

紹邦書院
COLÉGIO SHIU PONG
SHIU PONG COLLEGE

2024-25

SHIU PONG COLLEGE

A Navigation Guide

**紹邦書院
新生攻略**

本書導航

如想辦理入住、退宿、申請住址證明、申請使用書院活動室、補辦房卡等事宜，可前往**書院辦公室**（第 8 頁）

如在學業、樓層生活、人際關係、身心健康、生涯規劃等方面需要**輔導關懷**，可以聯絡：

- 院長和導師（第 6-7 頁）
- 樓層學生導師和助理（第 9-12 頁）
- 樹洞心舍輔導員（第 17 頁）

如想了解書院的不同**學生團隊**（院生會/HA、學生導師/RT、學生助理/RA、樓層委員會、學生興趣小組），可前往第 9-16 頁。

本手冊還介紹了書院的各類**活動**（第 18-22 頁）、必修**課程**（第 23 頁），以及豐富的**設施**（第 24-27 頁）。

但是書院也有一些必須遵守的**規章制度**，請一定仔細閱讀第 28-30 頁。

最後，還有一些學長姐提供了他們的書院學習生活**經驗分享**（第 32-35 頁），都是非常寶貴的信息，不要錯過。

How to read this book

If you want to check in, check out, apply for proof of address, apply for using activity room, reissue room card, etc., you can go to the SPC **general office** (see page 8)

If you need **pastoral care** in academics, floor life, interpersonal relationship, physical and mental health, career planning, etc., you can contact:

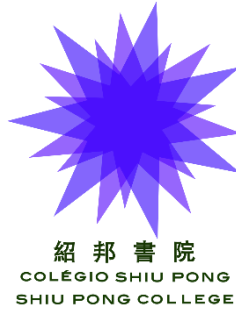
- College Master and Resident Fellow (see page 6-7)
- Resident Tutor and Resident Assistant (see page 9-12)
- Tree Hole express counsellor (see page 17)

If you want to learn more about the different SPC **student teams** (House Association, Resident Tutor, Resident Assistant, Floor Committee, Student Interest Groups), please go to page 9-16.

This book also introduces various **activities** (page 18-22), required **courses** (page 23), and **facilities** (page 24-27) at SPC.

However, we also have some **rules and regulations** that must be followed, please read page 28-30 carefully.

Finally, there are some senior SPCers who shared their **experiences** of learning and living in the College (page 32-35), which is very valuable information, don't miss it.



“You Are the Light of the World”

「你們是世上的光。」

College Mission/書院院訓：

On the basis of teachings of Confucianism and the Christian spirit of Faith, Hope and Love, the mission of Shiu Pong College is to inspire students to search for, reflect on, and live a meaningful, purposeful, and fruitful life in order to serve as role models and make a positive difference wherever they go, as the light of the world.

建立在儒家思想的教導和基督教信、望、愛精神的基礎上，紹邦書院的使命在於啟迪和激勵學生去尋找，反思和活出一個充滿意義，具方向和有價值的人生；並在其崗位上成為楷模、成為照亮人前的光。

College Anthem / 院歌

詞：謝志偉

曲：謝志偉



註：謝志偉博士(Dr. Daniel C.W. Tse)：

澳門大學前校董會主席(2001-2014)，澳門大學新校奠基人之一、紹邦書院構思人、在港澳高等教育貢獻良多。

1994 年謝博士為香港浸會大學譜寫校歌第二段

2012 年為澳門大學填寫校歌歌詞

2014 年 9 月為澳門大學紹邦書院撰寫院歌曲詞

STAFF MEMBERS 書院工作人員

Academic Staff 教學人員

Our academic staff are responsible for designing, developing, and implementing programs and activities intellectually to help students learn, grow and mature in the Residential College setting.

教學人員負責設計、開發和實施書院的教育活動，幫助學生在學習、成長和成熟。



Prof. TAM Sik Chung 譚錫忠教授

Interim College Master 代院長

Office: G020

WeChat ID: fstsct

Mobile: 66805064

Phone: 8822 4475

Email: fstsct@um.edu.mo



Prof. Jingjing Liu 劉京京博士

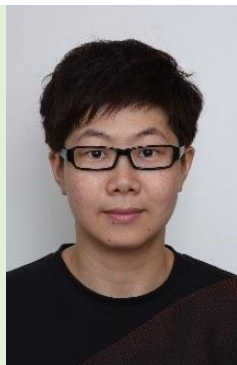
Associate Master 副院長

Office: G019

WeChat ID: refer to WeChat group

Phone: 8822 9627

Email: jjliu@um.edu.mo



Dr. Hio Hei CHAN, Phoenix 陳曉希博士

Resident Fellow 導師

Office: G031

WeChat ID: refer to WeChat group

Phone: 8822 9635

Email: phoenixchan@um.edu.mo



Dr. Hang Cheong Wong, Kehn 王衡鏘博士

Resident Fellow 導師

Office: G012

WeChat ID: refer to WeChat group

Phone: 8822 4292

Email: hcwong@um.edu.mo

Academic duty phone: 62106025 (24 小時可用)

更多信息，可瀏覽書院網頁

For more information, please visit the College website

<https://spc.rc.um.edu.mo/people/academic-staff/resident-staff/>

Administrative Staff 行政人員



Leo Che

Phone: 8822 9624



Mariah Ng

Phone: 8822 9962



Hailie Wong

Phone: 8822 9632

General Office: S9-G016

Opening hours: 9:00-13:00, 14:30-17:45 (Mon.-Thur.)
9:00-13:00, 14:30-17:30 (Fri.)

Phone: 8822 9630

E-mail: SPC.enquiry@um.edu.mo

The General Office is responsible for administrative matters in the college, including but not limited to, dormitory, public facilities, environmental safety and security, cleaning and hygiene, utilities consumption, finance and fees, etc. In addition, we distribute useful and updated information to our students, answer enquires, and provide administrative and logistics support to all college functions, events, programs and activities.

院生可辦理事項：

書院入住/退宿、補辦房卡、申請住址證明、申請使用書院活動室、查詢信息等

RESIDENT TUTOR (RTs) 書院學生導師 & RESIDENT ASSISTANTS (RAs) 書院學生助理

Our RTs and RAs provide pastoral care for floor member, lead Floor Committees to organize floor activities, as well as support college events. 關懷宿生，帶領樓層委員會組織樓層活動，支持書院活動。

1st Floor



鄭嘉強

Cheng Ka Keong
Resident Assistant

FLL, Year 4

E-mail:

LC11322@um.edu.mo



廖榮錦

Liao Rongjin
Resident Assistant

FBA, Year 3

E-mail:

BC20966@um.edu.mo



山中竣智

Yamanaka Shunji
Resident Assistant

FSS, year 2

Email:

SC32015@um.edu.mo

2nd Floor



黃嘉祐

Wong Ka lao
Resident Assistant
FST, Year 4
E-mail:

DC12553@um.edu.mo



陳奕昊

Chen Yihao
Resident Assistant
FST, Year 4
E-mail:

DC12709@um.edu.mo



陶詩城

Tao Shicheng
Resident Assistant
FAH, Year 2
E-mail:

AC30292@um.edu.mo

3rd Floor



侯遠航

Hou Yuanhang
Resident Tutor
FST, Doctor 1
E-mail: YC47825
@um.edu.mo



唐浩源

Tong Hou Un
Resident Tutor
FBA, Master 1
E-mail: MC43784
@um.edu.mo



盛奕龍

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Resident Assistant
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@um.edu.mo



連鈺龍

Lian Yuk Lung
Resident Assistant
FBA, Year 2
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@um.edu.mo

4th Floor



洪青鈺

Hong Qingyu
Resident Assistant
FBA, Year 3
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林淑慧

Lam Sok Wai
Resident Assistant
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@um.edu.mo



馮雅琳

Feng Yalin
Resident Assistant
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Email: SC32179
@um.edu.mo



鄧鈺婷

Deng Yuting
Resident Assistant
FED, Year 2
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@um.edu.mo

5th Floor



鐘燁彤

Zhong Yetong
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SC22453@um.edu.mo



何蔚瑋

He Wei Wei Vivienne
Resident Assistant
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劉夢婷

Liu Mengting
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6th Floor



劉憬洳

Liu Jingru

Resident Tutor

FAH, Doctor 2

E-mail:

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Ana Lin

Resident Assistant

FAH, Year 4

E-mail:

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趙珍華

Zhao Zhenhua

Resident Assistant

FSS, Year 2

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7th Floor



謝樂怡

Marisa Xie

Resident Assistant

FSS, Year 4

Email:

SC12017@um.edu.mo



佘孫悠然

She Sunyoulan

Resident Assistant

FSS, Year 2

Email:

SC32283@um.edu.mo

Shiu Pong College House Association 第十一屆紹邦書院院生會



林子鵬 大三 經濟
sc22356@umac.mo

hihi 大家好！我是本屆HA主席林子鵬，大家也可以叫我CC。我喜歡桌游，樂器，還有美食。希望可以和大家成為好朋友！期待我們共同度過美好又充實的一年！



陳若瑜 大四 應用物理
dc12826@umac.mo

Hi, 大家好！我是本屆紹邦書院院生會HA副主席陳若瑜，也可以叫我九哥或者Atlas。我來自浙江，喜歡桌遊、音樂、美食和運動。是桌遊、劇本殺和銀人殺的DM。希望你能在新的一年里最好的幫助大家。



黃陣豪 大三 土木工程
dc22931@umac.mo

大家好！我是本屆HA副主席黃陣豪，可以叫我Cherry。來自廣州，學語和普通话都no problem。我喜歡運動、聽歌、旅遊和吃！希望在接下來一年里能給大家帶來充實而快樂的書院生活！



毛赫平 大二 計算機
dc32787@umac.mo

大家好，我是這屆活動部部長毛赫平，來自遼寧大連，歡迎擁有奇思妙想的各位來活動部為書院活動貢獻自己的一份力量，將自己美好的想法變成現實，讓書院活動更加豐富多彩。



周鉅彤 大三 心理學
sc22408@umac.mo

大家好！我是本屆HA秘書部部長周鉅彤，大家都叫我芋頭~我來自廣東珠海，愛玩愛交朋友，很開心能跟大家共度新一年的書院生活，希望大家都能在大學收穫自己的快樂碎片！



張之榮 大二 節語研究
ac30249@umac.mo

大家好，我是本屆HA外聯部部長張之榮，大家也可以叫我Charlie（查理），喜歡音樂劇喜歡旅遊，歡迎大家來找我玩！期待能和大家度過快樂而收穫滿滿的一年！



易一寧 大三 綜合科學
hc21571@umac.mo

Hello 大家好，我是本屆HA宣傳部部長易一寧。我興趣愛好廣泛，喜歡配音、動漫、演戲、小說、遊戲等等。非常期待與大家成為好朋友！如果你有任何問題，歡迎隨時找我哦！讓我們一起度過一段快樂的時光吧~



王靜怡 大二 中文法
lc31824@umac.mo

Hello, 大家好！我是本屆HA體育部部長王靜怡，從小在福建長大，我喜歡旅遊、桌游和美食，希望能和大家成為朋友一起開心快樂且充實的度過這一年！



STUDENT INTEREST GROUPS (SIGs) 學生興趣小組

SIGs are organized independently by small groups of students. Students can organize groups around interests such as calligraphy, reading, photography, martial arts, music, business, etc. College always encourages students to establish SIGs and is glad to support you. If you have any ideas of organizing such groups, please do not hesitate to contact our Associate Master in G019. 如果同學們有意向組建新的興趣小組，與同伴一起發展某項個人愛好，歡迎前往 G019 遞交申請。

The **English Table (英語桌)** are organized to help raise the English abilities (speaking/listening/presentation) of SPC students. English-speaking volunteers from the teaching faculties come to SPC each week.



The **Dream Building Team (築夢小隊)** is a group of SPCers who volunteer to provide academic tutoring to children each day at a children's home. Through the practical experience of serving, DBT members learn to grow in teamwork, in problem-solving skills, in leadership and in undertaking responsibility.

The **College Choir (合唱團)** nurtures students' ability to appreciate the art form of choral singing and to cooperate with each other in harmony.



The **Student Ambassador Team (書院學生大使)** will be given training on hospitality to help receive and welcome our guests, and they will have opportunities (such as High Table Dinners) to be emcees and to introduce our College to guests, visitors and friends of the College.



The **Critical Thinker (慧言堂)** develops students' global vision and critical ability in assessing conflicting arguments from multiple perspectives through news sharing and analysis.

The **Spotlighting Group (聚光者)** provides a series of community service to support the daily operation of the College, including printer maintenance, Shiu Pong TV, Wall of Fame and so on. Students could enhance the sense of responsibility, teamwork and service in this process.



Neverminds
覓念心理小組



Board Game Room
紙牌屋



Basketball Team
籃球隊



Football Team
足球隊



Badminton Team
羽毛球隊



Table Tennis Team
乒乓球隊



Cheerleading Team
啦啦隊



Band
樂隊

TREE HOLE EXPRESS 樹洞心舍

家裡不能藏垃圾
我們的心裡也放不下那麼多心事
每個人都需要一個樹洞去傾訴
讓我們成為你最好的聆聽者
說不出的話，就在這裡留下。

We can't keep piling up problems without venting, just like we can't keep storing trash at home without taking them out. Everyone needs someone to talk to and confide in. Let us be your best listener. Something too difficult to share? You can share it here.



紹邦書院
COLERIO SHU PONG
SHU PONG COLLEGE



樹洞 心舍

TREE HOLE EXPRESS

李杼曼
Man

紹邦書院輔導員 Counsellor in SPC

我們向同學提供以下三種服務方式：

Students can choose the following methods to utilise the service:

(1) 親身即時服務 In person walk-in service

-輔導員駐書院時間：WED (三) 15:00-20:00

THU (四) 11:00-15:00

-地點 Venue: S9-G030

(2) 網上即時服務 Online walk-in service

-時間 Time：WED (三) 15:00-20:00

THU (四) 11:00-15:00

(3) 網上預約服務

Online booking service



SPC ACTIVITY 書院活動

In general, all SPC programs and student activities can be conceptually divided into 3 categories, including (A) High Table Dinners, (B) Seminars, talks, workshops and certificate courses provided by College, and (C) Student activities organized by Floor Committees, House Association and Student Interest Groups. These experiential learning activities are designed to help RC students improve below competencies.

一般來說，紹邦書院的所有活動可分為三類，包括：(A)高桌晚宴、(B)書院組織的講座、研討會、工作坊和證書課程，以及(C)樓層委員會、院生會、學生小組舉辦的學生活動。這些體驗式學習活動旨在幫助院生提高以下勝任力。

RC 2.0: 7 Competencies

住宿式書院 2.0：七項勝任力

1. Responsible citizenship 公民責任心
2. Global competitiveness 全球競爭力
3. Knowledge integration 知識整合能力
4. Teamwork and collaboration 團隊協作
5. Service and leadership 服務與領導
6. Cultural engagement 文化參與
7. Healthy lifestyle 健康生活

(A) High Table Dinners 高桌晚宴

High-table Dinners (HTD) originated from the formal dinner tradition in Britain's prestigious boarding schools and higher academic institutions with a long history. They are vividly illustrated in the movie series "Harry Potter" with students wearing gowns, attending a grand formal dinner after the speech of their school master. The values of HTD are that it fosters a sense of shared identity among students and provides an opportunity for community leaders and renowned people in town to share their life experience. It also enables the students to practice social skills, proper table manners, and people networking.

高桌晚宴旨在幫助院生建立身份認同感、鍛煉社交技巧、學習餐桌禮儀，並為社群領袖提供一個分享人生經驗的平台。



(B) Talks, workshops, certificate courses and visits provided by College 書院舉辦的講座、工作坊、證書課程和參觀訪問

They are delivered by well-known scholars and experts. They help students broaden knowledge frontiers, enhance personal growth, enrich cultural experience and develop learning skills. 由書院教學人員主導舉辦的活動，幫助學生開拓視野、豐富文化體驗、發展學習技能、實現個人成長。



校園開放日升旗儀式
(Jan. 14, 2024)



知名記者張翠容講座
“另一個土耳其” (Mar. 9, 2023)



“捕捉創意思考力”證書課程
(Sep., 2023)



參觀華為
(Apr. 22, 2023)

(C) Student activities organized by Floor Committees, House Association and Student Interest Groups 樓層委員會、院生會、學生興趣小組組織的學生活動



Final Festival
(Apr. 19, 2024)



射箭工作坊
(Apr. 13, 2024)



迎新春 寫對聯
(Jan. 28, 2024)



中秋遊園會
(Sep. 28, 2023)



參加書院活動 Attending SPC activity

**很重要
is very important**



**成功申請下
一學年的
書院住宿**
Successful
application for
College
readmission
for the next
academic year



**在大學各類
機會中獲得
書院推薦**
Recommended
by the College
for various
university
opportunities



**通過
CPED1000**
Pass
CPED1000

If you have any difficulty,
please contact your CPED1000 instructor.

**不論你就讀
哪個年級
No matter
what grade
you are in**

RC REQUIREMENTS

Admission Year of Students	Year	Mandatory residence	Categories	Requirement	Make-up Arrangements
Admitted in AY2021/2022 and onwards	1 st Year	Yes (for 2 semesters)	Activity	High Table Dinner (Once)	Students can make up in any semester before graduation.

Note: Mandatory residence is not applicable to Year 2 or upper-class UG students.

RC COURSE IN SPC: CPED 1000 (1 CREDIT)

Taught at the Residential Colleges, this course prepares the first-year students to adjust to and benefit from the whole-person education of UM. It introduces students to a set of basic competencies, study skills and active-learner attitudes that are expected of a university student. Through experiential learning in RC educational activities, learning experiences at UM at large, and the course required e-portfolio practice, students will learn to appreciate the seven competencies prescribed as goals of the “community and peer education” of UM. They will also learn how to relate these competencies to their academic performance as well as future career development.

RC COURSE IN SPC: CPED 2001 (1 CREDIT)

This course offers students practical experience in communication and leadership through experiential learning in a community team project. Students of different majors will complete a creative team project on an assigned topic to promote specific positive values pertaining to RC character education to an identified audience in the society under the supervision of RC academic staff and the support of community partner(s). They need to acquire related knowledge of the positive values and the targeted audience as active learners themselves during the process. The student teams need to document their project outcomes in electronic form and make physical or online presentations reflecting on the learning process of the team project.

SPC LIVING AND LEARNING FACILITIES

書院設施

Dining Hall 聚賢軒



Location: G010

Meal Time:

Breakfast from 07:30 to 10:30

Lunch from 11:30 to 14:30

Dinner from 17:30 to 21:00

Multi-Purpose Function Room 多功能室

Location: G011, G026, G033

*If you need to use it as activity venue, please contact general office. 如需使用，請聯絡書院辦公室。



Karaoke 卡拉OK機



Location: G011

Opening Time: Monday to Sunday, 07:00 – 23:00

* If you need to use it, please contact security counter. 如需使用，請聯絡保安櫃檯。

Fitness Room 健身房

Location: G036

Opening Time: Monday to Sunday, 07:00 – 23:00



Dancing Room 舞蹈室



Location: G034

Opening Time: Monday to Sunday, 07:00 – 23:00

Pool Table 檯球桌

Location: near G015

Opening Time: Monday to Friday, 18:00 – 23:00

Weekend and Holiday, 7:00-23:00

* If you need to use it, please contact security counter. 如需使用，請聯絡保安櫃檯。



Music Room 音樂室



Location: G029

Opening Time: Monday to Sunday,
07:00 – 18:00 (2 hours limit)

18:00 – 21:00 (1 hour limit)

*If you need to use it, please contact security counter. 如需使用，請聯絡保安櫃檯。

Study room 學無止境練功房



Location: G017

Opening Time: Monday to Sunday, 00:00-24:00

Self-service printing Area 自助式打印機

Location: Near G015



Pantry



Location: 2 pantries on each floor
Opening Time: 24 hours and 7 days

Common Room

Location: 2 common rooms on each floor
Opening Time: 24 hours and 7 days



Laundry and Drying Area



There are two Laundry areas on each floor. Each Laundry area is equipped with:

- 1 washing machine
- 1 dryer machine

書院十禁止

- 1) 煙酒賭博
 - 2) 使用明火
 - 3) 將代步工具或其電池帶入書院
 - 4) 養寵物
 - 5) 將自己的學生卡、房卡借給他人使用
 - 6) 夜晚時間大聲喧嘩
 - 7) 將個人物品、寢室家具擺放在樓層走廊
 - 8) 進入異性的寢室
 - 9) 未經書院批准，互換床位
 - 10) 故意損壞書院公共設施
- 及其他違法犯罪活動

書院規章完整文件
請掃碼二維碼閱讀





Key points of College rules 書院規章要點



 <p>No smoking</p>	 <p>No alcohol</p>	 <p>No Gambling</p>
 <p>No pets</p>	 <p>No open flames</p>	 <p>Keep noise level reasonable</p>
 <p>Do not transfer key cards to any other person</p>	 <p>Do not visit room of the opposite gender</p>	 <p>Do not change rooms privately</p>
 <p>Hallways should be kept clear</p>	 <p>Do not destroy the College facilities</p>	 <p>Do not bring transportation device or its battery into College</p>

For full text of College rules, please scan



樓層茶水間使用規則

- 所有個人物品（桌面、櫃中、冰箱裡）均應貼上標籤，上面註明自己的全名和房間號。書院將定期清理，所有未能清晰辨認所有者的物品，均會被視為無主物進行處理。
- 在茶水間進食後，請務必清理桌面、水槽，勿留垃圾。
- 如使用微波爐，加熱期間，同學務必在場，不得離開。不得將帶殼的雞蛋、金屬餐具放入微波爐加熱。
- 最後一位離開的同學，應關燈、關空調。

樓層晾衣間使用規則

- 僅可將衣服、床上用品放入洗衣機、烘乾機。
- 洗完或烘乾衣物後，請盡快取走，不影響他人使用。
- 晾干的衣物，記得及時取走。
- 如需急用洗衣機、烘乾機，但其中有他人物品，請先通過樓層微信群組進行協商。

個人財產注意事項

- 同學應盡可能將個人物品收存在自己的寢室中，而非公共空間。

OTHER IMPORTANT CONTACTS 其他重要信息

Mailing Address 通訊地址	中文 中國澳門氹仔 大學大馬路 澳門大學, S9 紹邦書院, XXX 室	<u>In English</u> Room XXX, Shiu Pong College University of Macau, S9 Avenida da Universidade, Taipa, Macau, China
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SPC website: <http://spc.rc.um.edu.mo/>

SPC WeChat:



Or search “UMACSPC” in WeChat

For reporting maintenance issues of facilities, please submit a completed “Requisition Form for Maintenances” by scanning below QR code.

設施報修請掃描以下二維碼



學生領袖的入學小貼士



林子熙是2024/2025學年紹邦書院院生會（HA）的主席，也曾是2023/2024學年的RA，她對新生有什麼寄語呢？

Hi 學弟學妹們大家好，很高興與你們見面。歡迎來到紹邦書院這個溫暖的大家庭，希望你們能夠在 SPC 度過美好而又充實的大學四年。

為了幫助大家對大學生活有更好的瞭解，我們 HA 計畫推出幾篇推文為大家詳細介紹紹邦書院以及一些小 tips！大家可以持續關注哦！

相信你們面對未知的大學生活，心中或許滿懷憧憬，或許有些迷茫。無論懷著什麼樣的心情步入大學生活，都希望大家能在大學找尋到適合自己的道路。

作為大三的學姐，大學生涯轉眼已經過半。如果有人在這個時候問我在大學最重要的品質是什麼？我的回答會是培養自己檢索資訊的能力。

資訊檢索能力無論是在完成學業還是在個人發展上都至關重要。學會檢索篩選資訊不僅能夠在課堂上幫助你大大提升論文作業的品質與水準，還能更好地利用身邊的資源。通過資訊檢索，你所掌握的資訊差就是一種機會和財富。甚至我們所遇到的問題，絕大多數已經有人遇到過，並且存在非常好的解決方法。

相信通過培養這方面的能力，你能更好地適應新的環境。人生是一場未知的征途，不到最後一刻就沒有所謂的終點。我們要勇於嘗試，不懼失敗，不怕重來。只要盡力做好我們能做好的事。

很開心與你們在紹邦相遇，期待我們共同見證彼此的成長！未來，我們一同探索更多的可能性！

一心不亂 保持專注



林淑慧是紹邦書院的學生助理（RA），也曾在樓層委員會服務。她對新同學們有什麼建議呢？

大家好，我是大二的 Fiona，歡迎大家來到紹邦書院，不知道大家有沒有暢想過自己的大學生活會是怎樣的呢？或者對即將面對的新環境有沒有未知的不安呢？

紹邦書院的溫暖會把這些不安通通掃除，在這裡，有很多學長姐，包括 RA、HA 等，我們很願意解答大家對學校、書院，或生活中大小事務的疑問，還會有不同的破冰活動，讓我們更好的瞭解大家。

在大學中，有非常多的社團活動，充實我們的課餘時間，而在書院內也有很多社團，讓我們發光發亮，詳情可以看新生手冊。

「在這個越來越難專心的數位時代裡，唯有那些能保持專注的人，才得以在當下與未來數十年中脫穎而出；哪怕身處於不斷變化的環境

中，贏家就是能一心不亂地保持專注。」

這是我在一本書上看到的一段話，大學是一個有非常多自由時間的時期，有空課，還有很多假期，但是一不留神，時間就會慢慢流走。大家可以詳細地制定大小目標，多做些有意義的事情。如果大家還是對自己的未來很迷茫，我會建議大家多看看不同種類的書，和參加一些講座等，可以傾聽不同專家的人生經驗，也可以和同學多交流，書院也提供了很多不同類型的講座。

祝願我們能在大學找到人生努力的方向，成為世界的光。(*´-`*)

鬆弛有度 不怕失敗

大家好，我是今年 SPC 的 RT 之一唐浩源，今年也是我在紹邦書院的第五個年頭了，有些感想和建議想給大家分享一下。

首先恭喜大家踏上人生新旅程！進入大學後，會有各式各樣的書院活動迎接你們，豐富你們的大學生活，這無疑是一種難得的機會。也希望大家能在接下來的書院活動中全方位展示自我，積極探索自己的興趣愛好。

課外活動固然精彩，但要記住，學習才是大學生活的首要任務，鬆弛有度才是良計。在大一的時候，大家就要根據自己的興趣愛好制定出合



唐浩源是紹邦書院 2023/2024 學年的畢業生，並會以研究生 RT 的身份繼續在書院服務。他曾和夥伴們一起拍攝反詐騙、網絡安全主題短視頻，獲得多個比賽的佳績。

適自己的發展目標，規劃好未來的發展方向。抓住每一次機會，勇敢地去嘗試，不要害怕失敗。只有在一次次試錯中才能明白自己想要什麼，更能明白成功的意義。

書院為大家學習生活提供了很好的平臺，同學們要善用書院設施，書院提供的 24 小時圖書館、自修室都將是你最好的修煉場所，也是將來與同學奮鬥無數個日夜的地方。大學從來不是你學習的終點，而是去往將來的新起點。

最後，再次歡迎大家加入紹邦書院，也希望大家能在接下來的書院旅程中學習、生活愉快！礙於篇幅還有很多乾貨沒有和大家分享，等和大家見面的那一天，我必知無不言。



APPENDIX: SPC ACTIVITIES 附錄：書院活動掠影



Lunch with professors



調飲茶工作坊



理財規劃工作坊



馬賽克燭臺工作坊



石膏娃娃工作坊



狗狗的守護者



假面舞會體驗班



拍攝反詐騙視頻



壁球體驗班



飛盤體驗班



國際象棋體驗班



擊劍體驗班



空竹體驗班



體育嘉年華



參觀保安高等學校



推理遊戲



溝通表達證書課程



新生才藝晚會