

請各位同學留意：

- 章程上所有課程的開課日期和時間均有機會改動，請以報名時收據上列印的資料為準；報名後如上課安排有所改動，本校會以學生所填寫的聯絡電話作個別通知。
- 同學必須保留收據，並按收據上的日期、時間、地點上課。
- 每區的班數有限，如同學需要調堂，雖可依照相關守則提出申請，惟本校不保證一定能夠成功申請，更不確保可原區補上，亦不會因為學生缺課而退回部分或全部學費。
- 同學報名或續交前應仔細考慮個人時間表。
- 如因天氣、社會環境、衛生或疫情等情況而無法在原地點上課，本校方保留權利將有關課堂上載至學生網上平台，所繳學費將不會退還。



S.5-6 Elective 1 : Human Physiology // 包含2個獨立課程 合共10堂

每堂課時為1小時15分鐘

上課地點	課程編號	開課日	時間	課堂形式	*學費 (每個獨立課程5堂)
太子第二分校 (協成行)	SRN25SCE101-L	19/11 (WED)	6:10pm-7:25pm	Live 現場授課	\$1400
ONLINE [^]	ORN25SCE100-1	28/11 (FRI)	N/A	Online 在家觀看教學影片	

[^]同學可於Online 班影片上載後，或報讀課程日起計(以日期較後者為準) 60天內觀看2次。

備註：

1. 此課程會以雙語形式授課，筆記只提供英文版。
2. 已報讀 Sabrina Chan 2025-26年度 S.3-6 常規課程 / 精讀課程的學生，可獲減 **\$150** 資助報讀S.5-6 Elective 1 : HUMAN PHYSIOLOGY。資助只限分校報名使用，不設後補。

Live: 代表導師每期現場授課3至4堂，職員會根據學生人數及登記情況安排入座次序及班房。

Hybrid: 代表Live / Video / Online / Zoom 的混合上課模式，詳細上課安排請以備註為準。

Live Broadcast: 代表導師以現場直播形式，跨區實時授課。

Video: 代表導師預先錄製教學影片，並於凝皓分校播放。

Zoom: 代表導師透過 Zoom 平台實時視像授課，學生毋須回校上課。

Online: 代表導師預先錄製教學影片，學生毋須回校上課，並可登入凝皓網站觀看。影片設觀看期限、次數及權限。

SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2025-2026



HKDSE Biology 導師: Sabrina Chan

狀元之師

港大醫學院 生物醫學學士 一級榮譽畢業

HKDSE Biology 5** | 拔萃女書院畢業

筆記全英語 | 雙語教學



一起努力，共創佳績

5**，絕非遙不可及

WhatsApp: 9648 2711

Instagram: sabrina_chann_

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Sabrina Chan

港大神科 一級榮譽 出類拔萃

學歷

- 香港大學 李嘉誠醫學院 生物醫學學士 一級榮譽(1st Honours)畢業
 - 每年均考獲獎學金，屢獲院長嘉許狀 (Dean's List)
 - 超過 25 修讀科目獲 A-或以上，當中 11 個科目更獲 **A+**
 - 所獲獎項包括 Dr. Veronica Lam Prizes (全級**唯一**得獎者)
- 傳統名校**拔萃女書院**畢業
- 親奪 HKDSE Biology **5****
- 2025 年成為 **3 名 DSE 狀元**之師

研究、教學與相關經驗

- 於英國劍橋大學 (The Gurdon Institute) 實習，研究基因遺傳
- 於香港大學 公共衛生學院 完成有關運動科學與健康的畢業研究論文 (Final Year Project)，並獲 A 級成績
- 於瑞士洛桑大學交流，主要修讀基因遺傳科
- 於韓國高麗大學完成社會心理學冬季課程
- 於香港大學李嘉誠醫學院實習，研究蛋白質和神經系統
- 多年補習經驗，曾營運網上補習平台，教授**多名 Band 1 名校生** (拔萃女書院、拔萃男書院、聖保祿學校、喇沙書院、英華女學校、瑪利諾修院學校、嘉諾撒聖瑪利學校、聖羅撒書院, etc.)，國際學校 (Kellett School, Korean International School, etc.) 學生
- 2022-2025 年於明報《升學由李講》訪問分享 DSE 生物科溫習、考試攻略



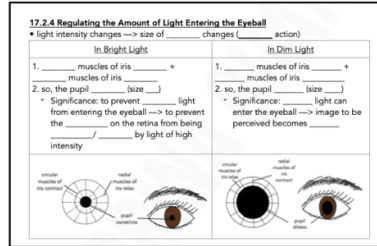
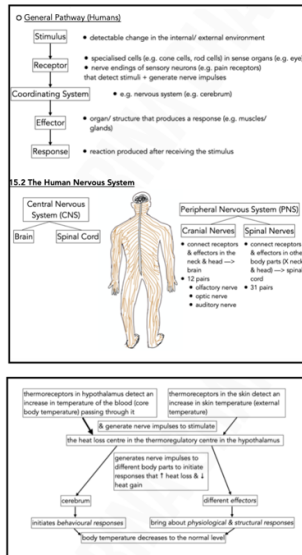
課程特色/內容

- 化繁為簡
 - 以精簡、全面獨家筆記 (全英語) 簡單地概括複雜概念，令知識容易入腦
 - 有別於傳統教科書，筆記用字 100% 符合考評局要求
 - 釐清常見的考生誤解
 - 包含教科書欠缺的相關資料，全面覆蓋所有出題可能性
- 訓練答題技巧、思維
 - 提供獨家練習、超過 10 年的分類公開試題目，包括 MCQ、SAQ、Essay type question
 - 以詳盡 marking scheme 教授拆題技巧、“答題框架”，讓學生答題的邏輯和用字符合考試要求
 - 獨家練習題目前所未見，包含熱門生物議題，刺激思考，讓學生能觸類旁通，裝備自己（絕不鼓勵死背答案）
- 因材施教
 - 課上提供的測驗由 Miss Sabrina Chan 親自批改，以了解每位學生的弱點，再給予貼身評語
 - 學生可在課前、課上、課後或透過通訊軟件發問，Miss Sabrina Chan 會親自回覆

獨家筆記 獨家練習

- 全英語 (English version only)

獨家筆記



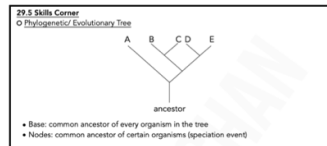
運用圖表、繪圖精簡地概括概念

- 17.5 Keywords**
 - reflection VS refraction of light
 - image is formed on the retina (light reflected from the object is generated (we really see it))
 - ciliary muscles, eye muscles
 - iris (circular muscle sheet) VS pupil (opening)

分清重點生字

- 17.2.4 Common Misconceptions**
- Vasodilation takes place in blood capillaries, so that more blood can flow into the blood capillaries.
 - The production of sweat/ sweating carries heat away from the body.
 - The body can lose heat by conduction, radiation and convection when the surrounding temperature is higher than the body temperature.
 - Water potential of the blood is regulated by sweat glands in the skin.

釐清常見的考生誤解



訓練答題技巧

除了必讀範圍外，還包括DSE可以考的“課外”資料

獨家題目

MCQ

23. Identical twins have the same

- blood group
- heart rate
- ability to roll the tongue
- height
- intelligence quotient

A. 1 and 3
B. 1, 2 and 3
C. 1, 3 and 5
D. All of the above

24. Doris and Cherry are twins who developed from the same fertilised ovum. They are now 21 years old, and Cherry is taller and thinner than Doris. Which of the following describes the circulatory system incorrectly?

- They have different genotypes
- They have different diets
- They have different levels of physical activity
- They have different blood types

A. 1 only
B. 1 and 2
C. 2 and 3
D. All of the above

25. A trait of a group of people was measured and the following graph:

Number of people

Trait 1

A. shape of earlobes
B. shape of hairline
C. iris colour

26. Which of the following about plasma proteins is incorrect?

- Plasma proteins can dissolve in blood plasma
- Plasma proteins can affect the water potential of blood
- Plasma proteins include fibrinogen, albumin and globulin
- Plasma proteins can diffuse through the differentially permeable wall of capillaries

A. 1 only
B. 1 and 2
C. 2 and 3
D. All of the above

27. Which of the following blood vessels has the lowest oxygen content?

- Pulmonary vein
- Pulmonary artery
- Hepatic artery
- Hepatic portal vein

A. 1 only
B. 1 and 2
C. 2 and 3
D. All of the above

28. Which of the following is mainly involved in transporting oxygen?

- Blood platelet
- Blood plasma
- Blood corpuscle
- Blood vessel

A. 1 only
B. 1 and 2
C. 2 and 3
D. All of the above

29. Refer to the following table which shows the percentage changes in the lengths of 4 fresh potato cylinders after they were placed in 4 sucrose solutions of different concentrations for 1.5 hours.

	Solution S	Solution T	Solution U	Solution V
Percentage change in length (%)	10	-10	20	-5

30. Which of the following correctly states the descending order of the 4 sucrose solutions according to their water potential?

- S > U > T > V
- T > V > S > U
- U > S > V > T
- U > V > S > T

31. Which of the following correctly states the descending order of the 4 sucrose solutions according to their concentrations?

- U > S > V > T
- V > T > S > U
- S > U > T > V
- T > V > S > U

SAQ (Short-answer questions)

4. A person suffering from sickle cell anaemia has crescent-shaped red blood cells which cannot carry oxygen. The following pedigree shows the inheritance of sickle cell anaemia which is controlled by a pair of alleles located in the autosomes in a family.

Key:

- normal male
- normal female
- male with sickle cell anaemia
- female with sickle cell anaemia

a. Based on the pedigree, deduce if the allele for sickle cell anaemia is dominant or recessive. (5)

b. Deduce the possible genotype(s) of individuals 1 and 2. (4)

c. If individuals 1 and 2 are going to give birth to another child. By using a genetic diagram, show the probability of the child having sickle cell anaemia. (5)

d. Individuals 1 and 2 gave birth to 6 other children; however, none of them has sickle cell anaemia. Explain why. (3)

高階題目前所未見，貼近DSE題型

包含熱門生物議題、較為困難的實驗題目

= 一年做20份Mock

4. The following diagram shows a cell undergoing a certain stage in a type of cell division.

a. Based on the diagram, what type of cell division is this cell undergoing? Explain your answer. (2)

b. With reference to the behaviour of chromosomes in the cell in the above diagram, explain its importance to the outcomes of this cell division type. (6)

5. prepared 2 samples of onion epidermal cells. She added a few drops of water to the samples and added concentrated salt solution to the other. After 10 minutes, viewed the cells under the microscope; however, she mixed up the two samples and which sample was immersed in water and which was immersed in salt solution.

A. micrographs

Sample A

Sample B

reference to the photomicrographs, name the sample immersed in water. (1)

reference to the photomicrographs, describe and account for the observable differences in the appearance of cells in sample A when compared with those in sample B. (4)

c. On the photomicrographs, a space is labelled "S". Is space S empty? If not, what is in space S? (2)

d. With reference to the photomicrograph of sample B, why is the extent of plasmolysis of the cells different? (1)

e. How can Emily make sure that the plant cells in sample B have reached equilibrium with the solution they were immersed in? (2)

Essay Type Questions

Essay Type Questions

1. In humans, different types of cell division are involved in the formation of body cells (e.g. skin cells) and gametes. State the respective types of cell division the formation of these two types of cells undergo. Furthermore, describe the differences and the corresponding significances between these two types of cell division. (13, including 3 marks for communication)

中三四常規課程

S.34 Regular

S.34 Regular 1 第一期 (4堂) (8/9/25該星期開始)

(其他年級的同學亦可以報讀)

Topics 課題

4. Metabolism and Enzymes

Content Highlights 內容精華

- 比較anabolism & catabolism
- Role & properties of enzymes
- 描述+解釋 graphs on the effect of temperature/ pH/ inhibitors on enzyme activity; relationship between substrate concentration and enzyme activity
- 學習描述以不同SBA實驗方法 measure the rate of enzymatic reaction (e.g. iodine test, Benedict's test, using a milk agar plate, etc)
- **TEST!**



Practice Questions:



- ✓ 前所未見獨家題目
- ✓ 分類 DSE Past Paper
- ✓ 基本→進階題目: data, experiment 等題目
- ✓ 題型貼近 DSE 題型: MCQ, Short answer questions, Essay type questions

S.34 全年教學計劃

<u>Regular</u> <u>期數</u>	<u>堂數</u> (每堂 1小時 15分鐘)	<u>Topics</u> 課題
0 (Part 1) (15/7/25 開始)	3	Foundations of Biology Cells
0 (Part 2)	4	Movement of Substances across the Cell Membrane
1 (9月開始)	4	Metabolism and Enzymes
2	4	Food substances and Molecules of Life Nutrition in Humans (Part 1)
3	4	Nutrition in Humans (Part 2) Gas Exchange in Humans (Part 1)
4	4	Gas Exchange in Humans (Part 2) Transport in Humans (Part 1)
5	4	Transport in Humans (Part 2)
6	4	Nutrition and Gas Exchange in Plants Transpiration, Transport of Substances and Support in Plants (Part 1)
7	4	Transpiration, Transport of Substances and Support in Plants (Part 2) Cell Cycle & Division (Part 1)
8	4	Cell Cycle & Division (Part 2) Reproduction in Flowering Plants (Part 1)
9	4	Reproduction in Flowering Plants (Part 2) Reproduction in Humans (Part 1)
10	4	Reproduction in Humans (Part 2) Growth and Development Final Examination

*Teaching sequence is subject to change

中五常規課程
S.5 Regular

S.5 Regular 1 第一期 (4堂) (8/9/25該星期開始)

(中三/其他年級同學亦可以報讀)

Topics 課題

- 16. Stimuli, Receptors and Responses (Part 2)
- 17. Movement in Humans

Content Highlights 內容精華

- 16. Stimuli, Receptors and Responses (Part 2)
 - Plants: phototropism
 - 以豐富實驗講解shoot/ root tips of plants 的 tropic responses
 - coleoptiles在不同情況下 (e.g. 有unilateral light) 會bend往哪一方
- 17. Movement in Humans
 - 怎樣identify flexor & extensor? which muscle is contracting? relaxing?
 - Composition/ features of a bone, cartilage, joints, etc
 - Axial VS Appendicular Skeleton
 - Hinge joint VS Ball-and-Socket joint
 - Lever principle; concepts on neuromuscular junction
 - 高階生物concepts: 骨質疏鬆症, Botox怎樣減少皺紋?? Etc



Practice Questions:



- ✓ 前所未見獨家題目
- ✓ 分類 DSE Past Paper
- ✓ 基本→進階題目: data, experiment 等題目
- ✓ 題型貼近 DSE 題型: MCQ, Short answer questions, Essay type questions

S.5 全年教學計劃

<u>Regular</u> <u>期數</u>	<u>堂數</u> (每堂 1 小 時 15 分鐘)	<u>Topics</u> 課題
0 (Part 1) (15/7/25 開始)	3	Coordination in Humans
0 (Part 2)	4	Stimuli, Receptors and Responses (Part 1)
1 (9月開始)	4	Stimuli, Receptors and Responses (Part 2) Movement in Humans
2	4	Homeostasis Biodiversity
3	4	Ecosystems (Part 1)
4	4	Ecosystems (Part 2) Photosynthesis (Part 1)
5	4	Photosynthesis (Part 2) Respiration (Part 1)
6	4	Respiration (Part 2) Personal Health and Infectious Diseases
7	4	Non-infectious Diseases and Disease Prevention Body Defence Mechanisms
8	4	Basic Genetics (Part 1)
9	4	Basic Genetics (Part 2) Molecular Genetics
10	4	Biotechnology Evolution Final Examination

*Teaching sequence is subject to change

中六精讀課程

S.6 Intensive

9個月追回3年 compulsory part 課程☆☆

S.6 Intensive 1 第一期 (4堂) (8/9/25該星期開始)

(其他年級同學亦可以報讀)

Topics 課題

6. Nutrition in Humans

8. Transport in Humans

11. Cell Cycle and Division

- 以操卷為主，增加實戰機會
- 訓練思維，不鼓勵死背答案
- 提供豐富練習（獨家題目+past paper）
- 提供極精簡筆記

Content Highlights 內容精華

- 基礎 + 高階生物concepts：胃酸倒流，移除gall bladder對大便有什麼影響 etc.
- 什麼是“STRUCTURAL adaptations” of arteries & veins to their functions
- 心臟記憶法
- 分析graphs that show the change in DNA amount in cell division
- 分清sister chromatids, chromosomes, chromatin 等字詞
- 究竟cell division不同stages有幾多chromosomes/ chromatids? (2021年DSE 考生常犯錯誤)
and MORE!



Practice Questions:



- ✓ 前所未見獨家題目
- ✓ DSE Past Paper
- ✓ 基本→進階題目: data, experiment 等題目
- ✓ 題型貼近 DSE 題型：MCQ, Short answer questions, Essay type questions

S6 Intensive 全年教學計劃

- 提供極精簡筆記 + 豐富練習 + Revision Test
- 講述重點概念，以做練習為主，為DSE備戰

<u>Intensive 期數</u>	<u>堂數</u> (每堂 1小時 15分鐘)	<u>Topics 課題</u>
0 (Part 1) (15/7/25)	4	Movement of Substances across the Cell Membrane Metabolism and Enzymes Food substances and Molecules of Life
0 (Part 2)	4	Gas Exchange in Humans Nutrition and Gas Exchange in Plants Transpiration, Transport of Substances and Support in Plants
1 (9月開始)	4	Nutrition in Humans Transport in Humans Cell Cycle and Division
2	4	Photosynthesis Respiration Biodiversity
3	4	Coordination in Humans Stimuli, Receptors and Responses Movement in Humans Homeostasis
4	4	Ecosystems Evolution (Origins of Life, Evidence for Evolution, Speciation) Photomicrographs (Cells, Essential knowledge)
5	4	Reproduction in Flowering Plants Reproduction in Humans Growth and Development
6	4	Personal Health and Infectious Diseases Non-infectious Diseases and Disease Prevention Body Defence Mechanisms
7	4	Basic Genetics Molecular Genetics Biotechnology

*Teaching sequence is subject to change

*S6 Intensive課程會在2026年DSE前完成

Elective 系列

HKDSE Biology Elective Part (HKDSE 要求 4 選 2)	
E1	Human Physiology: Regulation and Control
E2	Applied Ecology
E3	Microorganisms and Humans
E4	Biotechnology

2025-2026 學年將提供	
E1	Human Physiology: Regulation and Control
E2	Applied Ecology
E4	Biotechnology

S.5-6 Elective 4: Biotechnology

- 2個獨立課程（共8堂）

獨立課程	Topics 課題
1（共4堂）	Techniques in Biotechnology Applications in Biotechnology (Part 1)
2（共4堂）	Applications in Biotechnology (Part 2) Bioethics

*Teaching sequence is subject to change

Content Highlights 內容精華

- Polymerase chain reaction (PCR): primer sequences, size of PCR products
- Recombinant DNA technology 過程+應用
- DNA fingerprinting, Gel electrophoresis
- Cloning: 怎樣做複製動物？
- Gene therapy
- Stem cell therapy: 幹細胞怎樣treat diseases? Embryonic stem cells VS Adult stem cells
- Human Genome Project
- Bioethics
- 有分類subtopic題目 (獨家題目+分類past paper) and MORE!



Practice Questions:



- ✓ 前所未見獨家題目
- ✓ 分類 DSE Past Paper
- ✓ 基本 → 進階題目



凡報讀Elective 4 第一期及第二期（共8堂）的同學，皆獲贈Mock (Biotechnology Paper 2)

S.5-6 Elective 1: Human Physiology: Regulation and Control

- 2個獨立課程（共10堂）

獨立課程	Topics 課題
1（共5堂）	Osmoregulation Thermoregulation
2（共5堂）	Regulation of Gas Content in Blood Hormonal Control of Reproductive Cycle

*Teaching sequence is subject to change

- 含獨家筆記 + Practice Questions



Practice Questions:



- ✓ 前所未見獨家題目
- ✓ 分類 DSE Past Paper
- ✓ 基本 → 進階題目



凡報讀Elective 1 第一期及第二期（共10堂）的同學，皆獲贈Mock (Human Physiology Paper 2)

SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2025-2026



S.3-6 ELECTIVE 2 : Applied Ecology

- 包含 1個獨立課程 合共 5 堂
- 每堂課時為 1 小時 15 分鐘



凡報讀S.3-6 Elective 2的同學，皆獲贈Mock (Applied Ecology Paper 2)

<u>Topics 課題</u>

Human Impact on the Environment Pollution Control Conservation Global Issues

SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2025-2026



S.5-6 All-round Skills Course

全方位操卷課程

主要對象：2026 DSE 考生

教材+內容：

- 贈送 DSE MOCK PAPER 1 Full Paper (Paper 1A MCQ + 1B 長問題) + Suggested Answers
- All-in-one Answering Skills Booklet (答題思維、字眼、方法)
- Essay-type Questions (答題技巧)
- Nature of Science (需要溫習哪一句?)
- Revision - Selected Questions + Ans

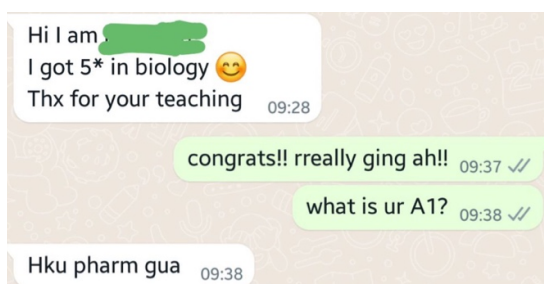
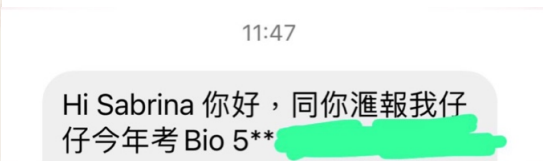
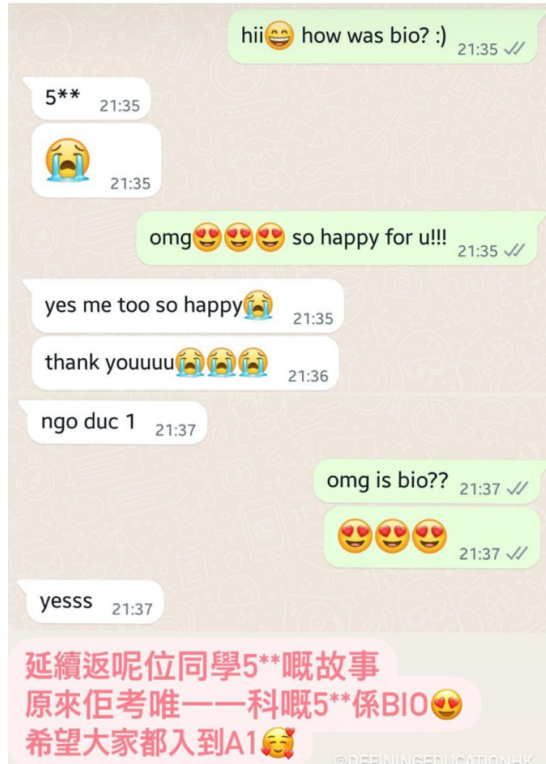
自選課題系列：By-topic Courses

- 網上課程，由 24-25 年 S34 & S5 常規課堂剪輯而成
- ✓ WhatsApp 問書服務
- 主要對象：希望緊貼學校進度的 S3-S5 同學 / 希望比 S6 Intensive Course 更詳細和以更慢速度學習特定課題的 2026 年 DSE 考生

可報讀課題 (涵蓋整個必修部分):

- Foundations of Biology + Cells
- Movement of Substances across the Cell Membrane
- Enzymes and Metabolism
- Food Substances and Molecules of Life
- Nutrition in Humans
- Gas Exchange in Humans
- Transport in Humans
- Nutrition and Gas Exchange in Plants
- Transpiration, Transport and Support in Plants
- Cell Cycle and Division
- Reproduction in Flowering Plants
- Reproduction in Humans
- Growth and Development
- Coordination in Humans
- Stimuli, Receptors and Responses
- Movement in Humans
- Homeostasis
- Biodiversity
- Ecosystems
- Photosynthesis
- Respiration
- Health and Diseases (Personal Health & Infectious Diseases, Non-infectious Diseases, Body Defence Mechanisms)
- Basic Genetics
- Molecular Genetics
- Evolution + Biotechnology (Compulsory Part)

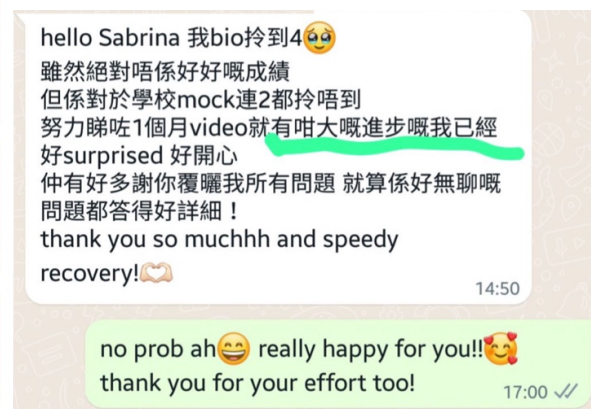
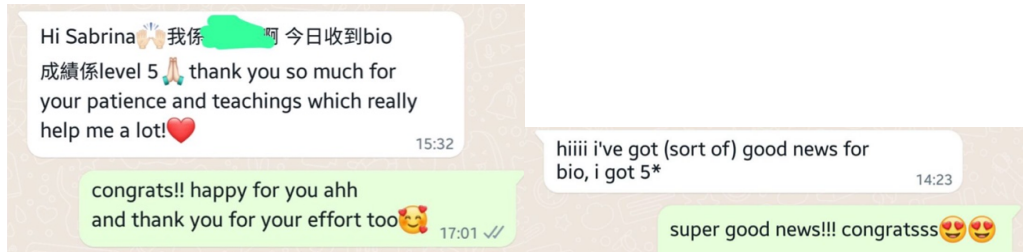
學生評語

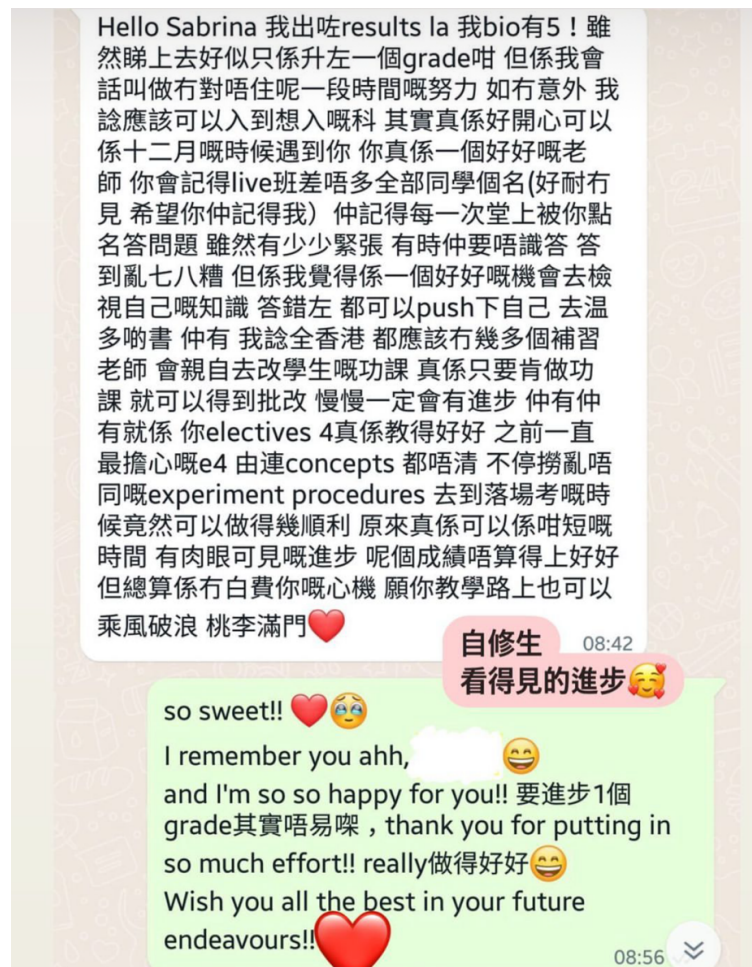


SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2025-2026





SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2025-2026



進步30分!! 飛躍進步🥰🥰

Hello Sabrina 🥰 I improved around 30 marks in my final term marks compared to first term 🎉 want to say thank you for your teaching 🥰 and I will keep it up and score much better results!!! Thanks 🙏🙏

10:13

🥰 so happy for u, Sabrina!!!
thank you for putting in so much effort too! let's加油tg!🥰🥰

10:14 ✓✓

Biology

學期成績 (測驗etc.)

A-

A

考試成績

同埋thanks! 今個學期嘅grade~

11:54

Biology

B

exam average~ 學校average

同埋thanks! 今個學期嘅grade~

omg!! so nice!!!🥰🥰🥰

13:58 ✓✓

同埋thanks! 今個學期嘅grade~

term on left and exam on the right?

13:59 ✓✓

You

term on left and exam on the right?

Yes! 多謝你今個學期嘅補課~

14:10

no prob! 你自己都好努力🥰

14:19 ✓✓

40幾分▶78分飛躍進步🥰

Hi Sabrina

Thank you 你呀❤️我今次Bio考試有78分，全班第八，雖然唔係好高，但係由以前成日都係40幾分去到依家有78分，都進步咗好多thankq❤️

20:12

Yesterday



so happy for you!!
and 好開心你咁努力讀bio啊🥰

10:09 ✓✓

由唔合格到全級第二🥰🥰
SO PROUD OF YOU!!

THANK YOU FOR PUTTING IN SO MUCH EFFORT🥰

我本身bio ut 成日唔合格，但係今次ut 拎左全級第二，really thank you so much🙏

10:23

Today

🥰🥰 I'm so happy for you!! 考試加油啊🥰🥰💪

09:28

差2分滿分🥰🥰
同學仔測驗佳績🥰
SO PROUD OF YOU!!

21-22 Form 5 Biology

Class: S.5

Date: 17-6-2022

30 / 32

SABRINA CHAN

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Hi Miss Chan, I did pretty well in finals
this time tysm! 22:45



Saturday

congrats!!! A+omg 🥰 so happy for u ah!!

09:24 ✓✓

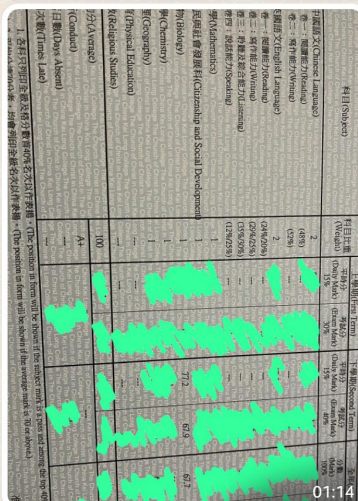
Miss Sabrina I have a good news for you!!!
我final成績有66/80，同之前1st term差唔多
🥳 補左您一年之後我擺左全年Bio第一，thank
you for your teaching ❤️

11:25



First exam ~

01:13



01:14

由6/21升到去2/21!! 🥳👍
好彩我嘅考試之前做晒你所有嘅練習 同埋有部
份嘅考試前重新做多啲一次 先考得好啱 🥳👍

01:15

Hiii Miss Sabrina 唔知你仲記唔記得我 🥳

我係之前有跟過你 k1b live form4
嘅 [redacted]

*我由好似 regular 4 去到 regular10
都改左去 video class;3*

想同你講我全年 bio 成績有 top10!!
(㊗㊗;) so happy
practice questions 幫左我好多
🥳

hello! 啱啱派咗bio 卷84/112 上次
mid-term 58/112

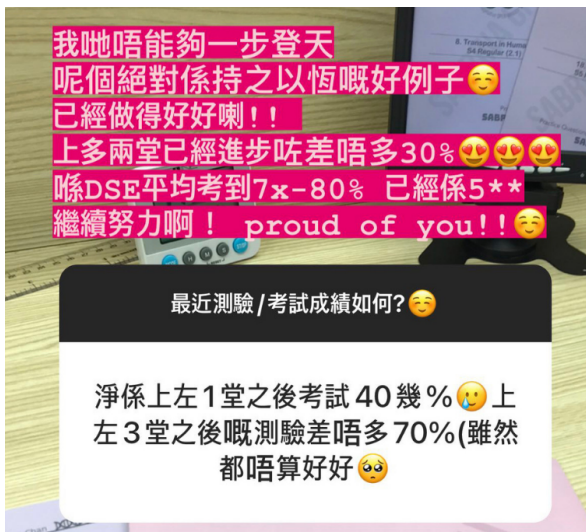
補你之後進步咗好多 !! 🥰🔥 COOL

19:20

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港大神科 一級榮譽 出類拔萃

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由~50% 進步到 72%
PROUD OF YOU!!

My Biology teacher just distributed my test on E1 Chapter 1&2 and I got 13/18 in my test.

I used to get around ~50% in my tests and exam...

Sabrina, 你好!
我仔係你 video 班的學生,
今日終於考完 bio 了,
多謝你的課堂教導,
雖然吾知亞仔會考成點,
但都要同老師講聲多謝的!
因為阿仔話你教得好, 又清楚又明白!
最後祝老師你青春常駐, 你的學生個個5

YESTERDAY AT 19:35

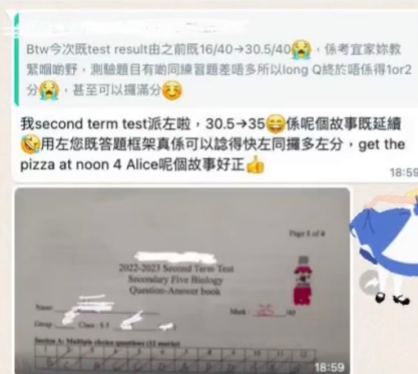
THANK you
so much

感謝支持
希望小朋友成績理想!
Have a nice day :)



Hi Sabrina! Got back my Bio test recently and I got 70%!
Much Improved when compared with previous tests!!!!
(I got <55% before)
Thank you so much

16/40 → 30.5/40 → 35/40
進步再進步
CONGRATS!!!



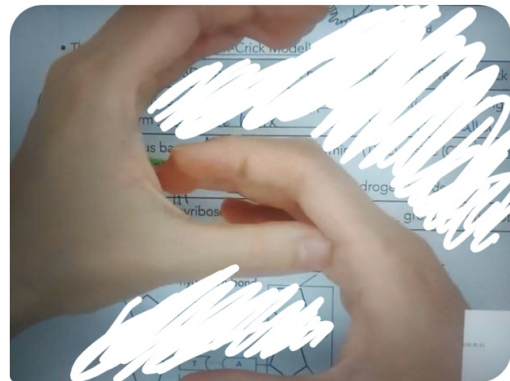
YESTERDAY

!! congrats!!! really proud of u!
Hard work pays off ahh

SABRINA CHAN

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😂😂😂 呢個記憶法好好笑

好上腦😂😂😂



呢個記憶法好好笑😂😂

15:32

唔記得同你講添, 你啲記憶法好易記



Sabrina認真、熱心，備課充足，課堂氣氛輕鬆。教學條理清晰、生動有趣，善於引導我哋思考。Notes 涵蓋所有重點知識，仲有圖表，便於理解。每一課都有份practice paper, 例題豐富，批改後會講解我哋常犯既錯誤。有唔明白既野Sabrina會耐心講解，一次過清曬d concept
上過堂終於知道bio真正嘅學習方法，成績突飛猛進，tests由below average 升至接近滿分😄

我覺得你d notes真係好有用！又清晰又仔細，書上面無教但係好可能考嘅，notes入面都有。只要肯背，test同exam淨係睇notes都無問題😭😭係教學方面，一黎係教得清楚易明，二黎係解答我地問題嗰陣真係不厭其煩，非常有耐性。有時落左堂msg你問問題，你都會好詳細咁解釋（成日見到一大段嘅回覆我好感動;;;:;）

20:33



20:33

I think that the notes given to us before each lesson are very useful. Not only because they can replace the books with long paragraphs for revisions but also because they are written according to the marking scheme with important points marked. I always found myself writing exactly as the content of the notes (even with the same sequence) when answering questions on school papers. They helped me in answering questions in a detailed, clear manner. The step by step presentation of some slightly complicated processes on the notes are also clear and easy to memorize. On each topic, the teacher would first talk about the notes (going through all of it together) then do some practice questions together where answering techniques will be taught. The class size of 6 people is nice for a course

我有時候覺得係學校上堂有D悶，又唔係幾明係堂上面教嘅野，但係sabrina嘅notes好清晰，入面又會有好多圖+diagrams令我哋更加容易明白&理解課書嘅內容！同埋有時我哋唔係好明嘅地方sabrina都唔介意、好有耐心咁再講解到我哋明為止。當我哋係上堂做practise questions嘅時候唔識做/ 無答中晒d point, sabrina都唔會直接講翻做答案出嚟，反而會一步一步咁引導我哋，仲會解釋埋我哋嘅答案有咩做得唔好嘅地方，加深我哋嘅印象！補咗sabrina之後我由本身唔知由邊度開始溫書到而家俾多啲心機溫bio!💖💖💖

17:42

Sabrina老師上堂嗰時能夠把concept解釋得好清楚，亦都可以即時答到我哋嘅問題。係上咗classroom 45嘅短短幾個月之後，我認為自己進步咗好多，例如係平時校內test由一開始嘅啱好到平均分，升到高過平均分，甚至red埋。係notes嘅方面，Sabrina嘅notes唔似普通textbook咁長流流一大段，而係 highlight 咗啲 keypoints再順住次序咁清楚列出黎。課堂size同埋形式嘅話，我認為啱好，Zoom形式嘅小班教育俾我地係時間安排上更加方便，有問題直接unmute問，Sabrina亦會因應學生程度set問題。

*red = 80%或以上

23:56

that focuses on the biology curriculum but at the same time would ask some questions, do practices to consolidate student's knowledge. I started attending the course from S5 and in fact my biology grades improved a lot, from below average at S4, almost the bottom few students, to now slightly above average, nearly meeting the upper quarter in class. :D Finally, needless to say, the teacher is very nice and would explain concepts very patiently until we understand. She always opens her camera even if it is on zoom and holds the lesson enthusiastically for this whole year.

22:14

Sabrina老師嘅notes好齊全 比較難嘅位都會詳盡解釋 俾我地更加明白啲concept
而且上堂個陣都會鼓勵我地答下問題同埋睇下我地有咩唔明嘅地方 答錯都會引導我地答返啱嘅答案 唔係叫我地死背標準答案
老師都好用心咁準備適合我地程度嘅功課 鞏固我地上堂學到嘅新概念！
Thank you :DD

16:40

Sabrina係一個好樂意解答學生問題嘅老師，每次都會盡力解答我哋嘅疑惑。Notes既內容好詳盡，但係都係DSE重點。Practice questions亦有參照DSE模式，可以有效咁訓練我哋嘅思維同答題技巧。即使面對新類型嘅題目，都大概知道點樣回答。

21:35

我覺得Sabrina老師嘅堂真係好幫到我溫書同埋釐清bio科既唔同topics，online classes唔單止唔會影響學習效果，仲可以節省好多時間同精力！除此之外，小班教學嘅模式可以確保每位同學都受到充分嘅關注，唔會有同學出現追唔上進度嘅情況。總括而言，sabrina老師嘅堂真係幫到我為嚟緊嘅bio dse做最充足嘅準備！

17:11

我覺得 Sabrina 整嘅 note 好清晰，令我哋學校唔明嘅地方都可以用 note 同 practice question 去明返 😊 學校不會教但會問嘅題目 嘅 note 同 practice question 都有，令我哋學校做卷既時候不會咁驚 😊 而且佢嘅 practice question 好 push 到我去做練習，令我知道有咩地方要溫熟啲 😊 我們上堂氣氛都好輕鬆，有咩唔明都可以隨時提出 🙋 當我有不明白嘅地方，Sabrina 會很詳細同耐心解釋清楚，按照我們嘅進度悉心教我們 🧐 一開始對 biology 呢科好無信心，完全不會答題技巧 😞 好開心補完 Sabrina 之後成績有進步 🎉 補咗就黎一年，見到平時測驗嘅成績都有70%或以上，考試分數增加了10分，都令我對 biology 呢科有返信心 😊

23:41

SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2025-2026



由Form5開始補sabrina，成績keep住喺班上頭幾位，平均都有大概70%！上堂氣氛好輕鬆，有咩問題都可以unmute自己直接問Sabrina

👍 notes非常仔細同整齊，仲會包括一啲extra information同keywords😊教學流程不錯，教完notes就做練習，Practice Questions仲包括自創題目，同學校嘅題目有啲相似，所以有時候會一睇題目就知道答案嘅方向。講解答案亦好清晰，MCQ唔會淨係解釋咁嘅答案，仲會同我哋講點解其他答案錯😄希望知道自己嘅錯處後改正，嚟緊成績可以繼續提升！💪

我補咗半年左右，曾經只係靠死背爛背但係測驗考試都唔理想，而有諗過drop咗bio😞但係補咗miss chan之後發現唔需要背晒所有嘢，佢精簡嘅notes 已經足夠去應付測驗考試👍同埋D diagram 好可愛😍，令我發現bio都可以好生動有趣，更加重拾我對bio嘅熱誠🔥

01:26

雖然我上咗唔係好耐堂但係我覺得Sabrina老師好有心機同埋好有耐性~~啲note好清晰 令我溫書嗰陣可以好快咁背到啲重點!!上堂嘅時候見到啲難字會畫圖解釋令我更加容易掌握😊每個chapter完咗之後會有practice question有mcq同saq幫我清concept同埋教我點樣答先會有分!!令我對我對bio更加有信心😊

20:36

Miss Chan嘅筆記好清楚，綜合晒本書嘅重點，有時唔想帶本書返屋企溫，就可以直接睇份notes，份notes亦都會釐清一啲 misconception，防止我哋理解錯。係教完一課之後Miss Chan會有練習比我哋做，份練習嘅每一條問題佢都會好耐心咁解釋，唔識嘅時候佢唔會話我哋，而係會引導我哋思考

19:57

Miss Chan上堂嘅時候explain concepts好清晰同straightforward，有時仲會畫圖，令我哋可以好輕鬆咁理解呢課講緊啲乜，而且印象深刻好入腦，讀起上嚟更加有效率。Notes非常完整，會outline topic嘅框架令我哋知道一課嘅重點有邊啲同需要識啲乜，唔會溫漏嘢而且可以將唔同重點link up融會貫通。上堂嘅時候Miss Chan仲會逐個問問題確保我哋都跟到，仲會有after class嘅Practice Questions一方面可以溫返書，另一方面會清到自己有發現嘅 misconceptions，避免考試嘅時候再錯。

08:26

我覺得miss chan教得👍好用心，最好嘅係佢會好用心教我哋同mc要嘅marking scheme，佢份notes都幾detailed，好多仔細嘅point同concept 我都係透過佢嘅notes先知。miss chan 堂為小班教學，可以顧及唔同同學嘅需要，非常好！😊

14:47

Sabrina老師上堂講d concepts好清晰，而佢比我哋嘅notes入面嘅keypoints係容易明白。課堂氣氛都幾輕鬆，會互動答下問題。Miss Chan會細心咁指導每個chapter之後嘅練習題目，答錯咗都會好好咁鼓勵我哋繼續嘗試:)

19:57

我覺得 Sabrina 老師嘅堂真係好幫到我了解多啲個topics，落咗堂問你嘢，你都會詳細解答😊 thank you ;)

17:02

You

Voice message (1:04)

我幾鐘意Sabrina 老師做D notes，對比起教科書D notes 簡潔好多，令我唔會睇得咁亂，D嘢易學咗👍

21:03

Okokkk🙏上完幾堂我覺得清咗好多Ch14嘅concept同埋明咗好答題目嘅skills😄

17:41

超正好入腦明左d日校冇教
ge 野更快明白

日日好期待第二堂 🔥

超正啊!!!之前學校阿 sir 溝
到一舊舊 😓 ...上完 live 即
刻明囉 😄

Hi Sabrina!我想講你真係教得好好啊!日校
老師完全冇講過點解longitudinal muscle
contract 會導致food slides through the
lumen, 今日上完你既堂我終於都明白
啦, 好多謝你啊!

18:40

我想可唔可以報返第一期嘅 course 🤔🤔 ?

你教得簡單易明 😄, 唔會好似學校
咁樣照住本書講~ 😄👍

同埋內容豐富



你教得簡單易明 😄, 唔會好似學校咁
樣照住本書講~ 😄👍

啱啱睇咗第二期第一堂嘅 course

我想可唔可以報返第一期嘅 course 🤔🤔 ?

有啲後悔冇報第一期 😄😄😄

I wanna thank you for your
teaching, and for being such a caring
a loving teacher, who also cares about
students mentally 💖💖 really hope to
see you soon 💖💖



00:48

SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2025-2026



多謝你呀 sabrina 又令我對呢個課題有返啲興趣 🐼

thanks for this year teaching 雖然我底超差未補前應該得1, 補完清咗好多 concept 啲practise question超有用, 好後悔冇早啲跟你 😭

11:36



Sabrina 姐姐你頭先教嘅中四班講得好清楚, 令我知道自己以前有咩學唔齊。

12:36

how was bio? :) 11:32 ✓✓

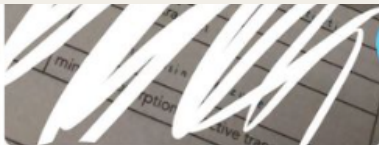
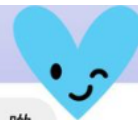
Ohh hello miss Sabrina!! Sorry to tell u that late!! I think my electives improved a lot, e4 that part I think can use back the things u taught and e1 seems this year is not very hard too. Paper 1 mc is ok I guess but essay a little bit not enough time. generally speaking I think is fine. Hope can get lv5 or above!! And also want to thx ur teaching this year I really can see my improvement in bio and I find out bio is quite interesting!!! If hv good news I will tell u at once!!! ❤️

12:10

剛剛考完 DSE 的同學



上咗你 3 堂, 覺得你講得好清楚, 啲 skills 令我好明咗好多同易記好多, 筆記好清晰睇落去好舒服 😊 好鍾意上你嘅 bio 堂呀!



btw 想多謝你 🤍😊 覺得你啲notes 嘅content 好仔細同有條理 (同埋成日比我煩 😊) 好似biodiversity 嗰課咁 我覺得睇你啲notes 易讀咗好多

21:45

放心, 可以隨時問我問題 😊😊

上咗兩堂 S4 regular 你真係講得好清楚 而且 D 記憶法真係 work 😊 啲 notes 好清晰 😊



多謝你 🤍🤍🙏🙏
教左我點答題 🙏🙏🤍🤍

多謝 🙏😊
宜家分到咩係 diploid 咩係 haploid

SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2025-2026



Hello 🙋 Miss Sabrina 🙋
我係報咗你 S4 Regular 第3期嘅學生
😊 我覺得你教得好好啊 👍 筆記好清晰
易明同好詳細 😊 之前我唔係好識得
溫 bio 🤔 上完你啲堂令我對 bio 有返信心
😊 繼續加油 😊



多謝你

令我鍾意返 bio



其實學校老師在9月已經教完第4期嘅
內容 😊
不過你講嘅嘢可以幫我鞏固 concept
和溫書
Thx 🙏🙏🙏
講得好簡單易明 🙏



你教得好好 🙏
一路聽都無唔明 🙏



yesss me also! absolutely LOVE
your lessons! thank you Sabrina!



我係家長㗎！我諗住幫個仔搵補習！
我仔係 YouTube 補習搵台睇到你，又
覺得幾好㗎！



the notes are useful and summarise the long
paragraphs in the textbooks
the practice questions are also similar to school's
tests and exams formats

唔似學校啲老師咁，通常啲bio老師講完SQ你都唔明，但呢
個course解釋得好清楚

I did learn a lot from the tactics abt long questions bc I am extremely weak in answering long questions. I wrote a lot but no marks was given to me in the recent uniform test paper. Those marks losing by numerous DSE students were told by Sarbrina in a detailed way. And I really love having Sarbrina's lessons. I sometimes fell asleep in biology lessons in sku yet I kept concentrating on what Sarbrina said for almost 1 hr 30 mins and jotting notes under a relaxing interaction. Tysm Sarbrina!

我上咗你第一二堂 😊

好生動

好過我之前 D 阿 sir



Sabrina老師，我已取了筆記。第一時間打開來看，未開始上堂已經覺得睇落去已經覺得眼球好舒服。



唔似得本 textbook 差唔多頁頁都英文字。好似睇英文 reading passage 🤔



話咁快上完 Sabrina Regular 1
d practice question 對 answering skills 同 pattern 都超有用 😊
仲有 d misconception 真係好 common p.s 未補之前係錯埋晒同一樣野 🤔

仲有 我發現溫完你啲 notes 先做感覺俾我之前做好好多 多謝你 ❤️

11:35

SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2025-2026



Thank you so much for your inspirational class 😊 you're really a nice teacher & your bio lessons are very enjoyable 🧐 See you next week 😊 Thanks for being a great teacher 🥹 ♡

辛苦晒 🔥🔥🔥 Sabrina 🥹🥹🥹 have a good rest 😊💪 zzz

thanks sabrina for the detailed notes plus the extra explanation 🙏



上完3堂嘅感受 🥹🥹

好正 明咗好多 宜家識得答題啦

Hiiiiii Sabrina~我考完bio啦，你啲note好有用啊ε٩(๑> 3 <)7з，唔經唔覺補阻你兩年啦😊好想係呢度同你講聲多謝你啊❤️你真係教得好好，好多複習的concepts你都教到，同埋你的堂都好好有趣添！超多好可愛的口訣!!! 13:09



Cheer up!



Today

Missy 我今日考完啦，我成個study leave都淨係溫你嘅筆記，同埋我成日WhatsApp問甘多問題你都好耐心答tank you so much!! 🌟

Edited 15:07

報讀建議：以完成整個DSE Biology Syllabus

中四新生

S34 Regular
+ S5 Regular
+ S6 Intensive (主要操卷，重點重溫; Optional)
+ S6 All-round Skills Course
+ Elective Courses

中五新生

S5 Regular
+ S6 Intensive (之前未報讀topics/所有；主要操卷，重點重溫)
+ S6 All-round Skills Course
+ Elective courses

中六新生

S6 Intensive (主要操卷，重點重溫，節奏明快) 或 S34, 5 Regular +
By-topic courses (較詳細+教授速度較慢)
+ S6 All-round Skills Course
+ Elective courses

HKDSE Biology Syllabus 生物科考試範圍

Compulsory Part (必修部分)	
1	Foundations of Biology
2	Cells
3	Movement of Substances across the Cell Membrane
4	Metabolism and Enzymes
5	Food substances and Molecules of Life
6	Nutrition in Humans
7	Gas Exchange in Humans
8	Transport in Humans
9	Nutrition and Gas Exchange in Plants
10	Transpiration, Transport of Substances and Support in Plants
11	Cell Cycle and Division
12	Reproduction in Flowering Plants
13	Reproduction in Humans
14	Growth and Development
15	Coordination in Humans
16	Stimuli, Receptors and Responses
17	Movement in Humans
18	Homeostasis
19	Biodiversity
20	Ecosystems
21	Photosynthesis
22	Respiration
23	Personal Health and Infectious Diseases
24	Non-infectious Diseases and Disease Prevention
25	Body Defence Mechanisms
26	Basic Genetics
27	Molecular Genetics
28	Biotechnology
29	Evolution (Origins of Life, Evidence for Evolution, Speciation)

Elective Part (選修部分) (Any 2, 四選二)	
E1	Human Physiology: Regulation and Control
E2	Applied Ecology
E3	Microorganisms and Humans
E4	Biotechnology