

S.4

Job Placement Scheme

TSUNG TSIN
CHRISTIAN ACADEMY



TTCA
FURTHER STUDIES & CAREER
GUIDANCE

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THE PROGRAMME

Our Mission

The S.4 Job Placement Scheme is a cornerstone of our career education, designed to propel students into their futures with clarity and confidence. This programme provides invaluable hands-on work experience and specialised career training through partnerships with renowned organisations like Breakthrough.

Our mission is to act as a strategic launchpad for informed career and university decisions. We achieve this through a student-centred matching process. It begins with each student voicing their unique interests, strengths, and career curiosities. These expressed preferences form the essential blueprint for our next step: meticulously pairing each individual with not just any organisation, but the right one—an industry and a specific partner that aligns with their aspirations.

By connecting personal ambition with a tailored real-world opportunity, the initiative does more than offer a summer job. It provides a vital launchpad for authentic exploration, empowering students to navigate their future with purpose and insight.

Programme Overview: A Timeline of the Summer Experience

March:

- Enrolment & Interviews

April:

- 1st Training Session & Matching with Organizations

May:

- 2nd Training Session

July:

- Job Placement & Sharing Session

THE PREPARATION

Workshop 1- Skills Auction (Focus: Identifying Strengths)

Before stepping into the workplace, students participated in the "Skills Auction," an engaging workshop designed to illuminate the landscape of in-demand career competencies.

With a limited budget, student teams bid on a diverse range of 40 skills—from technical expertise and problem-solving to social intelligence and management. This dynamic activity sparked reflection on the value of different abilities, helping students identify their existing strengths and the skills they were most motivated to develop.

The auction served as a powerful starting point, priming students to strategically approach their upcoming internships. The subsequent debrief connected these valued skills to real-world professions, empowering them to enter their placements with greater self-awareness and a clearer focus on their personal growth objectives.

Workshop 2 - Professional Etiquette (Focus: Setting Placement Objectives)

To bridge classroom learning and workplace success, students attended a workshop focused on building a strong foundation for their job placement. Through interactive scenarios and role-playing activities, they learned essential workplace norms—from communication protocols and professional attire to time management and cross-cultural collaboration. The workshop also guided students in setting clear, personalized objectives for their placements. By defining their goals upfront, students gained direction and purpose, ensuring their internship experience would be both meaningful and productive. This preparation equipped them not just to participate, but to excel and grow in their respective roles.



THE EXPERIENCE

Student Reflection

5G 03 Chuck Lynn Audrey 香港心理衛生會

In my three-day internship at the Mental Health Association of Hong Kong, I gained many valuable insights and experiences. My primary tasks involved data entry and document organization. Although these tasks seemed simple and repetitive, I quickly realized they required immense patience, accuracy, and consistency. Throughout this process, I learned the importance of administrative support to the efficient operation of an organization and how every detail contributes to the larger picture. I also had the opportunity to work closely with classmates Jayden and Chloe to help with an event. This experience challenged our ability to fairly delegate tasks, maintain clear communication, and respond flexibly to unexpected situations. This collaboration not only strengthened my teamwork skills but also deepened my understanding of how mental health services interact with the community and young people. Although the internship was brief, it helped me develop a stronger sense of professionalism and responsibility, while also providing new perspectives for my future career development.

5G 07 Lam Wai Ling Jocelyn DIY運動物理治療中心

During my three-day observational experience, I anticipated learning primarily from a physiotherapist. However, I spent the entire time observing a Strength and Conditioning (S&C) coach. On the first day, with no client scheduled for the first hour, we used the opportunity to speak with our supervisor. He shared insights into his professional background and introduced us to various physiotherapy tools, including acupuncture and cupping. He also clarified the differences between acupuncture practiced by physiotherapists and that used in traditional Chinese medicine. Throughout the observation, we focused on clients in the rehabilitation stage. The role of the S&C coach is to strengthen these clients, who are progressing well in their rehabilitation, to prevent future injuries. This experience highlighted the critical importance of effective communication between physiotherapists and S&C coaches to optimize client rehabilitation outcomes. In addition to observing, we helped maintain gym equipment, including tasks such as repairing a medicine ball with tape and organizing various tools. I gained valuable insights into the importance of time management, as S&C coaches must develop training programs within limited timeframes. Furthermore, collaboration and communication were essential skills, given the need to coordinate with other coaches and clients while managing limited access to machines.





5F 05 Hui Hoi Ka 和宜中醫診所

On the first day of the job placement, I followed Dr. Choi to experience his daily duties of seeing patients. He taught me the basics of Chinese medicine, such as how to properly read the heartbeat and identify sickness indications based on the condition of the tongue. I accompanied him, listening to the patients' problems and observing how he reassured and communicated with them. He also allowed us to help with acupuncture, which I later got to try on myself.

On the second day, I helped pack medicine for the patients. Instead of pills or syrups, Chinese medicine is usually brewed or consumed like tea. We followed a herb list and added the exact amounts to each serving of medicine. At first, it was difficult to find the location of each unique herb, but eventually, I got the hang of it. No wonder it always takes so long when I wait for my medicine at Chinese clinics! Later that day, we moved to another clinic with Dr. Choi, where he taught us how inserting needles into acupuncture points helps relieve patients by increasing blood flow and nerve activity in specific areas, easing tension.

On the third day, Dr. Choi was not on duty, so we did background preparations instead. They make patches of herbal stickers for medicines, especially for the winter and summer solstices. We mixed the herbal mixture to the right consistency, filled small tabs on the stickers, and prepared them for future use.

Overall, it was a great experience as the supervisors were kind and lenient, making learning much easier. Most importantly, it broadened my horizons regarding Chinese medicine, which I was not very familiar with before. If I ever have the chance, I am sure I will return to visit the clinic.

5D 02 Chan Hui Fung 跑緣

Throughout all the days in this experience, job placement, I have learned a lot from it, such as communication skills and work skills. I have met and made friends with our two guides who led us during those few days, and I was surprised that both of them were not Hong Kong people. It gave me deeper insights and new thoughts about working with people from other regions. They taught us how to do scanning, how to fill in the data into the system, and how the system actually works. I learned a lot, especially about communication. Now I'm not shy to use English to have conversations with others; I think that's a big improvement for me. Although many good things happened, the worst part for me during those few days was having to travel under the big sun for almost an hour. However, I guess this was one of the challenges I needed to face to become a prepared adult. In conclusion, this excellent experience provided me with many learning opportunities and a deeper understanding of society. I'm glad I joined the program and took a big step in my life.

5F 07 Ko Hin Long Aaron 香港中文大學－地球與環境科學系

On the first day, I helped sort different rocks and ores in the lab for future lessons. I learned about the formation of rocks and their various properties, such as shapes and mineral size. In the afternoon, I attended a workshop on machine learning and how computers can be programmed to analyze photos. I gained basic knowledge of how computers interpret images from their perspective. On the second day, I experienced the daily work of a researcher. It was quite different from what I expected because much of the work involved sorting collected data and analyzing general trends. In the afternoon, I toured the department and reviewed some experiment reports done by students. I learned that an increase of 2°C in the global average temperature would cause drastic changes in the world. On the final day, I collected rainwater samples to understand the process and the machines used. In the afternoon, I conducted an experiment about tropical typhoons and learned that their formation requires Earth's rotation and a temperature difference between the surface of the water.

5A 24 Tsang Sze Tung REup Media

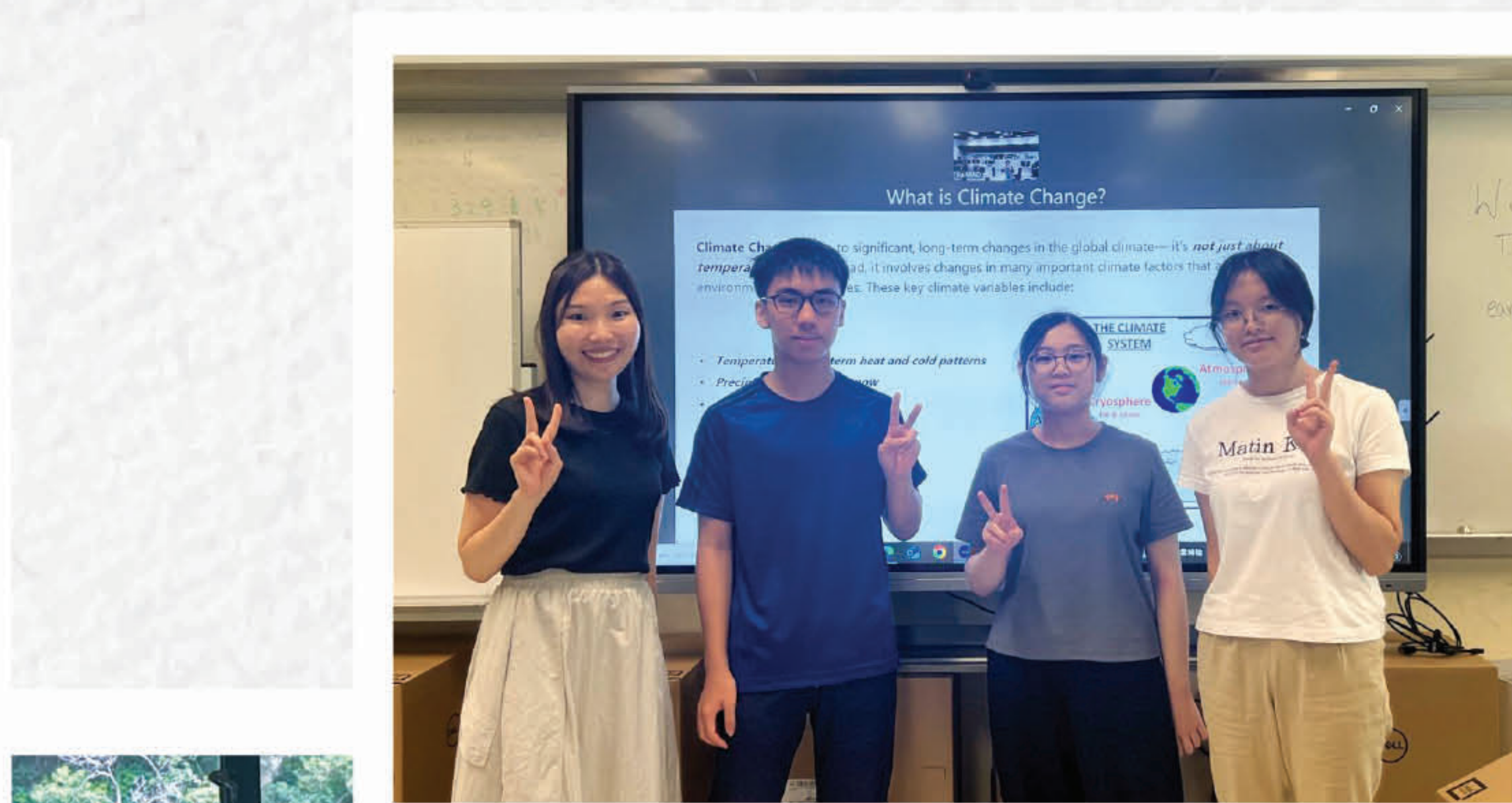
As an intern at a media company, my daily tasks included assisting with setting up filming equipment and helping to shoot short videos. I learned to frame shots and edit videos effectively. During editing, I gained experience using apps like CapCut to trim clips, add transitions, and sync audio. Collaborating with my teammates taught me the importance of clear communication and teamwork. Brainstorming ideas, giving feedback, and problem-solving on set were crucial. One main takeaway was the value of adaptability; unexpected changes, such as last-minute script edits or technical issues, required quick thinking. By the end of my internship, I felt more confident in my technical skills and creative decision-making. The hands-on experience in filming and editing short-form content was invaluable, and working with a team reinforced how every role contributes to the final product.

5G 01 Chan Hei Yin 基督教聯合那打素社康服務

I went to UCNCHS, a clinic that offers a wide variety of services. On the first two days, we arranged the patient identification board. The hardest part was preparing some new patient identification boards, which involved sticking number stickers on the edges of the boards. Each board consisted of six figures. I suffered from eye strain after doing this for three hours. However, I became more familiar with how a clinic operates afterwards. On the last day, some international students from Hong Kong University came. I had a great opportunity to discuss my career pathway with experts. They shared their experiences and the challenges of a medical career. Moreover, they let me observe the process of a patient receiving smoking cessation services. They used a nicotine patch to reduce the symptoms. I learned about how medical personnel diagnose patients. Afterwards, we spent time with a physiotherapist who gave me a lot of personal advice. I learned how to build trust with patients to make therapy easier. I truly enjoyed this experience and am glad I had the opportunity to learn more about my career pathway.

5F 02 CHAO TAK YU 突破機構－外事部

For the first two days, I was asked to type an Instagram post to promote the book fair of Breakthrough Limited. I had to scroll through its Instagram posts to gain insights and create a post that would attract youths. I learned how to write a catchy topic sentence to make users interested in reading the details that follow. Furthermore, I was asked to summarize a sharing session by the General Secretary to post in the weekly update, so readers who didn't attend would know what it was about. I followed a sample from my supervisor and learned how to write a summary. On the third day, I went to the book fair at the Exhibition Centre. I helped tidy up the books that people had read and assisted them with their enquiries. I learned the duties of staff at a book fair from a different perspective—not just as a reader. Moreover, I attended an award ceremony with my supervisor and experienced how quick and intense a reporter's work is. We had to ask writers to take photos, set up cameras, and stand by our company's writer to assist him when someone wanted to take a picture with him. Therefore, the last day was very intense since I had to stand more instead of sitting in the office.



LOOKING FORWARD:

A Message To Future S.4 Students

Your journey of academic and career discovery starts with a single, deliberate step. The reflections in this booklet are not just stories; they are evidence of the transformative growth that occurs when theoretical knowledge meets practical application. The S.4 Job Placement scheme is the bridge we have built for you to take that critical step. This programme is your strategic opportunity to explore potential career paths before making crucial decisions about your university programme and future specialisation. It is designed to help you test your interests, identify your innate strengths, and make informed choices that align your studies with your career aspirations. The path to a fulfilling career is not discovered by chance—it is constructed through conscious exploration and experience. Use this programme as the cornerstone of that construction. We challenge you to approach this initiative with intention. Be proactive, seek mentorship, and reflect deeply on every task. Step forward and use this launchpad to propel yourself into a future built clarity, confidence, and purpose.



ACKNOWLEDGEMENTS

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Our Heartfelt Thanks to Our Partner Organizations:

We are profoundly grateful to the following organizations for their commitment. By providing invaluable mentorship and immersive work placements, you have given our students the gift of real-world insight and inspiration.

和宜中醫診所
(Heung Yee Clinic)

DIY 運動物理治療中心
(DIY Sports Physiotherapy Centre)

香港中文大學醫院
(CUHK Medical Centre)

基督教聯合那打素社康服務
(United Christian Hospital - Nethersole Community Health Service)

香港中文大學－地球與環境科學系
(The Chinese University of Hong Kong - Department of Earth and Environmental Sciences)

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香港心理衛生會
(Hong Kong Mental Health Association)

跑緣
(Runners' Foods)

REup Media

Alrismall

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Tsung Tsin Christian Academy

基督教崇真中學

Address : 8 Lai Hong Street, Cheung Sha Wan, Hong Kong

地址：九龍長沙灣荔康街8號

Tel 電話：27288727

Fax 傳真：27288021

Website 網址：www.ttca.edu.hk

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