

# 家长通讯 Newsletter

Issue 2 | School Year 2020- 2021



**Welcome / 开篇语**

**Academics / 教务工作**

**Student Affairs / 学生事务**

**CAS / 升学指导**

**Counseling / 成长辅导**

Paving the road today to build confidence for tomorrow that opens the journey of discovery.  
铺垫今日之基石，以构筑明朝之信心，方可开启未来的发现之旅。

Here we are in October!

For some students, another round of examinations is just around the corner and for all our students it already seems that the beginning of the year was long ago in the past. We wish our students good luck in their October/ November examinations!

Grade 9 and Grade 10 are beginning to focus more closely on their careers and university choices. On September 23rd they had an introduction to applying to university in UK and what factors they will need to consider when considering their A-Level choices. The lecture was given by a Senior Outreach Officer from Oxford University. For the Grade 10 students they will move ahead with individual counselling later in the school year to help them make the best A-Level choices.

The school continues its work with Council of International Schools. The Advisory Board of ULink College together with the Steering Committee for CIS Accreditation at ULink College met recently with our school's new School Support and Evaluation Officer, Martin Kneath, a very experienced educational leader from UK, and Diana Kim, our new in-house CIS Accreditation Coordinator. Together we will be striving to further improve the school and work towards full accreditation status. Our work to improve the school involves not only our staff but also the ideas from the Board, Students, and you, our Parents. In this letter I would like to take the opportunity to invite any interested parent to be involved in committee work to help improve our school as it renews its accreditation journey.

Parents from Grades 10, or 11 are needed to join one of two committees. They will need to be able to commit to meet at school or online about once each month for about an hour from November 2020 until November 2021 and they will need to be interested in understanding the details of school operations. The work will involve several hours work each month, communicating and getting feedback to the committees from our whole parent community.

Committee A - we need one or two parents who are interested in working as part of a small team, working alongside the Principal, focusing particularly on the

亲爱的家长们，

转眼已经十月了！

对学生们来说，开学季似乎已经过去很久了。而对部分学生来说，新的考试季就在眼前了。希望我们学生在10-11月考试季都能有好的表现！

（现阶段，）G9-G10年级的学生正在开始探索他们未来的职业和大学选择。9月23日，学生们参加了一场关于英国大学申请的讲座，讲座主讲人为牛津大学的高级干事。这让他们学习到在选择A Level学科时应该考虑哪些因素。对G10年级的学生来说，他们还将在学年后期继续进行升学一对一谈话，以帮助他们做出最佳的A Level学科选择。



学校正在继续开展 CIS 国际学校联盟委员会（The Council of International Schools，下文简称为“CIS”）的认

证工作。近期，ULC的校内顾问委员会、CIS 认证指导委员会已与学校的新任支持和评估官 Mr. Martin Kneath（一名来自英国的经验丰富的教育领导者）、校内CIS认证协调员Ms. Diana Kim会面。我们将协同努力，进一步改善学校，并努力达成学校的完全授信认证。关于改善学校的工作，不仅涉及我们的员工，校董事会、学生，以及您的想法同样将被纳入其中。借着这一期《家长通讯》，我想邀请感兴趣的家长参与委员会的工作，以帮助我们的学校更迭其认证过程，从而实现不断完善。

有意愿参加的家长（仅限G10/11年级）可考虑加入以下两个委员会中的其中一个。（成为委员会一员后，）在2020年11月到2021年11月期间，家长将需要出席大约每月一次的会议（在学校或线上），每次耗时约为一个小时。此外，家长们需要有兴趣去了解学校运营的细节，从整个家长社区的角度出发，与委员会进行沟通并获得反馈，该项工作每月大约耗时几个小时。

委员会A-我们邀请1-2名家长，成为与校长协同工作的团队一员。他们将聚焦于学校的目标

school's purpose and direction. Bilingual parents are preferred for this committee.

Committee H - we need one or two parents who are interested in working in a small team, alongside Mr. Dino Wei, focusing on understanding and improving the partnership and communication between home and school. This committee will be working in Mandarin.

Please write a brief letter of application to me if you are interested in joining one of these committees, stating your preference (Committee A or H). Please say a little about your background and why you are interested in joining. The deadline for applications is the end of this month (October 31st) and I will notify the community in November about the names of those parents who will be taking part.

An important feature of being a CIS Member School is that we survey our community regularly to find out opinions on the state of the school and the data from these surveys are used to help us to evaluate the school against its own guiding statements. We will be sending out a confidential survey to you in Chinese, beginning 9th November. We hope that every one of you will respond to the survey!

I also hope to see you at school soon for one of our events for parents, for example our next Parents' Class and Principals' Tea on 23rd October or our Parents' Afternoon on 30th October.

和方向，中英文能力出色的家长将是该委员会人选的首选。

委员会H-我们邀请1-2名家长，成为与魏力老师协同工作的团队一员。他们将专注于理解、改善家庭与学校之间的伙伴关系和沟通，该委员会的工作语言为普通话。

如果您有兴趣成为委员会的一员，请写一封简短的申请信并发至我的工作邮箱

([tony.hickling@ulinkcollege.com](mailto:tony.hickling@ulinkcollege.com))，说明您的意愿（报名委员会A或H）。此外，请简单介绍一下您的背景以及为什么有兴趣加入。该项申请的截止日期是本月底（10月31日）。11月时，我将在校园社区公布加入委员会的家长名单。

成为CIS会员学校的一个重要特征是——我们会定期调查社区，以了解学校的状况，并运用这些调查中的数据，帮助我们根据学校的教育使命对学校进行评估。从11月9日开始，我们将向您发送匿名调查问卷（中文）。衷心希望你们每个人都能对问卷做出回应！

我也期望很快与您在校内家长活动中见面，比如将于10月23日举行的下一期父母课堂和校长茶会，或是10月30日下午的家长活动。



Tony Hickling  
Principal / 校长



## Oct./Nov. exams

Oct./Nov. exam starts from Oct. 5 and will last to mid of November. Both invigilators and candidates have attended the exam training. We follow the exam regulations seriously and create fair and comfortable exam conditions for the candidates. Here we wish all the candidates all the best.

Also January Edexcel exam is open for registration. The students who are studying Edexcel Maths should pay attention to the exam information on students landing page.

## Academic competitions

On September 26, 34 students sat AMC (Australian Mathematics Competition). The results will be released in two to three weeks. Canadian Senior and Intermediate Mathematics Contests is now available to be registered. G11 and G12 students who are good at Maths are strongly encouraged to register the competition. Also ASDAN Business Simulation is available to be registered. Students need to form into teams to compete against other teams. Before the holiday, ASDAN staff gave a lecture about the competition and lots of students showed great interest to the competition. NEC (National Economics Competition) and CTB (China Thinks Big) are also available for registration. Students also need to form into teams to compete against other teams. Apart from their subject study, students should actively participate in various events, such as competitions, which will upgrade their skills and benefit them greatly.



## Monthly progress report

Before the holiday, we have published monthly progress report, which is not a comprehensive report as most of the subjects don't have summative assessments. What students need to focus on is their effort grade and also clearly know what they don't understand and how to deal with the knowledge or skills they are not sure about.

## 10-11月考试季

10-11月考试季将从10月5日持续到11月中旬，监考员、考生在考前已接受培训。考试期间，我们将认真遵守考试规定，为学生创造公平舒适的考试环境。希望所有考生都能有最好的发挥！

此外，明年1月爱德思考试目前正在开放报名。目前正在学习爱德思数学的学生需留意学生门户网站上的考试信息。

## 学术竞赛

9月26日，34名学生参加了AMC澳大利亚数学竞赛，比赛结果将在2-3周内公布。目前，加拿大中高级数学竞赛正在开放报名中，我们鼓励擅长数学的G11-12年级学生参加这一比赛。此外，ASDAN模拟商赛也开启了报名，有兴趣的学生需自行组队参赛。在国庆假期前，ASDAN工作人员已为我校学生带来比赛讲解讲座，当时许多在场学生都表示有兴趣参赛。学生们还可考虑参加NEC全美经济挑战赛和CTB中国大智汇创新技术挑战赛，目前这两项赛事均可报名。届时，学生将组成团队与其它参赛团队竞争。除了日常学习以外，我们鼓励学生积极参加各种活动，例如学术比赛，这将提升他们的各种技能并使他们从中受益。



## 月度成绩报告

国庆假期前，学校公布了月度成绩报告。这不是一项全面评估的成绩报告，因为大多数科目并没有统一评估标准。学生们应该更注重报告上的努力程度，并意识到现阶段他们不理解的内容，以及如何去应对他们所不确定的知识或技能。

### Learning while facing challenges

A month has passed since the new semester started. Most of the students have adjusted themselves well to accommodate to their new academic year study life. Although there are lots of challenges, such as teachers' accents, online teaching and learning, new environment, most students could deal with all the difficulties positively. They seek help from teachers or peers, or they search teaching materials from websites and study together and share with each other. From what we observed, we are pleased to see that our students are growing to be independent and critical learners.

### 当学习遇到挑战时

自开学以来，我们又迈过了一个月。大多数学生已经很好地调适自己，融入了新的学习生活。尽管面临很多挑战，例如教师的口音，在线教学模式和新环境等，但大多数学生正在积极地克服

遇到的问题。他们向老师或同学寻求帮助，或者从网站上搜索资源并与同学一起共享、学习。根据观察到的情况，我们很高兴看到学生们正在成长为具有批判性思维的独立学习者。





## From the Humanities Department

### The Psychology class

Students are studying motivation strategies within the organization as a topic of study. We had Mr. Ethan Luo- HR Manager ULink college, to come and give a guest lecture to the students explaining what motivation strategies were used in ULink College to motivate teachers. The topic of discussion ranged from developing pay that is comparable to other schools, benefits which are competitive in the global market, as well as day to day activities which help in the motivation of teacher. The lecture also touched upon the school's strategies to keep staff motivated during covid-19. This included simple strategies such as providing fruits, to make people feel that the school valued and cared for its employees, or providing support in terms of documentation etc. Additionally, the focus was also given on explaining how the school creates fairness in terms of pay for its employees. Over all the discussion was a successful endeavor where students learned the use of theories and its application to develop practical strategies within the organization.



## EAL Department

### D.E.A.R. Program @ ULC

Drop Everything and Read Program kicked off its first week with the EAL students at ULC. DEAR or the Drop Everything and Read is on its 4th year now. The aim of this program is to promote the culture of reading among students and teachers. This is to remind us to make reading as part of our daily routine. Prior to this event, students had a book-speed dating conducted by our librarian, Ms. Cristina Hickling. Ms. Hickling provided a range of books from different genres for our EAL students to choose from. Our EAL students are encouraged to read their selected book on D.E.A.R. Day which is every Tuesday.

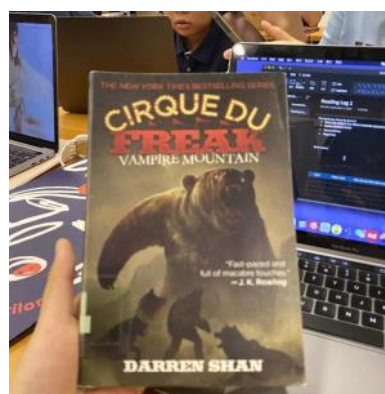
## 人文学科组

### 心理学课堂

近来，学生正在学习企业管理中激励策略这一课题。我们邀请了学校总务办公室的人力资源经理罗键新先生到班里，给学生带来客座演讲，谈谈平时ULC会采用了哪些激励策略来激励老师，探讨的内容包括了优于其它学校可比的薪资增长，在全球市场上具有竞争力的待遇，以及有助于教师激励的日常活动等。期间，他还谈到了学校在此前疫情期间如何保持员工积极性的策略，这包括了一些简单的关怀内容，例如上门赠送水果，使雇员感到学校重视和照顾员工，或者在（他们遇到）政府文件要求时提供支持等。此外，讲座的重点还放在解释学校如何从薪酬方面为员工创造公平环境。这次讨论是一次成功的尝试，学生（结合身边实例）学习了理论的运用及如何在组织内部制定实用策略。

## 英语额外语言支持学科组

### 学校D.E.A.R.阅读项目



EAL学生出色完成了意为“放下所有事情，现在开始阅读”的D.E.A.R.阅读项目的首周任务。这也是D.E.A.R.项目引入ULC的第四个年头了。该

项目的本意是在学生和教师间推广阅读文化，提醒我们把阅读作为日常生活的一部分。在首周活动开始之前，学校图书馆管理员Mrs. Cristina Hickling已经为EAL学生准备了各种不同类型的书籍，并提供引导，帮助他们浏览、借书，并在固定每周二的D.E.A.R.阅读日阅读他们所选择的书本。

Always remember that on Tuesdays, "Keep calm and Drop Everything and Read!"

## PSHE

Personal, Social, Health and Economic education or P.S.H.E. is on its third week with our freshmen students (grade 9). This week's topic features "Relationship." It tackles on different emotions, understanding their personal and other people's emotions in various situations.



As been below, students of homeroom 9D this morning had an exciting charades activity on emotions with their peers. They discussed amongst each other on when they felt that certain emotion at a given point of their lives.

## From The Science Department

### The Physics Class

Do you know why the human body can stand on one foot? This is due to the principle of Tensegrity Sculpture.

Balance is everywhere. The philosophy of balance in life and the balance in vision can bring us beauty. In physics, Tensegrity Sculpture is a confrontation between the imbalance of objects and the balance of vision, which also includes the concepts of motion and energy.

Before the National Day holiday, I assigned the students of G10 physics to make the Tensegrity Sculpture model. Most of the students in this class are

同学们，别忘了我们在每周二的约定，“沉下心，放下所有事情，开始阅读！”

## PSHE课堂

这已经是G9新生们体验了PSHE的第三周了（注：PSHE为英国所有中小学的必修课程，致力于从「Personal自我」、「Social社会」、「Health健康」和「Education教育」等方面帮助学生掌握生活所需的各种常识和能力）。本周主题为“人际关系”，能帮助学生了解在不同情况下他们的个人情绪和他人情绪，学习如何处理不同的情绪。

如左图所示，G9D行政班的学生与同伴们进行了一场“比手画脚”表达情感的有趣活动。他们彼此讨论了在生活的某个特定时刻下，自己所感受到的某种情感。

## 科学学科组

### 物理课堂

你知道为什么人体单脚能站立吗？这是由于张力平衡原理。

平衡无处不在，生活中的平衡哲学、视觉中的平衡都能给我们带来美感。在物理学中，张力平衡指的是在不同对象的张力和重力平衡中，其空间组织构成了一个持续平衡的拉伸和压缩的连续状态，其中还蕴含了运动和能量的概念，目前正被运用在不少新锐建筑设计中。

国庆假期前，我给G10物理快班（Fast Track）的同学布置了制作张力平衡模型的作业。这个班里的大部分同学都是来自国内传统学校的新

### Tensegrity



A structural principle based on the use of isolated components in compression inside a net of continuous tension.

But we could use moments and centre of mass to explain its principle.

no net moment + no net force

freshmen from traditional public schools in China. They always like to refer to each other's data in the experiments in class, or they are eager to ask the results before doing the experiments. And a common observation I've made is that they lacked the patience to observe the experimental phenomena, and they are not confident in their experimental skills.

This assignment asks students to create a tensegrity sculpture model, showing that two objects connected by thin lines have their own center of gravity and are balanced against the torque formed by the moment arm.

At the beginning of homework assignment, I hope to break the routine way of doing exercises, and use the form of brainstorming to create models to stimulate students' imagination and learning enthusiasm, and meanwhile enlighten them to create and experience the beauty of art in science.

Frankly speaking, I was a little worried before the assignment that the students would not be able to finish it, which would undermine their confidence in the project. I also offered another option -- the presentation on energy. Sure enough, most students chose to give presentations on energy. But to my surprise, a third of the students in the class insisted on making a tensegrity sculpture model. Among them, Ella used simple popsicle sticks to make a flying triangle model, which is more creative.

The following is the share of two students who completed the model assignment.

This experiment homework feels quite interesting. I can get pleasure from it and gain a deeper understanding of physics knowledge.

During the holiday, I bought materials online and put the parts together according to the steps. And I had a hard time adjusting the length of the chain - it was not easy to balance the object at the right length, but I managed to do it anyway!

——City

生，平时课上的实验，他们总是喜欢互相参考数据，或者还没有做实验就急于问结果，缺乏观察实验现象的耐心，并且对自己实验技能不自信。

这个作业要求学生制作张力平衡的模型，展示两个靠着细线联结的物体有着各自的重心并与力臂构成的力矩在对抗中平衡。

布置作业之初，我希望能打破做练习题的常规作业方式，用头脑风暴创造模型的形式来激发学生的想象力和学习热情，同时启蒙他们在科学中创造、体验艺术的美感。

坦白说，布置作业前我还是有些顾虑的，担心学生制作不出模型，从而打击了他们对创作项目的信心。所以，我同时提供了另外一项作业选择——介绍能源的演讲。果然，大部分学生选择了介绍能源的演讲。不过令我惊喜的是，班里有三分之一的学生还是坚持选择制作张力平衡的模型。其中，Ella利用简单的雪糕棒制作出了凌空三角形模型，更是创意十足。

以下是两位完成模型作业的学生们的分享，



这次实验作业感觉挺有趣的，让我摆脱了以往枯燥无味的刷试卷模式，既能从中得到快乐，还能学习、加深物理知识。

假期中，为了完成这个模型，我先在网上买好材料，然后按照图纸去把零件拼装起来。期间，调整链子长度时，我遇到了困难——要调整到适宜的长度使物体平衡并不是一件容易的事，当然，我最后还是成功完成了！

——City



After the teacher gave me the model assignment, I searched the information of making it online. In the meantime, I was inspired by a video of a successful model made of popsicle sticks.

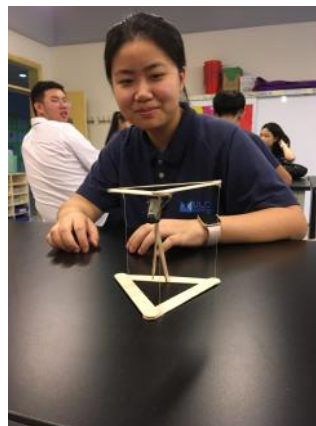
I immediately went to the stationery store and bought all the materials needed to make it. At the beginning I tried to fix the stick in different ways, but I couldn't form a stable model after several repetitions. Then I searched on the website to find a method. After a few attempts, I finally finished it.

Actually when I did my last experiment, I was thinking, "I'll fail again this time" However, when the model was successfully set up, the frustration brought by the failure of my previous production was instantly dissipated by the joy of success.

I think doing exercises and experiments are both very practical ways of learning. The process of answering questions can also help us become more familiar with the formula and application in the course syllabus. Doing experiments is interesting and can enhance the subjective initiative of learning.

——Ella

Please scan the QR code below to visit the model homework in GIF pictures.



老师布置了模型作业后，我就在网上搜索制作张力平衡模型的资料。期间，我刷到了一个用雪糕棍成功做成模型的视频，这给了我灵感。

我当时立刻就去文具店

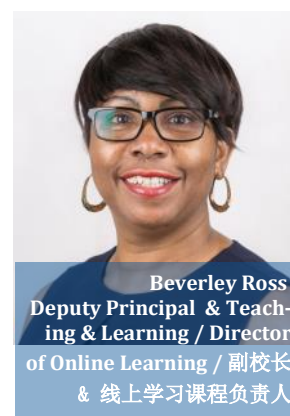
购买了所有制作模型所需要的材料。一开始，我用了各种各样的方式尝试去固定木棒，但重复做了几次，我都无法形成稳定的模型。没办法，我又重新上网查找固定雪糕棒的方法、技巧。没想到，再试验了几次后，我就成功了。

说实话，在我最后一次试验时，我还抱着“这次应该也会失败吧”的念头。但当模型成功立起来的时候，我之前几次制作失败而带来的挫败感，瞬间就被成功的喜悦冲散了。

我觉得做练习题、动手做实验这两种作业形式都很实用：做题目能帮助我们更全面地熟悉课程大纲里面的各种定义及运用；动手做实验，比起只做题目更有趣，并且让自己更有动力去学习新知识。

——Ella

注：扫描左侧二维码可浏览学生作业的动态图片。



**ASA**

After school activity is now running to the end of Quarter 1 (Q1). Sign-up of Q2 will start from next week, staff and student will be able to choose a different exiting ASA group to join in, or set up a new group to diversify the types of our ASA.

**Student Event****House Captain**

House system is one of the most important things we are trying to achieve and improve of the school year, it is made up of four different colours – RED, YELLOW, BLUE, GREEN, also represents for four mythical creatures, which are VERMILLION BIRD, WHITE TIGER, AZURE DRAGON, BLACK TORTOISE. For now, we are in process of electing a House Captain for each house, who is going to responsible for coordinating with both students and teachers in different house-based events and shall eventually lead them to glory! Work together, fight for their champions!

**Halloween**

One of the most popular monthly event is now coming – HALLOWEEN!

Here the annual Halloween is coming again! Do you still remember last year lawn match ones dance, your unrecognized friends after makeup and shuttle in the chamber

of secrets and the haunted house trembling in fear? ULC Student Union will expand the scale of Halloween activities throughout the campus. Enjoy the best Halloween that you ever have in ULC!

**ASA课后活动**

第一学季的ASA课后活动即将进入尾声了。学校将于下周开放第二学季ASA课后活动的报名通道，届时教职工、学生都可以选择参加不同于第一学季的ASA项目，或者在现有ASA活动外创建全新的项目，以丰富现有ASA的类型。

**学生活动****校内营营长选举**

校内营体系是本学年我们想要努力完善的重要内容之一，它由红、黄、蓝、绿四营组成，也分别代表着中国古代四大神兽——朱雀、白虎、青龙、玄武。现阶段，我们正在为各营选拔出一名营长，新营长将负责在校内营活动中与学生、老师协调沟通，并引领所在营走向荣耀！一起奋斗，为冠军而战吧！

**万圣节**

最具人气的校园月度活动即将来了一万圣节！

每年一度的万圣夜再度来袭！你还记得去年在草坪上的狂欢跳舞吗，还有那些特效化妆后认不出来的朋友，在密室里穿梭解码和被恐怖鬼屋支配的恐惧吗？ULC学生会已经摩拳擦掌，计划提升本次万圣夜活动规模，将整个校园作为万圣节活动场所。敬请期待这个将会是在ULC中度过的最好万圣节吧！



**Preparation for ULink Idol in 2020**

According to the school calendar, the annual ULink Idol will be held on December 16 this year. Currently the event is being planned in an orderly fashion. Before the Chinese National Holiday, we decided to bring some changes to the ULink Idol this year after discussion with Student Union representatives. Details are as follows:



1. Judge system. 10 Singers will not be exclusively judged by judges. All performances will be voted online by all audience. Plus, each performance can be voted once only.
2. Host team. This year, the host team will be consisted of two students and two teachers .
3. No intermissions during the ULink Idol.
4. Staff will be encouraged to perform on the stage.
5. Start the preparation in October this year to ensure community members are fully motivated.

**The lately Activities in Volunteer Association**

The Volunteer Association concluded all recruitment and renewal matters in September. A group of outstanding students joined in us and volunteer to serve the majority of students.

In the case of an epidemic, Volunteer Association cannot organize large-scale volunteer activities. Volunteer Association had regularly provided a large amount of volunteer activity information and opportunities for students to choose and participate inside or outside the school. Volunteers activities inside campus include: library volunteers, laboratory volunteers, piano volunteers, volunteers for academic publicity, volunteers for taking photo and students for Enrollment Q & A , volunteers for

**2020 ULink Idol正在筹办中**

按照校历，每年一度的ULink Idol将在12月16日举行。目前，该活动筹备正在有序进行中。早在国庆放假前，经过与学生会学生干部的商讨后，我们决定从组织形式、节目类型、评奖标准等方面，对今年的ULink Idol做出一些改变，具体包括以下几项，

1. 评分标准。校园十大歌手将不再沿用评委打分模式，所有的节目将改由观众在线上进行投票评比。此外，每个节目只能被投票一次，以避免出现某一个节目全部包揽所有奖项的情况。
2. 主持人团队。今年的主持人队伍将出现老师的身影，计划由以往的四名同学改为两名老师搭档两名同学的主持模式。



3. 表演期间，不再设定中场休息时间。
4. 鼓励教职员工上台表演，丰富节目的表演形式。
5. 将今年的筹备时间提早到10月份，以更充分发动社区成员参加ULink Idol。

**近期义工社活动**

义工社在9月结束了本学年招新换届事宜，最终选拔出了一批优秀的骨干学生。

因当前疫情，义工社不能组织大型的义工活动，但是依旧定期提供校内外义工的机会，供



reception and so on. Off-campus volunteers activities include: hospital guidance volunteers, education exhibition volunteers, and providing porridge volunteers. The opportunities and types of off-campus volunteers are increasing.

We will assist the student union to make arrangement of Halloween activities this month . At the same time, the Volunteer Association is preparing volunteer activities for Christmas holiday , and we will provide plenty of volunteer activities opportunities for you.

Please continue to support the volunteer Association.

For enquiries and information about volunteers, please contact me by -

Ms. Dane (Office : AQ3-111)

Email: dane.li@ulinkcollege.com

Contact: 020-39090100--6062、6063



同学们选择并参与。目前，既有来自图书馆、实验室、琴房等的校内义工工作机会，也有整理学术公示板、拍照、招生答疑、新生接待义工等内容。此外，校外义工包括：医院导医，奉粥义工等，校外义工机会正在逐渐增加。本月（10月）会协助学生会做好万圣节的的活动。同时，义工社正在筹备圣诞节的义工活动，届时将提供大量义工活动机会，敬请留意。

如有关于义工方面的咨询和资讯，请联系：

李老师（办公室AQ3-111）

电子邮箱：dane.li@ulinkcollege.com

工作电话：020-39090100转6062、6063。

**From Learning Center****G9 Pre-IELTS Foundation Class**

Learning Center is starting G9 Pre-IELTS Foundation Class in October. In this course, The first step in reading comprehension is to enlarge the vocabulary. The biggest problem for students attending the course is the lack of vocabulary. Therefore, we have strengthened the learning of words; secondly, the ability to divide sentence structure is not enough, students will have inadequate understanding of sentences. IELTS reading exercises are designed to enable students to have a general understanding of the IELTS reading test. In addition, the students need to continue to learn the other three parts according to their own conditions (listening, speaking and writing). The improvement of language achievement is a slow process. In addition to cultivating ability in peacetime, IELTS training is also needed, also long-term accumulation and continuous practice, improving skills and keeping vigilance and feeling of examinations. In this semester, Learning Center will carry out the advanced courses of IELTS in Grade 9 according to the students' situation and curriculum suggestions. Through the IELTS vocabulary, grammar, basic listening, speaking, reading, writing, intensive listening, speaking, reading and writing systematic progressive training, students can get a solid foundation and break through high scores.

**2020 On Campus IELTS Test**

In September 2019, Learning Center has successfully held the first On Campus IELTS test. This year in December we will continue to provide the convenience for the students, will hold the second On Campus IELTS test. The test is jointly organized by the Learning Center, the British Council and Shenzhen SEG group. The purpose of the test is to help the candidates avoid the pressure caused by registration, rush for the test and unfamiliar examination environment, so as to achieve better results in our school. The results of our first IELTS test are gratifying. More than 10 candidates have scored 8 bands or more in different part, with an average 5.8 bands, which we are also achieved higher than the domestic average of 5.6 bands. Wish the On Campus IELTS test in 2020 to be completed successfully.

**校园学习中心****G9年级雅思课程**

学习中心将在10月开展G9年级Pre-IELTS的基础课程。该雅思课程主要侧重于阅读部分，阅读理解的第一步是要扩大词汇量。现阶段同学们最大的问题就是词汇量的匮乏，因此我们要加强了单词的学习；其次因为划分句子结构的能力还不足够，同学们会有在阅读理解上的不充分。雅思阅读题型的训练是为了让同学们对雅思阅读考试有概括性了解。除此之外，同学们需要根据自身情况继续学习其余三部分（听力、口语、写作）。语言成绩提高是一个缓慢的过程，除了在平时对能力的培养，还需要坚持雅思考试的训练，长期的累积和不断练习，提高技巧及保持考试的警惕性和感觉。通过在雅思词汇语法、基础听说读写、强化听说读写的系统渐进培训学习，让学生扎实基础，更有技巧地应对标准化语言考试。

**2020校园雅思送考**

2019年9月，学习中心顺利举行了第一次的校园雅思送考。今年12月，我们将会继续为学生提供这样的便利，举行第二次的雅思送考。本次考试由学习中心与英国文化领事馆（British Council）、深圳赛格集团联合举办，目的在于帮助考生们免去报名、赶考、陌生考试环境带来的紧张压力，能够在考场上取得更优秀的成绩。我们首次雅思送考的成绩喜人，超过10名考生取得单项8分或以上，平均分5.8分也超过国内平均分的5.6分。预祝本次2020年度的雅思送考顺利完成。



Cherry Chang / 常燕  
Deputy Principal / 副校长

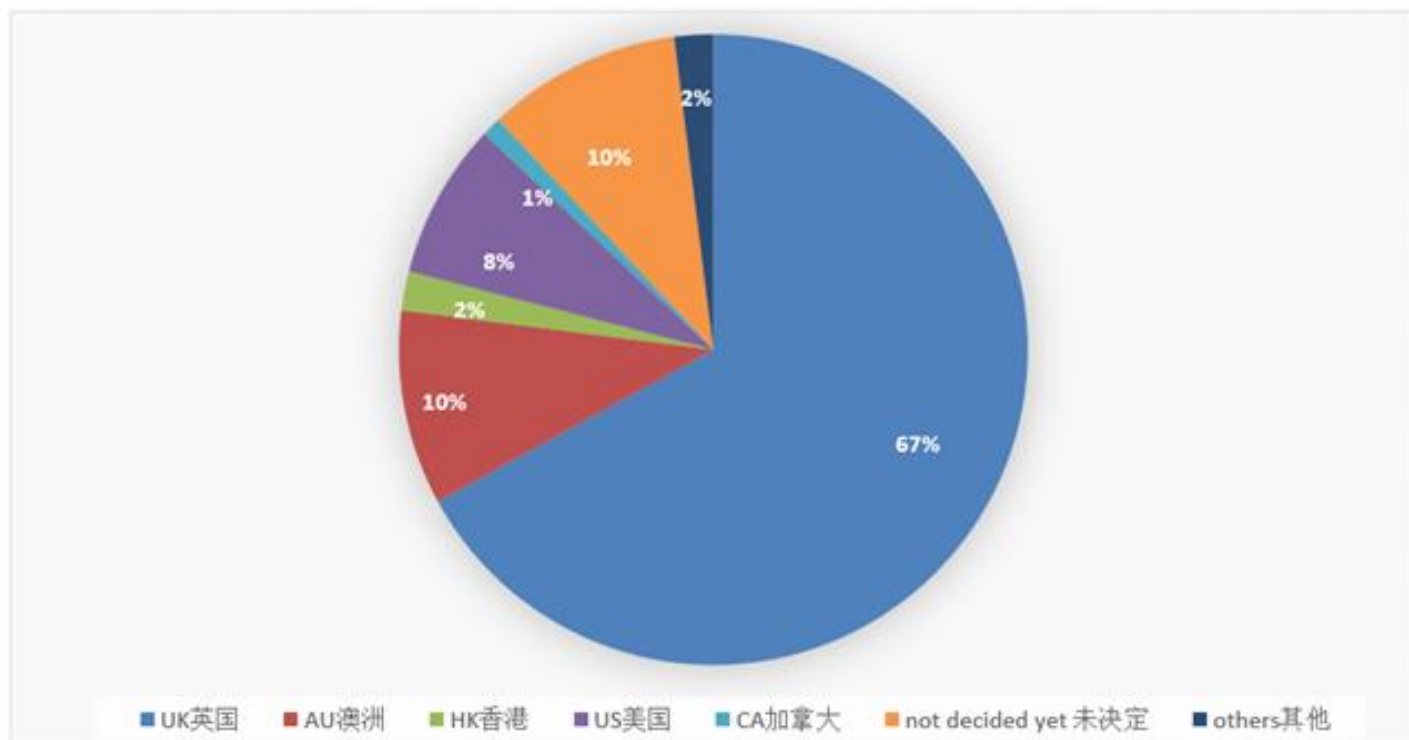
## College Acceptance

Our class of 2020 had been finally confirmed the places by the end of September, nearly 67% of our graduates will choose to study in the UK this year according to our database showed below:

## 大学录取

G12年级毕业生录取均已在9月底最终确定，从目前数据看来，接近有67%的毕业生选择去英国就读，其它国家/地区的学生录取方向请参考下图，

Final destination statistics  
最终去向数据分布



Most notably, Number of their final destination to G5 universities are: 7 LSE, 8 IC, 29 UCL, Full details of our class of 2020's final destinations have been updated onto our website by the end of September. The picture below is the summary for your reference.

其中，英国G5超级精英大学的最终入读数目分别为：伦敦政治经济学院7人，帝国理工8人，伦敦大学学院29人。其它大学的最终入读名单在9月底均已更新至官网，以下主要大学的最终录取/入读汇总供参考：

Country/Region 国家/地区	Main Universities 主要大学	Final Offers 最终录取数	Final destination 最终入读
UK 英国	帝国理工学院 Imperial College London	9	8
	伦敦政治经济学院 London School of Economics and Political Science	8	7
	伦敦大学学院 University College London	54	29
	华威大学 University of Warwick	11	4
	曼彻斯特大学 University of Manchester	18	6
	爱丁堡大学 University of Edinburgh	13	3
US 美国	加州大学伯克利分校 UC Berkeley	1	1
	纽约大学 New York University	3	2
CA 加拿大	多伦多大学 University of Toronto	15	0
	麦吉尔大学 McGill University	7	0
	阿尔伯塔大学 University of Alberta	1	1
AUS 澳洲	墨尔本大学 University of Melbourne	19	6
	悉尼大学 University of Sydney	25	7
Switzerland 瑞士	洛桑酒店管理学院 Ecole Hoteliere de Lausanne	1	1
Korea 韩国	汉阳大学 Hanyang University	1	1
HK, CN 中国香港	香港中文大学 Chinese University of Hong Kong	1	1
	香港科技大学 The Hong Kong University of Science and Technology	3	1
Macao, CN 中国澳门	澳门科技大学 Macau University of Science and Technology	1	1



## College Application

G12s are now busying with completing the UCAS application, in the meantime, the pressure can seem a bit much, as their personal statement need to be done as well. Like most things in life, leaving the personal statement to the last minute is not advisable. It's important to bear in mind, apart from the CIE results, the personal statement is also a vital part for the students to stand out. Most of the universities will want to see evidences that students are enthusiastic about studying the course. The personal statement is the way to demonstrate their enthusiastic. Our Subject teachers, English teachers, CAS advisors are all here to support students on reviewing their PS. We will all work together to go through this process.

## 大学申请

这段时间，G12年级的学生都在忙着完成英国大学UCAS的填写。与此同时，随着个人陈述也需尽快完成，压力正在逐步加重。像人生很多事情一样，我们不建议把个人陈述留到最后一刻。因为除了CAIE成绩，个人陈述在大学申请中也尤为重要，这是可以让学生脱颖而出的一环。大学招生官都希望看到学生乐于学习相关科系的一面，而能显示他们学习热忱的地方，往往就是通过个人陈述来阐述。在这个过程中，我们的学科老师、英语老师、升学老师都会帮助学生进行文书的修改直至提交。



Ivy Lin / 林佳  
CAS Coordinator/升学主管

Dear parents,

How to get along well with your children? This confuses many parents. Especially when parents and children hold their own opinions, it is more likely to cause friction and conflicts. There are many factors behind the conflicts, including the social environment, the psychological characteristics and personality of the child at this stage of development, and the current and past experiences of the parents. We often hear parents say that I they know in hearts what to do, but it is difficult to control their emotions at that moment.

We hope to help more parents understand what hinders themselves when they got troubles in the parent-child conflicts and on the road to "know and do". We hope the following content selected from "Parenting from the inside out" will be helpful to you.

After we became the parents, our past experiences will affect the way we educate our children. The past that was not properly handled may lay hidden dangers and affect our relationship with children. When the contradictions between us and our children occurred, we often release unhealthy emotions, extreme views in front of our children, and take actions without thinking. This inappropriate psychology will weaken our ability to think rationally and react in a timely manner. In this case, we did not act according to the role of our ideal parents. Instead, we often asked ourselves afterwards, why did I show the worst side of my character in front of my children? Past experiences always affect our current lives and the way we get along with our children, but we may not even realize it.

Bringing our emotional problems into the role of "parents" affects our relationship with our children. The unresolved old things and the wounds that have not been properly handled represent our past. They represent our early life. Although sometimes it's hard to face, they have extraordinary significance to us. If these things are not properly understood and dealt with, they will have an impact on the current life.

For example, if your mother often leaves home silently because she is tired of your crying, it will be

亲爱的家长们,

如何和青春期的孩子融洽相处? 这困惑了不少家长。尤其当父母和孩子各持己见时, 更容易起摩擦, 引发矛盾。这里面有很多因素在起作用, 包括社会环境、孩子这个发展阶段的心理特征及个性、父母当下及过去的经历等。常听家长们说, 自己心里知道该怎么做, 但情绪当下, 很难控制好自己。



我们希望借助本期的内容, 让更多家长了解, 在亲子矛盾的背后, 在通往“知道且做到”的路上, 有些什么阻碍了自己(以下内容选自《由内而外的教养》)。

有了自己的孩子后, 我们以往的经历会影响我们教育孩子的方式, 未妥善处理的过去也许会埋下隐患, 影响我们与孩子的关系, 这些隐患带来的问题很容易引发我们与孩子的矛盾。而当矛盾发生时, 我们常在孩子面前表现得情绪激动、看法偏激, 并且不经思考就采取行动。这种不恰当的心理会削弱我们理智思考和适时反应的能力。在这种情况下, 我们没有按照自己理想中的父母的角色来表现, 反而常常在事后问自己, 为何会在孩子面前表现出自己性格中最恶劣的一面? 过去的经历会影响我们当下的生活, 也会影响我们与孩子相处的方式, 而我们自己却没有意识到这一点。

把自己的情感包袱带入“父母”的角色中会影响我们和孩子的关系。悬而未决的旧事和没有妥善处理的创伤包含着太多过去, 它们代表了我们早年的生活, 虽然有时难以面对, 但对我们有着非凡的意义。如果没有正确认识并处理这些事情,

difficult to establish your trust in her, especially in the face of separation, you will feel uneasy and suspicious. Mother went out without telling you, you would always look for her, and you would be unhappy because of her departure. If the adult who was looking after you strictly forbids you to cry, the situation would get worse. Not only do you feel betrayed and abandoned, but you also feel that no adult really listens, cares about your feelings, and gives you the understanding and care you deserve. In this case, it is difficult for you to find a suitable way to relieve emotional stress.

If you had a similar experience when you were a child, once you have children of your own, the same situation may cause you a series of emotional reactions. It may awaken the feeling of abandonment deep in your memory, so when you leave your child, you will feel uncomfortable. When children are aware of this discomfort, they will easily feel upset, which increases the pressure on the child and makes you more anxious. In this way, a mixture of complex emotions are intertwined to trigger a series of reactions, which reflect your childhood experience. Of course, if you do not reflect carefully and understand yourself deeply, the above reactions may just be seen as common discomforts caused by separation from your child. To truly deal with what happened in the past, knowing yourself is the key.

The following is an exercise in emotional reflection.

1. When you are emotionally unstable or angry, record this emotion truthfully. You will find that the children's fixed behaviors are causing your

它们就会对当下的生活产生影响。

举例来说，如果你的母亲经常因为厌烦你的哭闹而不声不响地离开家，你对母亲的信任感就会很难建立，尤其是在面对分离的时候，你会感到不安和多疑。母亲没跟你说一声就径自出门，你会一直寻找她，会因她的离去而不快。如果照看你的大人严厉禁止你哭闹，情况就会变得更糟。不只因为你感到大人背叛、遗弃了你，还因为你会觉得没有大人真正倾听你，重视你的感受，给你应有的理解和关心。在这种情况下，你很难找到合适的方式舒缓情感压力。

如果你小时候有过类似的经历，在你有了自己的孩子以后，相同的情况就可能引起你一系列的情感反应。它可能会唤醒你记忆深处的被遗弃感，因此当离开自己的孩子时，你就会感到不适。孩子觉察到这种不适，便容易感到不安，这增加了孩子的压力，也让你更加焦躁。就这样，多种复杂的情感交织在一起引发了一系列的反应，这些反应折射出的正是你的童年经历。当然，如果你没有认真地反思，没有深入地了解自己，上述反应就可能只是被看成常见的、由与孩子分离而引发的不适。要真正处理好过去发生的事情，认识自己是关键。

以下是反思练习，

1. 当你情绪不稳或怒气冲天时，把这种情绪如实记录下来。你会发现引起你情绪波动的是孩子几





mood swings. After noticing this, don't rush to change your reaction, just be aware of it for the time being.

If you have already done this exercise or want to challenge yourself further, you can try the next exercise.

2. Recall if something happened that affected your communication with your child. Carefully analyze the history of this incident. Have you come up with any thoughts or patterns of behavior derived from past experience? What kind of inner emotions and physical feelings are present at this moment? Have you felt this way at other time? How do these thoughts and emotions affect your self-perception and parent-child relationship? How will it affect your expectations for the future?

I hope this shares can help you get along with your children.

Thank you,  
Counseling Services  
Ava Guan & Hilda Fan  
ULC Guidance Counselor

种固定的行为。注意到这一点后，先不要急着改变自己的反应，暂时做到心中有数即可。

如果你已经做过这个练习或希望进一步挑战自己，可以尝试下一个练习。

2.回忆某件影响了你与孩子沟通的事情。仔细分析这件事的经过。你是否想到了一些源自过去经验的思想或者行为模式？此刻出现了哪种内心情感和身体感觉？你是否在其他时候也有过这样的感觉？这些思想和情感会对你的自我认知以及亲子关系产生何种影响？又会如何影响你对未来的期待？

希望这能为您和孩子的相处带来帮助！

敬启，  
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