



## Aim for As with these Parenting Ways! 高分來自好習慣

Text | Wendy Lau



### Wendy Lau

Wendy came to Hong Kong from England 21 years ago. Passionate about teaching, she is a published author with over 16 books in print. Her newly-launched informative website [www.elite-kids-hk.com](http://www.elite-kids-hk.com) provides support to help students excel.

21年前，Wendy從英國來到香港。她熱愛教學，出版過16本書。登陸[www.elite-kids-hk.com](http://www.elite-kids-hk.com)可了解有關她的最新資訊，尋求幫助孩子取得優異成績的方法。



Every year in Hong Kong, the local print media clambers to print stories about the handful of students who achieve the “golden-ticket” 10As in the public exams. Every parent fantasises about their child being one of them. In August 2011, my son, Matthew, 16 studying at Island School became one of these students. He has never attended a single tutorial class or had a private tutor.

After waiting for what seemed like an age, it was finally the day for the last set of results to be announced. Emotions were running high that morning in the Lau household.

When Matthew came in and said, blank-faced, “I’ve checked – you can check now, Mum”, I hastily logged into the results website. As my my eyes struggled to focus on the medley of numbers and letters dancing across the screen, the realisation dawned on me that he had achieved As in all 10 subjects. Temporarily dumbfounded, my shock soon turned to ardent admiration for my son and, as tears of joy and pride splashed onto my keyboard, the last 16 years of parenting flashed before me.

The news of Matthew’s outstanding achievement triggered a barrage of questions from friends and my students’ parents, hungry for me to disclose my secret recipe for success.

In a nutshell, the famous words of poet William Yeats: “Education is not filling a bucket but lighting a fire” have been the adage that has driven all of my parenting strategies. It basically means EMPOWER rather than CONTROL.

Here’s how you can apply this to give your child the best chance of succeeding when exams are round the corner.

每年，本地媒體都會爭相報導會考10A狀元，大概每個家長都幻想過自己的孩子能成為其中的一員。2011年8月11日，我就讀於港島中學的16歲兒子Matthew做到了！由小到大，他從來沒有上過一對一補習，或者請過補習老師。

那天，經過了彷彿一世紀的滿場期待，終於到了宣佈最終成績的那一天。整個早上，劉家上下都情緒高漲。唯獨Matthew面無表情，走進來跟我說：「我查過了，你可以去查了，媽媽。」我立刻登陸成績查詢網站，雙眼緊盯著螢幕上的數位與字母：兒子在10科考試中全拿到A。我一時不知道說甚麼才好，等我緩過神來，淚水已滴濕了鍵盤，當中充滿了我對兒子的驕傲和喜悅。過去16年對孩子的培育——閃現在我的面前。

Matthew取得10A的消息讓許多朋友和學生家長蜂擁而至，希望我可以披露成功教養的秘訣。或許我可以用愛爾蘭著名詩人William Yeats的一句名言概括：「教育不是注滿一桶水，而是點燃一把火」。我所有的教育策略的精髓都可以濃縮在這句格言中，它的基本涵義是：鼓勵，而非控制。

當你的孩子面臨考試時，你可以這樣應用以下的策略，幫助孩子取得最佳成績。



# 1 Create a revision-friendly streamlined workspace 創造一個利於複習的學習環境

A well-organised work environment is conducive to productive revision. It could involve small changes or a complete change around of your child's room/your home. Putting in effort now will pay dividends later.

- ★ Work with your child, empowering him or her to design the area.
- ★ If necessary visit places like Ikea for inspiration.
- ★ Gently suggest removing physical clutter and non-essential items from the assigned revision area (an uncluttered workspace = an uncluttered mind).
- ★ Ensure there is adequate light.
- ★ Set up a storage system for folders with colour codes and labels.
- ★ Buy a clock timer (or download one online) – useful for past papers and keeping to revision schedule.

井然有序的學習環境有助提高複習的效率。這可能需要對孩子的房間/整個家進行多處裝修，甚至徹底改變。但現在付出努力，將來必有收穫。

- ★ 與你的孩子一起努力，允許孩子自己設計學習的環境。
- ★ 如有必要，參觀宜家等傢俬舖，尋找靈感。
- ★ 如果將要作改動的地方，有甚麼無用的雜物或不必要的物品，建議搬走（整潔的學習環境 = 清晰的思路）。
- ★ 確保光線充足。
- ★ 利用帶彩色符號與標籤的資料夾，建立一個文件存儲系統。
- ★ 買一個時鐘（或者下載一個電子時鐘），有利於完成past papers，跟上複習進度。

# 2 Equip your child with effective note-making and revision strategies 讓孩子學會有效的記筆記方法和複習策略

No two people work in the same way so suggest a number of methods. Let the final decision be your child's. If they feel empowered rather than controlled they will make these methods work for them.

- ★ Make mind-maps: proven to be effective they help students to create colourful and visual images which link points and ideas logically so the brain can not only process the information but retain it for use in the exams.
- ★ If your budget runs to it, invest in i-Mindmap software by Tony Buzan – You can download the trial version first.
- ★ Learn how to use mind-maps yourself and then teach your child or watch the tutorial videos together.
- ★ File the mind-maps or even laminate them and stick them up on the wall.
- ★ Use colour-coded notebooks – one for each subject
- ★ Condense and summarise information into bite-sized nuggets
- ★ Utilise revision apps for devices such as i-Phones and i-Pads.
- ★ Aim to complete past papers but even just creating a mind-map for essay questions is useful if time is short.

不同的孩子適合不同的方法，所以建議幾個不同的策略，讓孩子自己做出最後的決定。如果他們感受到有充分的選擇自由而非被控制，他們會更好地使用這些方法。

- ★ 製作思維圖：很多研究證明該方法很有用。它透過創造五顏六色的圖像，幫助學生將知識有邏輯地聯繫在一起。這樣，大腦不僅只是處理這些資訊，還會保留它們，在考試時使用。
- ★ 如果預算允許，買一套Tony Buzan設計的i-Mindmap軟件。你也可以下載試用版本。
- ★ 你自己也要學會使用思維圖，然後教孩子如何使用，或者一起觀看教學視頻。
- ★ 對思維圖進行分類整理，或者製成卡片，貼在牆上。
- ★ 使用彩色編碼的筆記簿，每一科使用一本。
- ★ 對資訊進行壓縮和總結，使之成為「小塊」的資訊。
- ★ 在i-Phone和i-Pad等電子設備上使用複習app。
- ★ 完成所有往年試卷，如果時間有限，也可以只為寫作題製作思維圖。



# 3

## Provide guidance with time-management strategies 教孩子怎樣管理時間

Many students feel so overwhelmed by the amount of material to revise that they literally feel like they are “drowning”. This leads to ineffective revision. Having a plan will empower them and allow them (not you) to gain control.

- ★ Work together to make one master checklist of all the subjects and units within the textbooks.
- ★ Encourage your child to tick the boxes and monitor progress on a daily basis.
- ★ Prioritise revision areas (e.g. the most challenging subjects).
- ★ Create a timetable. Focus on 1-2 subjects per day.
- ★ Assign the same colour codes to the files for colour codes on the timetable.
- ★ Plan short revision periods allowing for breaks. Use the timer.

面對大量的複習資料，許多學生都會覺得難以應付，以至於覺得真是陷入「題海」。這會導致複習效率降低。製定計劃可以使他們（而非你）感覺一切仍盡在掌握之中。

- ★ 與孩子一起，對所有科目和課本上的所有單元製作要點目錄。
- ★ 鼓勵孩子每天核對進度，控制複習節奏。
- ★ 區分複習方面的輕重緩急（例如，優先複習最有挑戰性的科目）。
- ★ 做一個時間表。每天集中1至2科。
- ★ 根據時間表上的顏色編碼，在歸類文檔中利用同樣的顏色。
- ★ 複習階段不要太長，留出休息時間。好好利用你的時鐘。



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# 4

## Provide encouragement without overstepping the line 鼓勵孩子 但不要變成壓力

Just like all human beings, teenagers need a nudge sometimes but there is a fine line between encouragement and pressure. Pressure can create stress which can hinder revision and have the opposite to the desired effect.

- ★ Use positive language. Rather than “You should be revising more!” or “Why aren’t you revising?” use dialogues such as “What is your plan for today?”. “Which two subjects are you focussing on today?” “Are you allowing time for rest?”
- ★ Offer your help but step back if it is declined. Just let your child know that you are there for them.

與所有人類一樣，青少年需要督促，但要區別鼓勵與壓力。壓力會使孩子緊張，這會阻礙複習，起到事與願違的作用。

- ★ 使用積極的語氣。不要說「你應該多複習一些！」或者「你怎麼沒在複習？」使用這樣的話，例如「你今天的計劃是甚麼？」「你今天重點複習哪兩科？」「留出休息時間了嗎？」
- ★ 主動提供幫助，但如果孩子說不需要，不要強求。只需要讓孩子知道你時刻關心鼓勵他們。

# 5

## Do not ban other activities – strive for balance instead 不要禁止其它活動 要力求平衡

It’s all too easy to expect your child to focus exclusively on revision, giving up all leisure and non-studying activities but this is counter-productive. Bans and restrictions will result in your child channeling energy into rebellion rather than revision. Also, when we enjoy ourselves, our brains secrete positive hormones and this can benefit study periods later.

- ★ Actively encourage your child to keep up physical activities or hobbies. (For my son it was bass guitar playing)
- ★ Suggest breaking up study periods with short bursts of these activities.
- ★ Do not ban social networking like Facebook. Instead, empower your child to use it effectively by forming on-line study groups. Keep Facebook open at certain times for these groups to pose questions and share thoughts – like a study group but using social network platforms.

希望孩子只關注複習，放棄一切休閒和非學習的活動？說起來輕巧，隨時起反作用。這種禁令與限制只會導致孩子反抗，而非安心複習。我們在放鬆的時候，大腦會釋放出積極的荷爾蒙，這有益於我們之後的學習過程。

- ★ 主動鼓勵孩子參加體育活動或興趣愛好。（我的孩子彈低音吉他）
- ★ 在學習過程中，穿插這些活動。
- ★ 不要禁止孩子的社交網路，例如Facebook。相反，允許孩子有效地利用網路複習，例如建立線上學習小組。允許他們時常使用Facebook，以便在學習小組提出問題、分享經驗，就像一個利用網路平台的學習小組。👉