



SHA TIN
COLLEGE

STC SPOTLIGHT ON HIGHER EDUCATION

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Introduction

Another new academic year starts and we are here to wish our students another fruitful year at Sha Tin College. Our Year 13 students are on the final stage in preparing their university applications while the rest of senior school students continue to explore different HE options. In this issue of HE Spotlight, we would like to share with our Year 13 students how to manage stress during the application process. On the other hand, we spotlight the Melbourne Curriculum and two new courses for 2026 entry offered by University College London (UCL).

15 Ways To Manage Stress During The Application Process

Benefits of managing application stress

Effectively managing your stress offers a few main benefits including:

- **Improved focus:** You're more likely to complete high-quality applications.
- **Better health:** Reducing stress can mean more motivation and energy to completing applications.
- **Increased confidence:** Feel more in control of the college application process.

How to relieve stress during college applications

1. Create a schedule

Outline all your application deadlines and allocate time slots for working on each one. This helps keep you organized and ensures you meet every deadline without last-minute panic.

2. Practice self-care

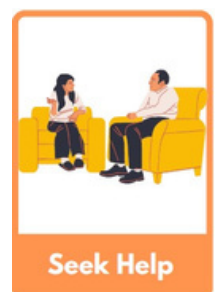
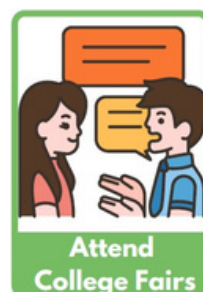
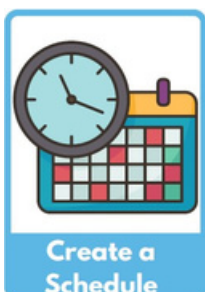
Prioritizing your well-being can reduce stress and improve focus. Exercise regularly, eat healthily and ensure you get enough sleep.

3. Attend college fairs

College fairs can help you gather information and make informed decisions. Plus, attending with friends and family can make the process less daunting.

4. Seek help

If you're feeling overwhelmed, don't hesitate to ask for help from teachers, counselors or professionals. They can offer valuable advice and support.



5. Talk to friends and family

Discussing your thoughts and concerns with friends and family can provide clarity and reduce stress. Their support can help you make confident decisions.

6. Take regular breaks

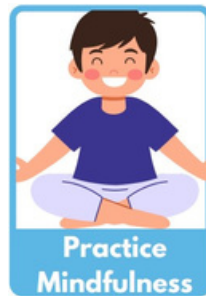
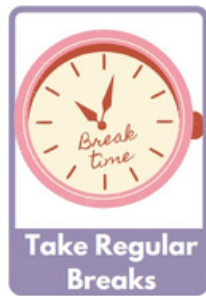
Avoid burnout by taking regular breaks. Short breaks can recharge your mind and keep you focused.

7. Practice mindfulness

Incorporate mindfulness techniques, like meditation or deep breathing exercises, into your daily routine. Even five minutes a day can significantly reduce stress.

8. Listen to music

Music can be a great stress reliever. Play your favorite tunes while you work to boost your mood and productivity.



9. Avoid procrastination

Procrastination adds unnecessary stress. Create a checklist and tackle tasks one at a time to stay on top of your applications.

10. Focus on your goals

Remember why you're applying to college. Keeping your long-term goals in mind can motivate you to stay focused and persistent.

11. Reach out to alumni

Connecting with alumni can provide valuable insights into college life and reassure you that you're not alone in this process.

12. Take a mental health day

It's okay to take a day off. Focus on your mental well-being to come back to your applications refreshed and motivated.



13. Create a support group

Form a support group with other students. Sharing experiences and advice can make the application process more manageable and less isolating.

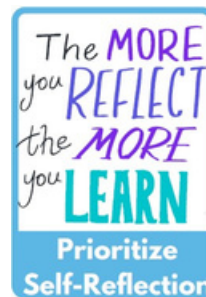
14. Take social media breaks

Limit your time on social media to avoid unnecessary comparisons that can fuel anxiety. Focus on your own progress and achievements.

15. Prioritize self-reflection

Take time to reflect on your accomplishments, strengths, and goals. Self-reflection can provide clarity and motivation throughout the application process.

Source: Central Michigan University



When finalizing your application list, please be reminded to have a good range of choices (i.e. aspirational, reach and likely). Do not just focus on ranking but also take different factors such as your passion and career aspirations into consideration. Remember that being healthy is even more important than grades. Try your best to find a better fit where you can connect with your peers and lecturers/tutors, develop your potential and talents, grow personally, have opportunities to thrive and succeed in different aspects.

Have a regular discussion with your parents, HE counsellors, tutors and teachers who will listen and support you. In addition, take the ownership of your own applications proactively because it will help you grow, mature and better transit to your next journey after completing Year 13 at STC.

The college application process can be stressful, but with these strategies, you can manage your stress and stay on track. Remember, you're not alone. There are resources and support systems available to help you through this challenging time.

Spotlight On...

The Melbourne curriculum

Studying in Australia is one of the very popular options for many international students. Quality tertiary education, safe and welcoming study environment and impressive student support services are the main key factors that attract so many students from all over the world to study undergraduate and postgraduate studies in Australia. In this HE Spotlight newsletter, we are going to introduce Melbourne Curriculum which gives their undergraduates students flexibility and different opportunities in their studies.

Founded in 1853, The University of Melbourne (UniMelb) is one of the top universities in the world. They have 8 campuses across Victoria including the vibrant city Melbourne offering students a wide range of majors. In 2008, UniMelb introduced the Melbourne curriculum, which is very unique in Australia. Generally speaking, students do not need to declare their majors in their first year of degree.



In the 3-year bachelor degrees, students can design their own learning experience with the fundamentals of 75 % of depth (i.e. major and core subjects) and 25% of breadth (i.e. subjects outside core discipline). The below example explains how a student who is pursuing the Bachelor of Science in Mechanical Engineering Systems focuses on the subjects that will lead them to complete their chosen majors while diversifying knowledge and skills in Finance areas by taking subjects outside their faculty.

Bachelor of		Science			(Mechanical Engineering Systems)	
Year 1	Semester 1	Engineering Technology and Society	Calculus 2	Physics 1	Today's Science, Tomorrow's World	
	Semester 2	Engineering Modelling and Design	Linear Algebra	Physics 2: Physical Science and Technology	Principles of Finance	
Year 2	Semester 1	Engineering Mechanics	Numerical Methods in Engineering	Introduction to Numerical Computation in C	Corporate Financial Decision Making	
	Semester 2	Engineering Mathematics	Foundations of Electrical Network	Engineering Materials	Organisational Behaviour	
Year 3	Semester 1	Mechanics and Materials	Systems Modelling and Analysis	Imaging the Environment	Derivative Securities	
	Semester 2	Mechanical Systems Design	Thermodynamics and Fluid Mechanics	Numerical Algorithms in Engineering	Investments	

	Discovery		Core		Major		Elective		Breadth
Introduction and contextualisation of your field of study.		Foundational knowledge that builds towards your major.		Specialised subjects that will be recognised on your transcript.		Subjects from any discipline within your course.		Subject from disciplines outside your faculty that allow you to explore other fields.	

This model allows students to create their undergraduate degrees by choosing 1 major, 2 majors, 1 major with 1 minor or 1 major with 1 specialization according to their interests and career aspirations, or taking a 4-year honour degree that they want to have a very in-depth knowledge on a particular area. It helps advance their talents, unblock different potential and achieve their future aspirations.



The Melbourne curriculum provides students flexibility in exploring a variety of options and pursuing different interests. To students who have ranges of talents and passions in many areas, it gives them time to make their decisions along the way and prepare better for the graduate study in the professional pathways such as Architecture, Medicine and Law, etc.

Students at UniMelb are not just studying. Instead, they are able to grab loads of opportunities through different clubs & societies, internships, research, study abroad and student support services etc. in order to challenge themselves academically, grow as a whole person and increase their employability.

For more information about The Melbourne Curriculum, please visit [here](#), contact Mr. Louis Cuthbert at louis.cuthbert@unimelb.edu.au or your HE Counsellor.

Spotlight On...

New courses for 2026 entry offered by UCL

In today's rapidly changing world with accelerating technological advance as well as challenging global issues such as climate change, health care system, unpredictable economic and political environment, UCL is going to launch two new courses for 2026 entry.

Technology and Innovation BSc

What is it?

- Technology and Innovation BSc is a forward-thinking, interdisciplinary business programme that explores how technology, creativity, and people intersect to solve complex global challenges.
- Students build deep expertise in both technology and innovation drawing from business, engineering, and design to develop solutions that drive real-world impact.
- The programme takes a hands-on, studio-based approach, emphasising practical experience through live projects, business experiments, and design thinking.
- With opportunities for industry placements and a study abroad year, the programme offers an immersive experience that prepares graduates to lead in global technology and innovation environments.

Who is it for?

- Students interested in exploring how technology and innovation can transform organisations, industries, and society.
- Those who want a unique, interdisciplinary business education combining technical, creative, and emotional intelligence skills.
- Individuals excited by a studio-based, hands-on learning environment focused on real-world challenges and impact.
- Future leaders who want to create change, challenge norms, and work at the intersection of business, engineering, and design.

Where can students learn more about the entry requirement and course details?

- [Online prospectus](#)



Management for Social Change BSc

What is it?

- Management for Social Change BSc is an interdisciplinary degree blending management, politics, and social change to equip students with the skills to lead change and champion social causes in business and society.
- Students build strong foundations in management and social sciences, exploring how individuals, organisations, and political structures drive change.
- The programme combines theory with real-world application, including opportunities to volunteer, analyse case studies, and implement a personal social change project.
- Delivered at UCL's Canary Wharf campus, with some modules at Bloomsbury, the programme offers a unique space to gain practical experience and learn how to lead with purpose.

Who is it for?

- Students with a passion for creating social impact and understanding how change happens in society.
- Those who want to combine business and political theory with real-world action.
- Individuals excited to engage in volunteering, campaigning, and hands-on projects that promote positive change.
- Future changemakers who want to develop practical business and leadership skills with a strong social mission.

Where can students learn more about the entry requirement and course details?

- [Online prospectus](#)

For more information about the above new courses, please use the [Admissions Enquiries form](#) or contact your HE Counsellor.



HE Google Site & Other Information

Lastly, we have a newly designed [HE google site](#) which we hope to assist students on their higher education planning and parents on discussing with their children on different HE topics respectively. We hope you find the information helpful.

In addition to regular HE lessons, admission talks, university taster lectures, college fairs, and one-on-one HE meetings etc. throughout the year, we welcome students and parents to approach HE Counsellor for any further questions.

**No matter where you want to go...
Far away or here in Hong Kong...
We want to help you get there.**

Meet The Team

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**We challenge our students to make
meaningful contributions to the world.**

