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seeChange
Education 斯程教育

Celebration of Sportsmanship

Dr. Trisha Leahy and Ms. Minnie Soo met with *See Change* students and competition winners



See Change successfully held the Celebration of Sportsmanship and Award Ceremony at Olympic House in August. The Celebration was held to honour Hong Kong's great achievements in the Tokyo 2020 Olympics and to congratulate the award winners of the 2nd International Parliamentary Debate Competition (2nd IPDC) and the 1st English Public Speaking Competition 2021 (1st EPSC).



Student winners from Singapore International School (Hong Kong), Shatin Junior School ESF, Shun Lee Catholic Secondary School, and St. Paul's Co-Educational College perform their winning speeches on stage.

Special guests included **Dr. Trisha Leahy** (Chief Executive of the Hong Kong Sports Institute), who opened the ceremony with encouraging words for the student winners. Hong Kong Bronze Medalist in Team Table Tennis, **Ms. Minnie Soo**, hosted a fireside chat with top speakers from the 2nd IPDC and the 1st EPSC. She shared her story of perseverance and resilience in the journey leading up to the Olympics and discussed the future of sports in Hong Kong.



Dr. Trisha Leahy (Chief Executive of the Hong Kong Sports Institute) spoke to students in the award ceremony.



Students from Chinese International School, Canadian International School of Hong Kong, and The ISF Academy performed in a live debate on stage.

At the award ceremony, selected student winners from the 2nd IPDC and the 1st EPSC were invited to perform in a special showcase – sharing their winning pieces, their teamwork and intelligence. Once again, a big congratulations to our showcase performers and student winners! Special thanks also goes out to the judges of the 2nd IPDC and the 1st EPSC for taking the time to adjudicate and present awards to our student winners!

We thank you supporting entities below: INCE, Deacons, Deacons Cares, Harvest Sky and AQ Communications.

[Watch the Highlights](#)

Story of Persistence

Fireside Chat with Tokyo 2020 Olympic Bronze Medalist Minnie Soo 蘇慧音



Tokyo 2020 Olympic Bronze Medalist Ms. Minnie Soo.



Students from The ISF Academy & St. Paul Co-educational College (Primary) interview with Ms. Soo.

Q. What made you choose to play table tennis from an early age?

A. First, you must be passionate about what you want to do so that you can get involved physically and mentally.

Second, it is about persistence. When you start something, you are naturally full of enthusiasm. However, at some point, you will certainly encounter difficulties. Too much of the same thing can also lead to your enthusiasm waning. You doubt your natural ability, and stress over how often you do not win. To be able to persist at these times is really important.

Q. I've seen your most exciting game. How did you deal with the psychological pressure on the court?

A. In fact, there was a lot of pressure during that game, and there was no way to avoid the pressure. I was just completely in the moment. I did not think about what might happen in the future or analyze the good or bad in every round I played: I just focused on playing every round well. The first set was 6 -16. I was falling behind, but instead of feeling like I was falling behind, I immediately let go of the feeling and just prepared for the next round.

Q. How do you stay on your feet in the face of defeat?

A. Every game is a form of hard training. I have had a lot of wins and losses. Even if a half-point is missed, due to poor physical condition, nervousness, or a very good opponent, it is possible to lose a game. The moment of defeat is always heartbreaking and very disappointing. I participated in the Olympic Games for the first time; I had not previously had the opportunity to play at that level, and I lost. But then I knew I had the next game coming up and I thought about the people who had worked with me all the way towards a medal. I said to myself, "losing a game is in fact normal, and I am the same today as I was yesterday. I have to be objective about the outcome and re-energize myself". I summarized and reflected on what had gone wrong for me in the game and worked out how to quickly correct it for the next game. I am not perfect, but I know I can improve in every game step by step, and by the end of each game, I can probably be a lot better than the previous one.

Q. Did you have any goals other than playing table tennis? Why did you choose table tennis?

A. When I was in Secondary Three, I wanted to continue my studies. I had many friends in school, and just like them, I wanted to choose my subjects for further study and prepare for promotion to Secondary Four. However, my parents and coaches advised me that every athlete has a 'golden age', and if you leave becoming physically fit until you are 20, you may start slower than others. So, I thought to myself: I like to play table tennis, and if I give it up at this moment in time, perhaps my dream will be over. It will be better to give myself a year or two to try first, to see if I like competing professionally. At the same time, while I did not follow the formal curriculum of the school, I did not give up any learning opportunities that came my way.

Q. Will you take part in the next Olympic Games?

A. The Olympics are the highest stage for every athlete, and everyone wants to participate including me. There is a lot of competition for every place. There will be other players competing with me over the next three years and, of course, I'll give it my all.

勇奪奧運銅牌的背後——蘇慧音與學生訪談



2020東京奧運乒乓球銅牌得主蘇慧音



來自弦立書院、聖保羅男女中學附屬小學的同學在台上向蘇慧音發問

Q. 甚麼令你從小打乒乓球？

A. 第一，必須對該事物充滿熱情，這樣才會讓你身心投入。第二，是堅持。每件事物開始之時，你一定都是充滿熱情，但到某個時候一定會遇到困難，接觸太久時也會開始熱情冷卻，我自己也有懷疑過自己是否天份不足，怎麼總是贏不了，在這些時候堅持下去真的很重要。

Q. 我有看過你最刺激的那場比賽，你如何在賽場上面對心理壓力？

A. 壓力完全無法避免，那場比賽大家都很大壓力。但我當時完全投在當下，沒想到未來會發生什麼，也不追究已打出的每一球好不好，我只是專注做好每一球。當時第一局是6:16，我正在落後，但我沒有覺得自己有在落後，反而馬上總結，立即預備下一球。

Q. 面對落敗，你如何重新振作？

A. 每一場比賽，我們固然有經歷過艱苦的訓練，事實上贏輸我們都經歷過很多次，只要有半點失準，例如身體狀態不佳、緊張，或者對手發揮極好，都有可能令自己在賽事中落敗。得知落敗的一刻，固然很失望，始終第一次打奧運，還未有機會發揮自己的水平便輸了，我覺得很可惜。但在那時候，我知道自己還有下一場比賽，又想起一路以來跟我朝向獎牌一同努力的伙伴，我便跟自己說，其實輸一場比賽很正常，昨天的我和今天的我都一樣，結果都只是客觀事物，我得要重新振作。那場比賽出了甚麼問題，我馬上總結、反省，嘗試在下一場比賽中快速糾正。即便如此，我可能仍然做不到完美，那我便每一場一步步的改進，到最後一場時，可能已經比第一場大有進步。

Q. 當時除了打乒乓球，你還有沒有其他目標？為什麼最後選擇了乒乓球？

A. 在中三之時，很想繼續讀書，在學校有很多朋友，有自己想讀的科目，更已作好準備升中四。但父母、教練給我的意見是，運動員有黃金時期，如果到你二十歲時才加強體能，可能會比其他人起步慢。當時便想：自己很喜歡打球，如果這刻放棄，可能這個夢想就此結束，那不如給自己一兩年時間先試一試，看看自己喜不喜歡這個生涯。但與此同時，雖然我沒有跟著學校的正規課程學習，但我亦沒有放棄過任何學習機會。

Q. 下屆的奧運會你會參加嗎？

A. 奧運是每一個運動員最高的舞台，大家都很想參加，包括我。但這個位置競爭很大，這三年間會有其他球員和我一起競爭，當然我一定全力以赴。

Get Free Tips from Education Experts!

"Smart Parenting for Smart Learning" Podcast



SMART PARENTING
FOR SMART LEARNING

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Don't we all want our children to develop their full potential, find their voices and engage with the world around them in meaningful ways?

The "Smart Parenting for Smart Learning" podcast is designed for parents who want to walk the journey with their children to be smart learners.

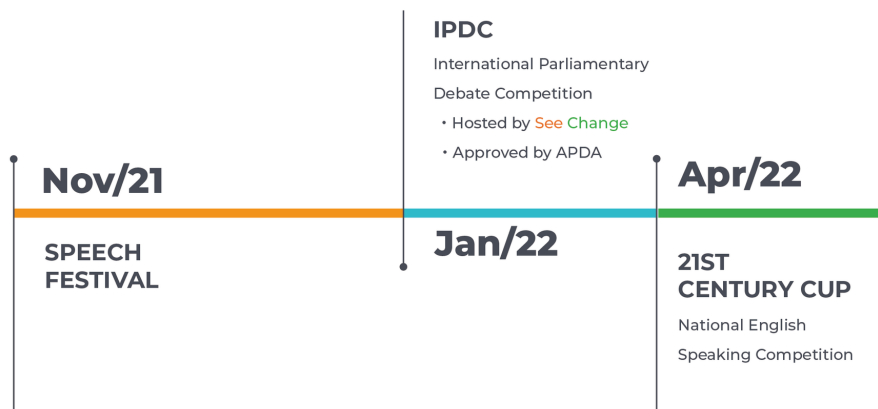
Our host, **Rita Pang**, is the founder of **See Change Education**, helping students aged 5-18 to develop 21st century life skills in "communications" through (1) speech and debate, (2) reading and writing, and (3) digital life skills and media communications.

Rita was an active participant in the **Model United Nations at Harvard University** and **a member of her law school's Moot Court Debate Team**. She is a strong believer that empathetic "communications" is what allows us to bring together our collective wisdom and voices of influence in order to break down barriers, resolve differences, and achieve greater synergy and harmony.

In each episode of the podcast, Rita discusses **a wide range of topics with experts in education** to give you tips and inspiration to be the parent that you want to be! The "Smart Parenting for Smart Learning" podcast is brought to you by a group of education enthusiasts. Join us today and become a game changer for your child.

Get Ready for the **Next Competition!**

Apply Now ! Shine on Stage !



See Change Education is an academy for 21st century life skills in communication in English.

Our world-class education curricula in debate, public speaking and writing, digital citizenship, and digital media production provide learning through exploration, access to the best global resources for personalized needs, and interaction with peers across geographic areas with diverse perspectives.

By promoting whole-person development and learning beyond the classroom and in the real world, we enable students to discover their passion, connect with others and make a difference .

"Learn what you need but don't always get in traditional classrooms."

[Check Timetable](#)

**Debate &
Public Speaking**

**Critical Reading
Persuasive Writing**

**Digital Life Skills
Media Communication**

