



香港樹仁大學
HONG KONG SHUE YAN UNIVERSITY



Hong Kong
Young Chief Officers' Association
香港青年總裁協會



HKYCOA Outstanding Internship Performance Award 2021/22

First Prize Student Reflection





First Prize

ACCT 471

I am glad to have a chance to join the school-held internship program. Not only did it bring a remarkable experience in my life, but it also offered me an opportunity to get used to the workplace environment before graduation. I met some caring mentors and friendly colleagues in the company I worked for. They answered my questions patiently and clearly explained my assigned tasks.



Significantly, I have acquired different skills and broadened my horizon from the internship. For example, I have further developed my interpersonal skills, which is understanding that being patient is the key when communicating with others. Moreover, I have also developed a new skill - time management - an essential skill required in the accounting industry and everywhere else. Individuals should arrange their schedules and efficiently use all the resources to complete all the assigned tasks. Apart from that, I have confirmed my future career path, which is to stay in the accounting industry after this unique internship experience. Although the accounting industry may always be in the struggle against the current rapid technological advancement, I will try my best to overcome it in the prospective future.

LAI Bo Sam
Department of Accounting



First Prize

During the internship, I joined the Good Goods Challenge 2021, organised by HKCSS and SAP. In the second stage of the project, the FAIRTASTE representative and I finalised the storyboard and then managed and finished the video taking and editing together. In the second stage, I helped to plan and operate the live broadcast on Facebook.

It was a worthwhile internship project that allowed us to externalise our creative ideas with clear instructions and help from marketing experts. The professionals commented on our work, enabling the teams to ameliorate the weak spots. Moreover, the participants can try something that we have never learnt before, such as doing a live broadcast.

Besides, I participated in a series of marketing activities. Unlike assignments and theories acquired from school, I learnt more from work about the whole process of marketing activities, the limitations of principles and theories in real-life settings, and how to organise the events and cooperate with different parties, which were only rendered by learning from practical experience.

I should thank my friendly partners and supervisors from FAIRTASTE and HKCSS for making this internship experience nice and comfortable. Participants got an opportunity to express their creative ideas while receiving help and guidance. On top of it, I am very grateful to my supervisor, who gave me immense encouragement and acknowledgement back then.

CHAN Lok Yee

Department of Business Administration



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First Prize

CHIN
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我一直有意投身教育界，而這次實習的機會實屬難得。是次實習讓我獲益良多，能夠深入體會到老師的工作，感受他們春風化雨之心。雖然實習期間因疫情關係，大部份時間在家工作，但督導老師亦沒有鬆懈，除了樂意與我分享教學之道，亦願意給予機會，讓我嘗試教導非華語學生及整理教材等。從教案至互動教學方式，他都一一教授。同時，他亦與我分享爲人之道，鼓勵我要不斷自我增值。

整個實習過程中，亦讓我感受到督導老師的用心。他時刻爲學生著想，故此教學方式至今仍影響着我。是次實習是個難能可貴的經驗，既充實，亦令我獲益匪淺，至今仍然記憶猶新。

對於能夠獲得香港青年總裁協會頒發的獎項，我深感榮幸。由衷感謝實習導師周博士以及實習學校在實習期間的對我的照顧和幫助，謝謝！

方兒
中國語文學系

First Prize

COUN 461-2

我欲於未來投身社福界，故選擇到一間社福機構進行實習工作。

在短短的七個月裏，我遇到了一群用心服務市民的社會工作者，看到他們用心地與個案聯繫，使我獲益匪淺。

通過實習，我不僅可以學習到課堂以外的知識，實習還可以讓我反思和重溫我在課堂上學到的東西。實習與一般全職和兼職工作不同，實習不僅會有督導提供工作培訓，我還需要撰寫個案報告、個人反思和實習報告，讓我通過自我反思，獲得比平時更多的經驗和體會。

實習讓我學會了溝通技巧，並在職場上照顧自己，這對我將來的工作很有幫助。

最後，我很榮幸獲得由香港青年總裁協會頒發之獎學金，這對我來說是一個很大的鼓勵，謹此致以衷心謝意。同時，我也要感謝香港樹仁大學在過去四年來對我的培育，感謝社會福利機構的督導和學校的老師們在實習期間給予我的照顧。



關好鈞
輔導及心理學系



First Prize

ECON 460



Thanks for the support to my internship from HKYCOA and HKSYU. In my opinion, not only will a meaningful internship experience greatly enhance the subject knowledge that students acquire from the university, but it will also improve their work competency. As a student who studies economics and finance, it is time to combine theory and practice in my workplace.

Employees with an efficient working attitude and prudent decision-making of management are two keys for enterprises to thrive in the long term. Based on my understanding of the company, I found that CW CPA's executives are forward-thinking. Decision-making frameworks of management are not necessarily built up from an MBA programme; on the contrary, they may also be inspired by experiences. For those who want to start up a business in the future, it is worth learning from the managers in this company.

Internships are the most direct way for students to experience the pace of their future work. It was an honour to meet these colleagues at CW CPA. As an employee, active learning is very important. The company director recognised my work attitude and efficiency very much, and I am pleased to receive a recommendation letter from my manager.

Having completed this internship, I am aspired to improve my skills in the future and choose a job that suits me according to my strengths. What I learned from my work in the company's secretarial department and audit department will definitely facilitate my career development in the future.

DAI Jiahui

Department of Economics and Finance



First Prize

ENG 285

I was placed as a coordinator assistant in a translation company for my internship. During the internship, I needed to apply the knowledge and skills that I had learned at the university to the administration of the tasks. Also, through the translation process, I managed to use different tools to increase the efficiency and effectiveness of the translation. Practice makes perfect. As I kept applying different knowledge, skills, and tools during the internship, I was able to use



them not only in the workplace but also in daily life. I encountered quite a lot of difficulties during the internship, and when I could not cope with them, I could ask and discuss with my colleagues and other students to unearth the best solution. Thanks to the internship, I have improved my translation skills, writing skills, and communication skills. I believe they can help me better to prepare for my future career.

LAM Hei Tung

Department of English Language and Literature



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HIST
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感謝香港樹仁大學歷史學系的提名、工作實習辦公室的安排及香港青年總裁協會頒發的「優異實習表現獎」，肯定我的實習表現和付出。

在非牟利保育團體實習的經歷滿足了我對非牟利保育機構工作的願望。同時，我的溝通、協作及解難能力亦藉此提升。此外，感謝實習機構同事的協助和指導，讓我在實習期間獲得了不同的工作。通過實習和後續反思，令我更認識自己，這有助我規劃未來的職業生涯。

黎鎧霖
歷史學系

First Prize

JOUR 403

A great internship experience implies the chances of letting you apply the skills that could get you closer to your future jobs or our society. Fortunately, all of the above were able to be accomplished in my 2-month internship at the Equal Opportunities Commission (EOC), a public organization striving for more diversity and inclusiveness in HKSAR.

Working as a communication intern at EOC was hectic, but it was also unforgettable for me. My daily task was to draft articles to promote the rights that every disabled community and breastfeeding mother should be able to enjoy. Such composition work greatly sharpened my writing skills. Knowing my words may raise the public's awareness of the special communities kept me motivated and made me feel that this experience is always rewarding. Due to my diligence at work, I was honoured to be praised by my supervisors, as well as given invaluable acknowledgements of my capability and some directions for my future career.

I would like to express my gratitude to HKYCOA for this scholarship and to those who have helped me during my internship. Being an intern is wonderful, as it can challenge you to reach or drive past your limits while helping you to find your true passion. I will never regret a second I worked for the EOC in Summer 2021.



CHAN Tsun Ho

Department of Journalism and Communication

First Prize

LAW 323



First, I would like to express my deepest gratitude to HKYCOA and the Law and Business Department for seeing me worthy of this award.

My internship has been a good learning experience for me. Interning in the law field was a different experience from what I initially expected it to be. An individual must possess not only expert knowledge on law subjects but also good communication and social skills.

Throughout the 1-month internship period, I had the opportunity to learn different skills needed to work in the law field. My internship mentor was extremely patient while teaching me the court procedures. Among the multifarious training in the law firm, the most memorable part must be that my mentor also took interns to different courts, such as High Court and Magistrate Courts. It is because we could observe how my internship mentor and the other barristers presented their legal arguments.

With the guidance and kindness of my mentor, I was able to learn a lot during my internship period. It was such an irreplaceable life learning experience that I savoured a lot! I would recommend every university student apply for an internship to have a glimpse of the career field.

RAI Sumi

Department of Law and Business



First Prize

首先，感謝香港青年總裁協會頒發「優異實習表現獎」。在校期間，相信很多同學也會對未來的就業路向感到困惑和擔憂，三個月的實習時間雖然短，但我對行業前景和職場生活有了更深的了解。

作為實習生，主動學習的態度比自己的能力更重要。雖然實習期間要面對自己從沒接觸過甚至與心理學沒有直接關係的工作，但是這些機會使我體會到與人溝通、合作甚至主動提問的重要性。實習機構給我充分的機會參與不同類型的工作。面對新的工作環境，除了學習課堂外的知識，還能訓練我的抗壓能力，增強自信心。



陳頌雯
心理學系



First Prize

SOC490

I had the pleasure of being placed as an intern at YWCA for two months. During my internship, I have conscientiously strengthened my competencies such as decision-making process, teamwork spirit, communication and collaboration skills. I still remember I was very nervous on the first day of my internship. Fortunately, my colleagues in the centre were very kind and willing to teach me many valuable skills. What I learned most from my internship was the importance of being 'active'. We should take the initiative to learn new things: Whenever we have finished our tasks, we should ask other colleagues if they need help to improve the entire department's work efficiency. I strongly suggest everyone participate in different internship types because each internship may reward us with something different.

LOU Pui Tung
Department of Sociology

三次實習的經驗非常寶貴。感謝香港樹仁大學給我實習的機會。從一開始懵懵懂懂，到即將畢業，我想到了一句諺語——「劍刃來自磨礪，梅花的芬芳來自苦寒」。回想當初實習的時候，我帶著戰戰兢兢的心情，沒有任何經驗，便要面見個案、開辦小組、與人合作舉辦大型活動等等。每天晚上埋頭苦幹在作業裏。中途又遇上疫情、停課、學習招生、設計和剪片等挑戰。如果你問我怎樣才達到實習的目的，我的答案是主動、謙遜和感激。作為職場新人，我認為謙虛而積極地提問很重要。適當的提問有助定立清晰的方向，減少出錯的機會。在此過程中，感恩能遇上好同事、老師、實習組織和實習夥伴。我也要感謝自己付出，克服重重困難和挑戰，變得更好。



施海琪
社會工作學系



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First Prize

在實習期間，我獲得了寶貴的經驗，為成為一名社會工作者做好準備。實習過程中難免會遇到挫折，但通過實習督導老師的鼓勵和指導，我可以從錯誤中吸取教訓，了解和反思自己的不足，更好地為服務用戶提供服務。

此外，實習讓我更了解自己。作為社會工作者，我們也需要了解自己，把自己照顧好，才能有足夠的力量為服務使用者提供高品質的服務。

陳儀
社會工作學系

SW363