

樹仁  
簡訊

# SHUE YAN



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# A project supporting parents to develop children's empathy and compassion

**Project funded by Research Grant Council:** Enhancing Parents' Competency to Support the Social and Emotional Needs of Young Children Through a Parent-Based Empathy and Compassion Intervention

**Principal Investigator:** Dr. SIU Yat-fan (Assistant Professor, Department of Counselling & Psychology)

**Funding period:** 30 months

**Amount awarded:** HK\$1,059,439

Dr. SIU Yat-fan said the mental health of young children in Hong Kong is worsening. According to the data from the Hospital Authority, the number of children seeking treatment for mental problems has been increasing for 5% annually over the past few years. One in seven primary school student shows signs of depression and one in three is at risk of committing suicide (Ng, 2017; Yau, 2017). A recent survey administered by the HK Federation of Youth Groups found that 43% of primary and secondary teachers are lacking time and expertise to manage their students' emotional need (Ng, 2018). This reflects that parents also play an important role in emotional education. Parent-child interaction and relationship are significantly related to children's social and emotional development and their well-being. Nevertheless, many parents do not understand their children's social and emotional needs. Their lack of patience, empathy and compassion to their children has intensified the problems. Since research has demonstrated that aged 3 to 6 is a golden period for the social and emotional learning of children, earlier preventive parent-based intervention that can benefit the social and emotional needs of young children is critical.

In recent years, social and emotional learning of children is a topic that have drawn the attention of local researchers and practitioners. Nevertheless, evidence-based intervention programme that links supportive parenting practice with the social and emotional needs of kindergarteners is lacking. This project will develop and validate a parent-based empathy and compassion intervention programme to empower parents to support the social and emotional needs of their children (aged 4 to 6). The proposed parent-based intervention will include four 2-hr bi-weekly psychoeducational sessions for parents. These sessions will raise parents' awareness of their children and their own social and emotional needs; and enhance parents' empathy and compassion to support the social and emotional needs of their children. Besides, there will be 2 monthly 20-min individual parent review sessions to discuss their practice of learned skills and to further build their competence. A mobile app will be developed and weekly take-home practice on empathy and compassion will be given thru the mobile app to reinforce parents' learning and to keep track of their learning progress. The mobile app will also serve as a platform for the research team to communicate with the participating parents to sustain their learning by sharing effective strategies to address their children's social and emotional needs.

According to Dr. SIU, this study will have four phases. The 1st phase (10months) will involve designing and developing the curriculum and materials for the parent-based empathy and compassion intervention programme to target the social and emotional needs of their children.

In the 2nd phase (6months), a pilot study will be conducted to try out the interventional materials and to test the implementation fidelity. Forty Chinese parents and their children aged 4 to 6 years will be recruited from local kindergartens for this pilot study. The interventional curriculum and materials will be evaluated and modified following feedback and reviews from the parents.

## Use neurophysiological technology to measure effectiveness

In the 3rd phase (10months), 100 Chinese parent-child dyads will be recruited from local kindergartens and randomly assigned to either the experimental group or a wait-list control group. Self-reported questionnaires, neurophysiological measures and two 15-min observations of parent-child interaction will be used to evaluate the effectiveness of empathy-based and compassion-based parenting practice. Furthermore, semi-structured interviews with parents will also be conducted to obtain their feedback after the 8-wk intervention.

The final phase (4 months) will involve data analysis and dissemination of findings. We posit that parents will build a better understanding of the social and emotional needs of their children and themselves after the intervention. In addition, parents will show higher levels of empathy and compassion for their children and as well as for themselves, improving parent-child relationship and supporting their children's psychological well-being.

The proposed study will enrich our theoretical understanding of the important role of empathy and compassion in building supportive parenting practice targeting the social and emotional needs of young children. In practical terms, it will develop and validate the effectiveness of parent-based empathy and compassion intervention as an early

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# 研究計劃：支援家長促進子女發展同理心和慈悲心

**研究資助局資助項目：發展一項以家長為中心的同理心和憐憫的介入方式，藉以增強家長支援幼童社交和情緒需要的能力**

**首席研究員：蕭一凡博士（輔導及心理學系助理教授）**

**項目年期：30個月**

**資助額：\$1,059,439**

香港青年協會 2018 年一項問卷調查發現，43% 的中小學教師欠缺時間或專門知識處理學生的情緒問題。調查結果突顯家長在子女情緒教育中的重要性。由於研究已經證實，兒童在 3 至 6 歲期間是社交和情感學習的黃金時期，因此，及早為父母提供訓練，以介入兒童在社交和情感方面的學習和需求，便非常重要。

輔導及心理學系助理教授蕭一凡博士針對這一課題進行的研究項目——「發展一項以家長為中心的同理心和慈悲心的介入方式藉以增強家長支援幼童社交和情緒需要的能力」，最近獲研究資助局的「教員發展計劃」撥出 1,059,439 元，資助其開展研究。

簡單來說，所謂同理心（empathy），是指從對方的立場出發，設身處地去體會對方的感受；而慈悲心（compassion），是指關懷對方的處境，並以行動提供幫助。

蕭博士接受《樹仁簡訊》記者訪問時表示，近年，兒童的社交和情感學習，是很多本地學者和教育工作者非常關注的課題。然而，結合家長教養、幼稚園孩童社交和情感需要的循證介入計劃，卻很匱乏。

蕭博士的研究項目，是發展並驗證一個以家長為基礎的同理心和慈悲心介入計劃，支援家長協助其 4 至 6 歲的子女，學習社交技巧、促進同理心和慈悲心的發展。

此家長介入計劃，會由蕭博士領導的研究團隊，向家長提供 4 個心理教育工作坊。工作坊每兩周 1 次，每次 2 個小時，目的是提高家長對自己和子女的社交和情感需要的認識。研究團隊還會舉行兩次家長回顧，每月 1 次，討論他們的技巧運用，藉此提高實踐能力。

研究團隊每周還會向家長發出同理心和慈悲心的練習。練習會

透過電話應用程式傳送，以加強訓練，並追蹤家長的學習進度。這個電話應用程式亦會成為研究人員與家長交流的平台，讓研究人員可以與家長分享支援子女的方法和技巧。

據蕭博士表示，研究項目會分 4 個階段進行。第 1 階段（10 個月）會設計以家長為主的同理心和慈悲心介入計劃課程和實踐教材，讓家長懂得如何教導社交技巧和滿足子女的情緒需要。

第 2 階段（6 個月）會進行先導測試，以試驗介入教材以及實行方式。這階段會從本地幼稚園招募 40 位華人家長和他們 4 至 6 歲的子女，參與測試；並會蒐集家長的回饋，適當地調整介入課程的內容和教材。

## 運用腦神經生理技術測量成效

第 3 階段（10 個月）將招募 100 個親子組合，並隨機分配到實驗小組或等候對照組。實驗會採用自陳式問卷、腦神經和生理測量，以及兩個 15 分鐘的親子互動觀察，藉以評估以同理心和慈悲心為基礎的育兒實踐的效果。此外，在介入 8 周後，研究團隊將會與家長進行半結構性訪談，以蒐集更多意見。

最後階段（4 個月）會進行數據分析，以及發布研究結果。研究團隊假設在介入實驗之後，家長會更認識和理解他們自身及子女的社交和情感需要。此外，家長也會對子女以及自身，表現出更多同理心和慈悲心，從而改善親子關係，並更有效支援子女的心理發展。

蕭博士說：「今次研究，對於如何利用同理心和慈悲心來建立有效的育兒方式，以支援子女的社交和情感需要，有着重要的理論和知識意義。就實用性來說，此項研究亦能驗證，以家長的同理心和慈悲心為主的預早介入方式，在促進父母和子女的感情發展和心理健康上的有效性。」



Dr. Siu Yat-fan 蕭一凡博士。



# The Visiting Scholar Scheme – The Platform for Evidence-Based Practice Knowledge Exchange

The Centre of Interdisciplinary Research in Evidence-Based Practice (CEBP) has endeavored to facilitate intellectual exchanges and sustainable research collaborations among faculty members, researchers and frontline practitioners since its establishment in 2017. To further inspire high quality research in the field of evidence-based practice (EBP) within Shue Yan community, CEBP has launched a visiting scholar scheme to invite overseas EBP experts to deliver a series of research support activities. Three distinguished scholars with different expertise were invited to conduct research trainings and provide advice on research strategic planning and proposal development to faculty members, which have significantly contributed to the development EBP research expertise and skills of both academics and students in the University.

## Professor Catherine Tang – Evidence-based Psychology and Counselling

The Centre invited Professor Catherine Tang, the Professor in the Department of Psychology, Faculty of Arts and Social Science at the National University of Singapore (NUS) as the first visiting scholar from December 2018 to January 2019. Prof. Tang is a clinical psychologist with substantial experiences in adopting evidence-based approach to her professions. She was the Deputy Director of the Center for Family and Population Research and Co-chair of the Institutional Review Board at NUS. She was also the past Chairperson of the Singapore Register of Psychologists and the past Chairperson of Division of Clinical Psychology and a Fellow of the Hong Kong Psychological Society.

During Prof. Tang's visit, four EBP training workshops were conducted to introduce the conceptual framework of EBP and the techniques of translating research evidence into practice. Prof. Tang also shared her views on forming research cluster for interdisciplinary research in EBP at the University and skills to publish in prestige and reputable journals. Moreover, Prof. Tang delivered three lectures to share her invaluable knowledge and expertise in the area of clinical psychology. Presentation topics covered how to treat adolescents with internet-related addictions and individuals with mild post-traumatic distress symptoms. The events attracted industry practitioners from various disciplines to attend, including clinical psychologists, counsellors, social workers and occupational therapists. All these events were very well-received which provided an interactive platform for academics, researchers and industry practitioners to engage in dialogue.

To further facilitate the learning of EBP concepts and explore the potential research initiatives, Prof. Tang hosted several consultative meetings with Department of Social Work, Business Administration, Sociology, Journalism and Communication, and Economics and Finance. Specifically, Prof. Tang shared her clinical experiences with the postgraduate clinical supervisors from Department of Counselling and Psychology to foster their professional development. Prof. Tang also participated in the poster presentation session presented by master students studying counselling psychology and provided advice on the skills of designing and implementing research in EBP.

Prof. Tang's visit has offered opportunities to academics both within and outside Shue Yan to gain insight, skills and knowledge in conducting interdisciplinary research on evidence-based practice. A collaborative network among Shue Yan community and professional practitioners has also been established which is essential to the joint development and implementation of EBP projects. For example, the Centre established connection with Dr. Candice Ling, Clinical Psychologist from New Life Psychiatric Rehabilitation Association (NLPRA) during the EBP training workshops for exploring the possibility of setting up EBP training programmes for their staff. It is envisioned that the prevalence of adopting evidence-based practice among different industries in Hong Kong will increase gradually, and will become a key contribution of social improvement especially in the areas of health care policies, education systems, and economic development in the long run.

## Professor Bart Rienties – Evidence-based Learning Analytics

How to track learners' performance, motivate their learning and create suitable learning environment are the questions raised among most researchers and educators all along. Learning analytics provides the measurement, collection, analysis and reporting of data of the learning context. It aims to optimize teaching strategy and learning experience. With the latest technology in education, learning analytics could interpret and optimize the learning and the environment, which becomes an important educational element for curriculum, teaching and learning.

The Centre invited Professor Bart Rienties, the Professor of Learning Analytics at the Institute of Educational Technology of the Open University UK, as the second visiting scholar from May to June this year. Prof. Rienties is an educational psychologist who focuses on learning analytics, computer-supported collaborative learning, and the role of motivation in learning. Apart from engaging practical and collaborative learning environments, his multi-disciplinary researches also studied internationalization in higher education.

During his two-month residency, Prof. Rienties provided a series of EBP workshops to our University's research novice, experienced teachers and researchers, started with conceptual framework of EBP and ended with more in-depth interdisciplinary research in EBP. His expertise in learning analysis, learning design, learning motivation and cultural difference in learning strategies were also presented in other series of lectures and workshops which included the practices at Open University UK as case studies. All these lectures and workshops were rich of interactions and personal experience sharing to engage audience learning. A research novice commented Prof. Rienties's lecture was fun and useful which provided good picture of EBP and learning analytics for her future studies.

Apart from lectures and workshops, Prof. Rienties also provided staff consultations with various teachers and staff from different departments in our University, including our Assistant Academic Vice President, Dr. Claire Wilson and the head of Department of Journalism and Communication, Prof. Leung Tin-Wai, and his colleagues. These meetings set a milestone for the future advanced development for learning analytics and learning design with technology at the University.

The Centre also connected Prof. Rienties to community out of our University. When Prof. Hiroaki Ogata, the Professor at the Academic Center for Computing and Media Studies and the Graduate School of Informatics from Kyoto University, visited Hong Kong for "2019 Symposium on Learning Analytics in Asia", he was invited to join Prof. Rienties's lecture and had a meeting afterward. Dr. Alex Chan from the Department of Counselling and Psychology of our University also had an appointment with Prof. Rienties with his student from the University of Hong Kong. Prof. Rienties was hence invited by Dr. Chan to be the keynote speaker at "Hong Kong Association for Educational Communications and Technology International Conference 2020" in June 2020, which aims to contribute in the current and future development of learning design in Hong Kong.

## Professor Mark Learmonth - Evidence-based Management and Leadership

The third visiting scholar, Prof. Mark Learmonth, visited the University from late September to early October this year. He is a professor of Organization Studies at Durham University in United Kingdom, having previously worked at the Universities of Nottingham and York. Before academia, he was a health care administrator in the United Kingdom's National Health Service. He has conducted extensive qualitative research, all of which has been concerned, broadly speaking, with investigating the personal consequences of work. He has also written theoretically, combining almost two decades of experience in administrative posts, about topics including evidence-based management and leadership. With Centre's objective of

advocating interdisciplinary research in EBP, Prof. Learmonth's visit could enhance the knowledge of EBP of the members in our Faculty of Commerce and broaden the research content with respect to his expertise in corporate leadership and skills in qualitative research to other faculties' members.

In the first lecture by Prof. Learmonth, he opened the conversation on EBP with the differences, benefits and limitations of social scientific 'evidence' compared with medical healthcare 'evidence'. Discussion was carried out between Prof. Learmonth and Dr. Kelly Peng, the Associate Professor in the Department of Business Administration, regarding the reliability and credibility of evidence-based management in practical aspect. In another lecture, Prof. Learmonth argued, with supplements of his recent co-authored book, that rather than suggesting greater benevolence, leadership was more likely to be camouflage for corporate interests. The participants responded actively with exchanging their views about the eligibility of being leaders. Prof. Learmonth also discussed issues regarding mission and vision to a leader in an organization with Dr. Margaret Wong, the Head of the Department of Social Work. In the last lecture, Prof. Learmonth shared his own approaches to qualitative research over the course of his career. Afterwards, he met one of the participants, who was an undergraduate student of our University and provided him some insights on research methods.

The Centre also arranged our University's teachers, researchers and other staff to meet Prof. Learmonth individually during his residency. Our teachers from the Department of Business Administration and the Department of Social Work made appointment with Prof. Learmonth in discussion with their researches. In view of the plentiful teaching and research experience on evidence-based management and leadership

from Prof. Learmonth, the Centre believes more EBP research experts can be developed by collaboration with professions.

Throughout all the lectures, workshops and consultations with the three visiting scholars from different disciplines, the Centre assisted the University to create a stronger EBP research atmosphere. It results the delivery of high-quality and/or large-scale interdisciplinary research projects in EBP with engagement to boarder network to benefit the University and the society.

All the lectures and workshops by Prof. Catherine Tang, Prof. Bart Rienties and Prof. Mark Learmonth are uploaded to YouTube. Details please visit <https://ids.hksyu.edu/cebp/media-library>.



Professor Catherine Tang

## 圖書館新增多個實用電子資料庫

香港樹仁大學圖書館近期新增 7 個電子資料庫，供同學學習和研究之用。其中 Statista 提供超過 50,000 項調查研究的結果，觸及社交媒體、品牌市場佔有率和政治等。而在瀚堂近代報刊數據庫中，同學可以閱覽包括對五四新文化運動起重要作用的《新青年》等多種知名刊物。

圖書館館長李偉倫對《樹仁簡訊》記者表示，新增的 7 個電子資料庫中，以 Statista (plus Global Consumer Survey)、瀚堂近代報刊數據庫、Nexis Uni、Psychotherapy.net 和人民日報圖文數據庫 (1946-2019)，特別值得一提。

Statista (plus Global Consumer Survey) 提供大量統計資料和數據，在電子資料庫中比較少見。同學在 Statista 中，可以查找社交媒體、網上欺凌、電子商貿、智能電話、電影業和政治等數據。數據大部分經由該資料庫整合，部分數據可以 PDF 和 PPT 等檔案格式免費下載。此外，資料庫中也有 infographics 可供查閱，內容甚至涉及近期的熱門話題 Brexit。

瀚堂近代報刊數據庫由北京時代瀚堂科技有限公司建立，數據庫囊括清末至民國報刊共 300 多種，包括上海《申報》、《新青年》、香港的《遐邇真珍》、上海《民國日報》、天津《益世報》和《大公報》、重慶《新華日報》等，資料庫展示了報刊原本版面影像。

Nexis Uni 由美國 LexisNexis 建立，提供的新聞、商業和法律資料超過 15,000 項。如同學需要搜尋美國聯邦最高法院的判決書，年份最早可追溯至 1790 年。同學登入樹仁 Nexis Uni 的頁面後，可用關鍵詞在「All Nexis Uni」中搜尋所需資料；也可選擇相關主題，以收窄搜尋範圍。

Psychotherapy.net (Full Collection) 擁有大量心理治療和輔導短片，供同學查閱，而且會在訂閱期內不斷增加新片。

同學在人民日報圖文數據庫 (1946-2019) 可瀏覽即日出版的《人民日報》內容，也可查閱 1946 年 5 月 15 日創刊號及其後每一期的內容。

李偉倫表示，圖書館至今訂閱的電子資料庫已達 130 項，可說

是頗為豐富。圖書館在訂閱電子資料庫前，會先聽取各學系老師的意見，也會參考其他大學圖書館的情況。在擬訂目標資料庫後，圖書館會聯絡供應商或代理商安排試用，試用期一般為 1 個月，藉此收集老師和同學的回饋，及以由圖書館職員評估資料庫，然後才作出最後決定。

李偉倫又說，在各電子資料庫中，以 WiseSearch 和 EBSCO Academic Search Ultimate 的使用率最高。

李館長希望同學多使用電子資料庫，以增進知識和拓闊眼界，並把學習和研究做好。

### 圖書館近期新增的新電子資料庫

瀚堂近代報刊數據庫

人民日報圖文數據庫 (1946-2019)

AP Stylebook Online

Nexis Uni

Psychotherapy.net (Full Collection)

Statista (plus Global Consumer Survey)

Gale Reference Complete:

- Business Insights: Global Help Guide
- Gale Academic OneFile
- Gale General OneFile
- Gale In Context: Global Issues
- Gale In Context: Environmental Studies
- Gale Literary Sources
- Gale OneFile: News
- Gale In Context: Opposing Viewpoints
- Gale Business: Entrepreneurship



## 新傳系2011年畢業生簡麗殷圓夢執業律師



簡麗殷。

2019年9月28日，香港樹仁大學新聞與傳播學系2011年畢業生簡麗殷 Jessie，獲香港高等法院認許事務律師。簡麗殷執守着堅持和努力的信念，圓了自己的律師夢。她接下來的目標，是要利用自己的法律知識，為殘疾人士和動物爭取權益。

簡麗殷接受《樹仁簡訊》訪問時表示，她當年高級程度會考成績並不突出，5科全考獲D級，但想繼續升學，於是報讀樹仁的新聞傳播課程。2011年畢業後，在一家企業從事公關工作。兩年後，Jessie 有意進修，提升個人學識和競爭力。她想起在新傳系三年級的時候，修讀 Mass Communication Law 期間法律知識帶給她的知性喜悅，因而進修法律便成為她其中一項選擇。

在選擇取捨之間，一直關注殘疾人士和動物權益的她，漸漸向法學博士 (Juris Doctor) 課程傾斜，因為她相信，掌握法律知識後，可以在殘疾人士和動物維權方面做得更好。

Jessie 最後她選擇了香港城市大學的法學博士課程。這是一個兩年全日制課程。由於 Jessie 在工作期間儲蓄了一些錢，因而能應付全職上學的開支。

入學初期，她還沒有決定是否走執業的路，因為要應付排山倒海的英語閱讀資料和授課內容，已迫得她透不過氣來。

「在樹仁4年，因為學科本身的性質，英語不是主要的授課和學習語言。現在轉為全英語授課，教科書、案例、論文等也全都是英語，加上身邊的同學大部分是本地資助大學或英國大學的畢業生，英語能力比自己好，所以在學習上感到很大的壓力。」Jessie 說。

雖然學習上遇到英語障礙，但 Jessie 相信，通過個人的努力和堅持，可以克服困難。於是，除了看教科書和參考資料外，她決定把英語納入她的日常生活：每天抽一個小時聽香港電台的英語節目；堅持每晚看明珠台的英文新聞報道，一邊聽主播的朗讀，一邊看英文字幕；每天堅持看最少半個小時的英文《南華早報》。這樣一個月下來，Jessie 感到在聽方面有明顯的進步。再堅持一個月，看教科書、論文和案例等，已感到輕鬆得多。這時，她覺得自己英語的聽和看能力，與其他同學沒有分別。

Jessie 讀下去，越來越對法律感到興趣，於是思考是否要走上執業的路。最後，她為自己給了「肯定」的答案。下一步便是報讀香港城市大學的法學專業證書 (Postgraduate Certificate in Laws，簡稱 PCLL)。

2016年9月，Jessie 成功入讀香港城市大學的 PCLL 課程。2017年年中畢業後，到律師行實習2年。今年9月28日，Jessie 獲高等法院認許事務律師。她的家人、未婚夫、律師朋友、律師行同事、城大同學和樹仁老師等，出席了認許儀式。

Jessie 目前在律師行工作，但她沒有忘記自己定下的另一個目標，就是要為殘疾人士和動物爭取權益。她認為，殘疾人士目前面對的最大困難是就業問題，其次是共融問題。她接觸過不少殘疾人士，當中部分擁有大專以上學歷，但要找工作很困難，不是面試後杳無音訊，就是工資偏低。她希望可以利用她的法律知識，從法律入手，例如修改法律，為他們爭取權益，給予他們享有更多平等機會。同樣地，Jessie 認為政府應進一步修改過時的動物法例，更好地保障動物權益。

「我也希望將來透過參與當值律師計劃和其他免費法律諮詢服務，幫助低收入的市民。這也是我當初決定修讀法律和執業的原因。」Jessie 說。

談到樹仁母校，Jessie 表示，她是充滿感激之情的。「因為當年如果不是樹仁錄取我，我不會有今天的成功。我感謝新傳系各老師的教導，以及系主任梁天偉教授當年為我報讀城大法學博士課程撰寫推薦信。」



簡麗殷獲香港高等法院認許為事務律師後，在法庭外與好友合照。



# 歷史學系同學通過工作實習 自信心得到提升

**歷**史學系在工作實習辦公室 (Industrial Attachment Office) 的支援下，在 2018-2019 年下學期開設了實習科目「HIST 380 Work Placement」，有 14 位學生成功修讀。有同學指完成實習後，膽子大了，對自己的能力更有信心。

歷史學系的李思聰同學，在三年級下學期，即 2019 年 1 月，選擇了 Work Placement 科目，最後通過香港海洋公園的面試，獲得實習機會，成功選修該科。

李思聰接受《樹仁簡訊》記者訪問時表示，她的實習期由 1 月開始，4 月結束，合共接近 110 小時。她在香港海洋公園實習期間，曾出任導賞員，在動物展館向遊客介紹動物的習性和成長過程；也曾在教育部工作，負責文字宣傳工作，以及為海洋公園員工舉辦小型環保攤位活動，設計問答戲的問題，宣傳環保信息。

「最大的收穫是人開朗了，也沒有像以往般在人前感到害羞。我一向比較膽小和有些內向，但做了導賞員後，性格比以前外向了，現在敢於在一大批人面前說話，也懂得在說話前做好思考和組織。」李思聰說。

將於明年畢業的李思聰，有志於從事教育工作。她說，經過 4 個月的工作實習，對於成為一位老師更有信心，因為她不再害怕而且懂得如何跟一大班人說話；另外，說話技巧和表達能力也得到提升。

歷史學系副系主任羅永生博士對《樹仁簡訊》表示，Work Placement 科目在今年一月開設時，有近 30 名三年級和四年級同學報讀，但由於實習職位只有 14 個，因此同學要在實習機構的面試中獲得揀選，才能成功修讀。在本學年上學期，成功修讀的同學共 16 人。

這 16 個實習職位，分別來自 7 個機構。機構和實習工作性質主要包括：大型主題公園，實習工作多涉及客戶服務和導賞；商業機構，以客戶服務工作為主；非政府機構，涉及本土文化和本地歷史的文字宣傳和研究工作，也要組織戶外活動；中學，主要為教學支援工作。

羅博士說，歷史學系與部分非政府機構和中學過去已建立了恒常的合作關係，例如會在每年暑假派同學前往實習。推出 Work Placement 科目後，這種合作關係變得更加密切和規範化。

至於該科目在未來會否大幅度地增加收生人數，羅博士表示，學系當然希望未來可以擴大收生數目，為同學提供更多實習機會；但考慮要物色更多合適機構參與，不是短時間內能夠做到的事，以及系內也要增加額外資源，才能應付增加的教學和行政工作，因此目前只能是按步就班地逐步增加修讀人數。



歷史學系副系主任羅永生博士。



李思聰在熱帶雨林徑做導賞員。她背後是大鳳冠雉。



# 同學通過立法會秘書處實習計劃 增加見識和工作體驗

**歷**史學系和英文系兩位同學，今年暑期透過「立法會秘書處實習計劃」（Internship Programme of the Legislative Council Secretariat），在立法會秘書處的檔案館和物業及保安組工作，增長了見識，也獲得不少難得的工作經驗和人生體驗。

## 在檔案館實習

歷史學系 4 年級的錢健恩，今年 5 月 27 日至 7 月 5 日在立法會秘書處實習期間，曾在議會事務部和檔案館工作，而令他最難忘的，是在檔案館的日子。

「檔案工作由鑒定（appraisal）開始。你要先決定哪些檔案具有永久保存價值，之後是分類和登記等等。我雖然沒有直接參與處理檔案的工作，但從檔案館職員的介紹和日常觀察中，也使我大開眼界。他們的工作態度一絲不苟，非常專業。」錢健恩說。

錢同學舉例說，當一份檔案被鑒定為「歷史檔案」，是指其有永久價值和應永久保存。「歷史檔案」會被貯存於特別設計的盒內，然後放置在貯存層架。貯存室必須為恒溫，如屬紙張，平均度須為攝氏 18 度，相對濕度為 30-40%。「歷史檔案」在貯存前要複製和轉置，複製即複印，而轉置即把檔案掃描並分別以 TIFF 和 PDF 格式貯存。

「我在檔案館裏雖然只處理查詢和宣傳工作，但實習期間，讓我有機會反思為何要保存檔案，也認識到一個社會要重視檔案保存工作。」

錢同學也十分懷念立法會秘書處為實習生安排的「與議員暢談」環節。他說，體育、演藝、文化及出版界議員馬逢國，上世紀七十年代曾任香港專上學生聯會會長，他在會面中曾問馬議員有關學運的問題。又例如教育界的葉建源議員，曾向他查問中學中史科和西史科的問題。「他們的見解和人生經驗，對我有不少啟發。」

## 物業管理工作

英文系 4 年級同學凌嘉淇，獲安排到議會事務部和總務部轄下的物業及保安組實習。她說，傳媒較少提及立法會的物業及保安工作，因此對這個部門，特別是物業管理工作，感到頗為新鮮。

嘉淇在實習期間了解到，基於物業管理和保安的考慮，要把立



歷史學系錢健恩同學。

法會綜合大樓內不同區域劃分保安級別，對出入的人員身分施加限制。另外，大樓露天範圍種植的植物，需要細心挑選，例如應選擇樹形並不高大和較矮的植物，以增加大樓的空間感和給人開放的感覺。

實際工作方面，嘉淇曾協助物業及保安組解決一個小難題。在立法會綜合大樓露天範圍內，有一些可移動的玻璃面藤製桌子，曾有市民因移動桌子而弄破玻璃，她的上司要求實習同學想辦法解決這一問題，但不能採用禁止移動等措辭強硬的告示。她最後提議用夾子把玻璃和桌面固定在一起，使玻璃在桌子傾側時不致鬆脫，結果獲上司接納，對此她感頗有成就感。

嘉淇表示，今次實習最大的收穫是認識到立法會秘書處的組織架構，以及職員們做事的認真態度。

學生事務處表示，「立法會秘書處實習計劃」一般在二月份接受申請，同學如有興趣參與各類實習或兼職工作，歡迎登入學生事務處就業服務網站內的就業平台 [https://apps.hksyu.edu/career/job\\_portal/](https://apps.hksyu.edu/career/job_portal/)，找尋合適自己的工作。

就業服務組定期舉辦各類提升職業技能的工作坊及嘉賓分享會，讓同學認識自我潛能，了解各行業的發展，提升同學求職擇業競爭力。此外，更可與職員預約諮詢環節、建構求職信及履歷表檢閱服務及模擬面試等，有關詳情可瀏覽就業服務網站 <https://osa.hksyu.edu/career/>。



英文系凌嘉淇同學。

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