughout the internship period.



DING Mei Ling

Department of Law and Business

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LAW323

1st Prize

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It is my great pleasure to receive the first prize of the outstanding internship performance award! I think that I've learned a lot of things from this internship. By working as an intern in a funeral company that provides funeral services to people in need, not only did I learn the essential workplace communication skills, but also experienced death education which has been an impressive lesson for me. Throughout the internship period, the staff of the agency were willing to provide



emotional support to their clients to cope with the grief of losing their loved ones. I am proud to share with my peers that it has been such a memorable and meaningful internship experience in my college life!

WONG Ching Shan

Department of Counselling and Psychology

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PSY461

1st Prize

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在這次實習計劃中，我明白主動學習對我的未來就業之路非常重要，同時亦理解到工作與學習的不同。實習機構提供了一個機會給我們工作，體驗他們的日常工作安排和程序。當我們遇到問題時，他們都很樂意教導，讓我們繼續裝備自己，為未來服務社會做好準備。

NG Kwun Ting

Department of Sociology



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SOC470

1st Prize

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I am sincerely grateful for receiving the Outstanding Internship Performance Award offered by HKYCOA. I would like to express my gratitude to HKYCOA, the Industrial Attachment Office, and the nomination by the Department of Sociology.

During the spring semester in 2020, it was my great pleasure to be an intern at an NGO company, Hong Kong Young Women's Christian Association. It was an excellent opportunity for me to assist in operating one of their social enterprises. This internship experience was a valuable learning process that allowed me to apply my theoretical knowledge to an organizational context. It also enhanced my understanding of how social enterprises provide support to the elderly through various empowerment methods. This valuable experience has not only broadened my horizon, but also built up my self-confidence for my future career development. I am grateful for the all-time support and guidance provided by my workplace supervisor Carmen and Dr. Liu Shuo during the internship period.

KWAN Wing Si

Department of Sociology

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SOC490



1st Prize

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It is my honour to receive the award. I am delighted for the three placement opportunities to enrich my fieldwork experiences. The experience has broadened my exposure to governmental and non-governmental community resources. I learned how to mobilize and utilize resources in order to respond to the needs of service users.

With the support provided by my supervisors and centre colleagues, it has enhanced my understanding of family casework practice, community development settings, and youth services. The knowledge and skills which I have learned had improved my future social work studies and empowered me to continuously devote and contribute to society.

LEUNG Cheuk Yin
Department of Social Work

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SW363