



HKYCOA

Outstanding Internship

Performance Award

2020/21

Second Prize Student Reflection

2nd Prize

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Internships can be quite intimidating as the experience compels students to step out of their comfort zone. During the first week of interning at So Lung & Associates, I carried an immense amount of pressure to intern as the work culture was quite intimidating. However, the colleagues at So Lung were extremely welcoming and were so eager to teach us whenever the opportunity arose.

Your social skills and communication skills definitely play a major role as an intern. It was a great opportunity to experience the work culture of a law firm. It also taught me that there are endless opportunities out there waiting for students to grasp onto.

At this juncture, I would like to give my sincere thanks to Dr. Wendy Lui, the Head of Law and Business Department, who went above and beyond to find valuable internship opportunities during the unprecedented times, despite the difficulty.

LIN Chengyu

Department of Business Administration

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BUS490

2nd Prize

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To my surprise, I have never thought of receiving any award in my school life. Since there are many talented and hardworking students, I still have rooms for improvement. However, I am grateful to gain the appreciation from my department as well as HKYCOA. That encourages me to keep my sincere and diligence towards everything. Back to the days, understanding the operation of the press and reflection of my career path were the big topics to me. By taking the internship, I had the chance to think deeply about the suitability of related work. Therefore, I was pleased and enjoyable in the internship program.



HONG King Hei

Department of Chinese Language and Literature

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CHIN396

2nd Prize

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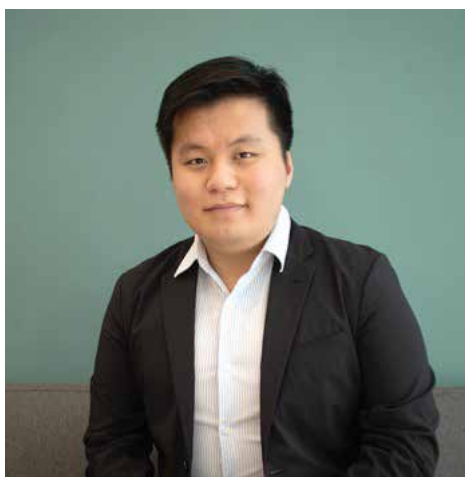
Participating in the internship programme is one of the most valuable experiences in my university life. During the internship, I gained a practical experience in counselling services, as well as a better understanding of my strengths and weaknesses.

The internship is well-structured with a dual-supervision system, we have fully guided the interns on how to deal with conflict whenever it occurs between stakeholders.

In addition to preparing me for my counselling career, my internship has enhanced my personal development. I would like to thank all my clinical supervisors and academic staff for their effort.

LEE Ching Hei

Department of Counselling and Psychology



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COUN461-2

2nd Prize

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My internship at LW Group was short, but I was greatly inspired. Internship is a stage that every college student should go through. It provided me with a chance to integrate theoretical knowledge into workplace practice.

During my internship period, I was impressed by the positive and harmonious working environment of LW Group. Thanks to the guidance and support from my supervisor, the internship has broadened my horizons and laid a solid foundation for me to contribute to society upon graduation. I am sure that there is still plenty of room for improvement, I will try my best to improve myself and gain a foothold in society in the future.



Li Hui Ting

Department of Economics and Finance

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ECON460

2nd Prize

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One of the key factors that contribute to a good internship experience is workplace communication. Proper workplace communication could boost morale and motivation within the workplace. Effective workplace communication also builds trust and commitment between colleagues to the company. One of the experiences that I found most valuable was my first individual task on translation. Apart



from language skills learned from the university, I realized that proficient computer skills are also essential for modifying the document format. During the internship period, I had to work independently and make decisions, which enhanced my self-imposed focus and determination. Lastly, I would also like to express my gratitude to my supervisor in Prolink translation for offering me the opportunity to work with them and make the best out of my internship experience.

CHOW Ho Yin

Department of English Language and Literature

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ENG285

2nd Prize

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我在大學期間已立志畢業後投身教育界，在麗澤中學的實習正好為我提供體驗工作環境的機會、實踐課堂所學的理论知識、累積處理教學和工作的寶貴經驗，確立自己未來職涯的發展方向，獲益匪淺。

最後，我深感榮幸能獲得由樹仁大學歷史學系提名、香港青年總裁協會所頒發之優秀實習表現獎學金，對我而言實乃一大鼓舞和認可，謹此致上衷心謝意。與此同時，我亦要感謝歷史學系羅永生博士的提攜以及工作實習單位麗澤中學學校發展主任陳潔英老師的指導和照顧。

TSOI Yan Wa Anson

Department of History

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HIST380

2nd Prize

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Aneezia

Department of Law and Business

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LAW323

2nd Prize

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在我大學四年級的時候，參加了 PSY461 的實習課程。經過面試後，我加入了心儀的機構-毋忘愛。毋忘愛是一間設計喪禮的機構，會按照家屬的要求處理離世者的喪禮。我從中學習到如何在設計喪禮中學會尊重不同宗教的禮儀。

在實習過程中，讓我感受最大的是對死亡的看法。透過參加不同形式的喪禮，見證到很多離世者家屬的情緒變化，包括設計喪禮時的喪親之痛，喪禮舉行時對離世者的依依不捨，以及適應失去至親的生活，這些經驗對我未來在社會服務的工作上有很大的幫助。

再次感謝樹仁大學給我這次實習機會，讓我對未來在社會服務的工作上添上更大的信心。

CHAN Lai Fei Eva

Department of Counselling and Psychology



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PSY461

2nd Prize

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Having a positive attitude during the internship was the key to my successful internship. It is essential to give the whole effort so as to achieve the best results. However, the shackles of conformity and compliance prevent us from expressing our true selves and create the blocks to embodying our intelligence. I realized that everyone has their own personality which cannot be easily modified. A realistic temperament is required for getting along with others.

I have acquired a list of generic skills throughout the internship period. My sincere gratitude is extended to the workplace and my academic supervisors (Ms. Maggie and Mr. Lam), who gave me plenty of support and encouraged me to face obstacles in the workplace and academic environment.

SIU Ka Yan Cindy
Department of Sociology

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SOC470

2nd Prize

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I would like to show my gratitude to the school for giving me an opportunity to participate in the internship programme last summer. I worked as a marketing trainee in iMusic by providing support to one of the e-commerce projects named Group Buyer. It has given me chances to explore my strengths and weakness. Besides, the company fully trusted me and offered me adequate opportunities to have an attempt on different job tasks, such as drafting proposals for important meetings, managing advertisement content for digital platforms, and providing customer services. Those experiences would be useful for my future. It is hoped that I could apply what I have gained and learned from this internship experience into my real life, to be a well-equipped person to overcome all challenges in the upcoming.



CHAN Yuk Sing Michael

Department of Sociology

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SOC490

2nd Prize

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Thank you HKYCOA for the award and the nomination from the Department of Social Work. To enjoy a fulfilling internship journey, we must get prepared to be as flexible, hardworking, open-minded, and independent as we possibly can. I am confident to share that it has been a fruitful journey with a chance to be working in three different units. It was challenging for me, but I am always willing to accept the challenges and pressures and adjust my mentality to meet every challenge. Through liaising with different parties with diverse cultural backgrounds, the experience has broadened my insights on how to perform my roles in the working environment. After the internship, my understanding to different target groups in Hong Kong has been enhanced. These valuable experiences have also enhanced my generic competencies to pursue my future career.

CHEUNG Wing Yee
Department of Social Work

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SW363

2nd Prize

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雖然疫情持續，但我仍得到這次寶貴的實習經驗。是次實習學校安排了資深導演及編劇黃偉傑來指導我們寫劇本，令我擁有一份屬於自己的作品。同組組員互相溝通、學習和進步。通過實踐，令我了解自己所長，在畢業前作更多嘗試。這工作經驗亦讓我更了解自己未來想往電影製作的工作發展。



WONG Pui Yan

Department of Journalism and Communication

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JOUR403