

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定地點上課，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 All-round Skills Course // 包含1個獨立課程 合共3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3堂)
ONLINE [^]	ORE26SCK00-1	19/6 (FRI)	N/A	Online 在家觀看教學影片	\$870

[^]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. 此課程內容與上學年「Sabrina Chan S.5-6 All-round Skills Course」相同。

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。

*此為參考學費，一切以報名時收據上列印的學費為準。

SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2026-2027



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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HKDSE BIOLOGY 2026-2027



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**
- 3 名 2025 年 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



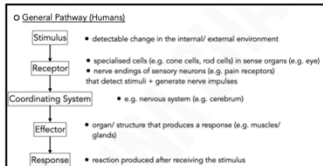
課程特色/內容

- 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

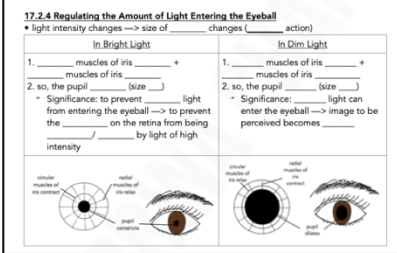
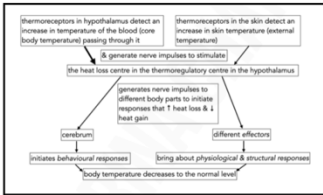
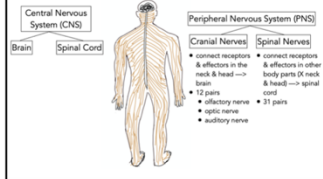
獨家筆記 獨家練習

- 全英語 (English version only)

獨家筆記



15.2 The Human Nervous System



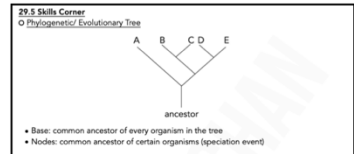
運用圖表、繪圖精簡地概括概念

- 17.5 Keywords: reflection VS refraction of light, image is formed on the retina, ciliary muscles, eye muscles, iris (circular muscle sheet) VS pupil (opening)

分清重點生字

- E1.2.6 Common Misconceptions: Vasodilation takes place in 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... 24. Doris and Cherry are twins who developed from the same fertilised ovum... 25. A trait of a group of people was measured and the following graph...

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.

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

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

Essay Type Questions

Essay Type Questions: 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.

= 一年做20份Mock

升S.34 暑期星級銜接課程Regular 0 (共2期，7堂)

S.34 Regular 0 (第一期，3堂) (8/7/26該星期開始)

(其他年級的同学亦可以報讀)



凡報讀S34 Regular 0 第一期及第二期 (共7堂) 的同学，皆獲贈Mock (Paper 1A)

Topics 課題

1. Foundations of Biology
2. Cells

Content Highlights 內容精華

1. Foundations of Biology

- 認清characteristics of living organisms
- 答題框架：Designing an Experiment
- 分清 Keywords: Accuracy VS Reliability (DSE2019 考生常犯錯誤)；Excretion VS Egestion

2. Cells

- 怎樣從photomicrographs (顯微鏡圖) 中認出不同的 cell organelles
- 學習animal cells & plant cells cell organelles的分別及其作用
- 怎樣依著photomicrographs畫labelled diagrams of cells
- 比較light & electron microscopes, low-power & high-power magnification 的分別
- 使用microscope的正確步驟 + 不同步驟的重要性
- 計算 total magnification, image size, actual size of specimen, power of eyepiece & objective
- 比較animal cells & plant cells; prokaryotic cells & eukaryotic cells

S.34 Regular 0 (第二期，共4堂) (29/7/26該星期開始)

(其他年級的同学亦可以報讀)

Topics 課題

3. Movement of Substances Across the Cell Membrane

Content Highlights 內容精華

3. Movement of Substances Across the Cell Membrane

- Structure of the cell membrane: fluid mosaic model
- Diffusion
 - 過程
 - Factors that affect diffusion
- Osmosis (公開考試每年常考課題)
 - 答題框架
 - 以實驗題目啟發思考
- Active Transport
- Phagocytosis

 Practice Questions: 

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



凡報讀S34 Regular 0 第一期及第二期 (共7堂) 的同学，皆獲贈Mock (Paper 1A)

*Teaching sequence is subject to change

S.34 暑期教學計劃

<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)	3	Foundations of Biology Cells
0 (Part 2)	4	Movement of Substances across the Cell Membrane

升S.5暑期星級銜接課程Regular 0 (共2期，7堂)

S.5 Regular 0 (第一期，共3堂) (8/7/26該星期開始)

(中三/其他年級的同學亦可以報讀)



凡報讀S5 Regular 0 第一期及第二期 (共7堂) 的同學，皆獲贈Mock (Paper 1A)

Topics 課題

15. Coordination in Humans

Content Highlights 內容精華

15. Coordination in Humans

- Central nervous system VS peripheral nervous system
- Structure of a neuron: functions of the axon & dendron **記憶法**
- Types of neurons: sensory neuron, interneuron, motor neuron
- Keywords: **nerves VS neurons的分別**
- Structure of a synapse
- **答題框架**: Transmission of nerve impulses between neurons
- **比較** voluntary actions & reflex actions; reflex actions & involuntary actions
- **答題框架** : withdrawal reflex, knee-jerk reflex過程，畫法
- The human endocrine system: endocrine glands VS exocrine glands 分別
- **比較** nervous coordination & hormonal coordination
- **比較** 不同structures: spinal cord VS cerebrum; enzymes VS hormones
- **自選學習**: 筆記包含大學程度超進階concepts，提升刺激度

S.5 Regular 0 (第二期，共4堂) (29/7/26該星期開始)

(中三/其他年級的同学亦可以報讀)

Topics 課題

16. Stimuli, Receptors and Responses (Part 1: Eye, Ear)

Content Highlights 內容精華

- 學習 eye structures
- 比較 rod cells & cone cells
- How we see + What the vision "MEANS" to us
- 答題框架：Curvature of the lens 怎樣改變; size of pupil 怎樣改變
- 滿分 ray diagrams 畫法
- 學習 ear structures
- 高層次 concepts：眼疾、耳疾
- 有測驗!



Practice Questions:



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



凡報讀S5 Regular 0 第一期及第二期（共7堂）的同學，皆獲贈Mock (Paper 1A)

S.5 暑期教學計劃

<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)	3	Coordination in Humans
0 (Part 2)	4	Stimuli, Receptors and Responses (Part 1: Eye, Ear)

升S.6暑期星級銜接課程 精讀課程Intensive 0 (共2期，8堂)

S.6 Intensive 0 (第一期，共4堂) (8/7/26該星期開始)



凡報讀S6 Intensive 0 第一期及第二期 (共8堂) 的同學，皆獲贈Mock (Paper 1A)

Topics 課題

3. Movement of Substances across the Cell Membrane
4. Metabolism and Enzymes
5. Food substances and Molecules of Life

Content Highlights 內容精華

- 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



Practice Questions:



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

S.6 Intensive 0 (第二期，共4堂) (29/7/26該星期開始)

Topics 課題

7. Gas Exchange in Humans

9. Nutrition and Gas Exchange in Plants

10. Transpiration, Transport of Substances and Support in Plants

Content Highlights 內容精華

- 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

 Practice Questions: 

✓ 前所未見獨家題目

✓ 分類 DSE Past Paper

✓ 基本→進階題目: data, experiment, photomicrographs 等題目

✓ 題型貼近 DSE 題型：MCQ, Short answer questions, Essay type questions



凡報讀S6 Intensive 0 第一期及第二期（共8堂）的同學，皆獲贈Mock (Paper 1A)

*Teaching sequence is subject to change

S6 Intensive 暑期教學計劃

- 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</u> <u>期數</u>	<u>堂數</u> (每堂 1小時 15分鐘)	<u>Topics 課題</u>
0 (Part 1)	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

*Teaching sequence is subject to change

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HKDSE BIOLOGY 2026-2027



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

網上課程

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）

<u>獨立課程</u>	<u>Topics 課題</u>
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）

<u>獨立課程</u>	<u>Topics 課題</u>
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)

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)

Topics 課題

Human Impact on the Environment Pollution Control Conservation Global Issues

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HKDSE BIOLOGY 2026-2027



S.5-6 All-round Skills Course

全方位操卷課程

主要對象：本屆 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

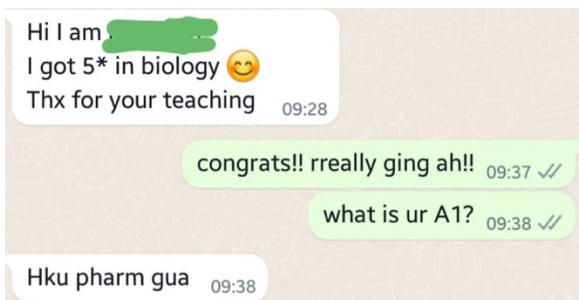
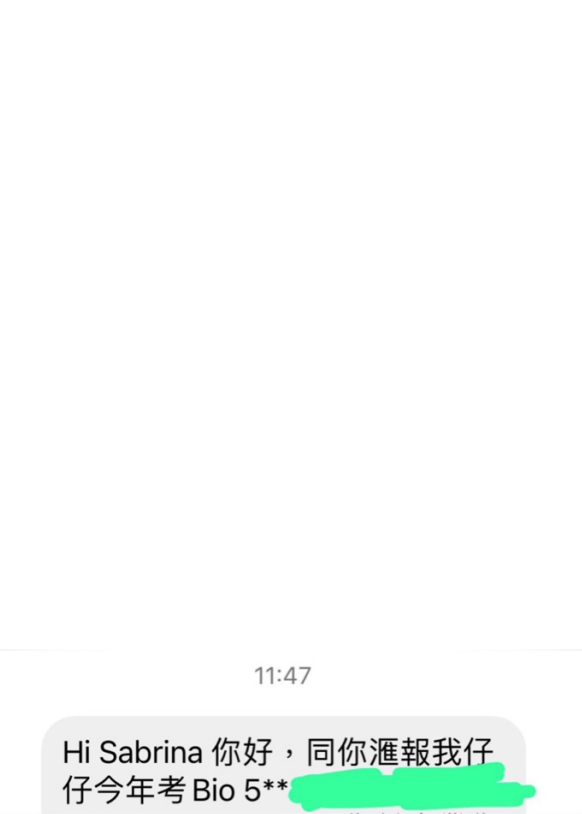
自選課題系列：By-topic Courses

- 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本屆 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)

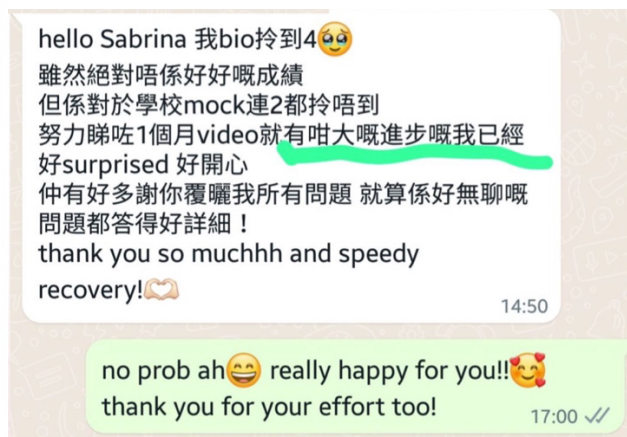
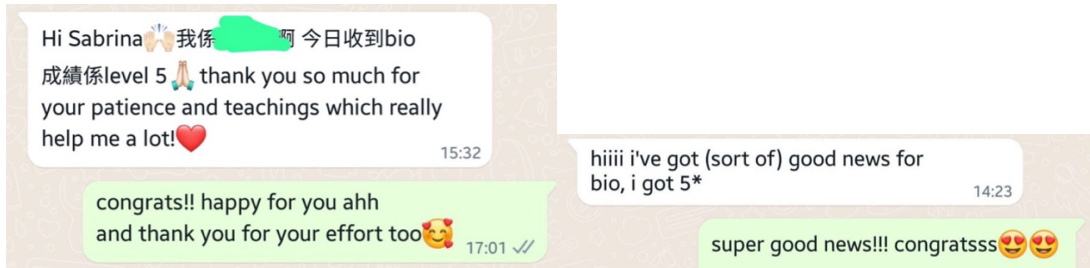
學生評語

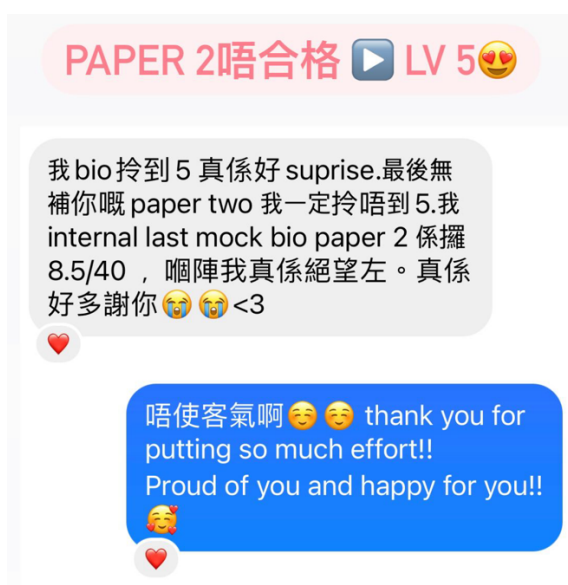
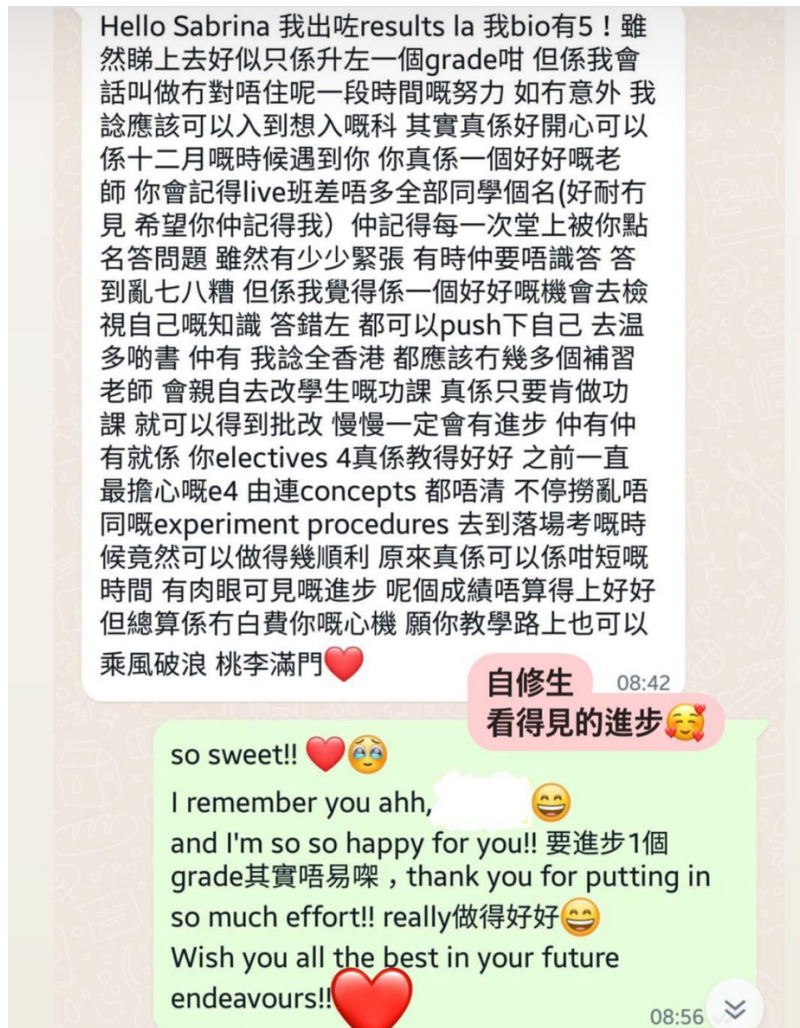


SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2026-2027





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, .!!!
thank you for putting in so much effort too! let's加油tgt!🥰🥰 10:14 ✓

biology	A-	A
學期成績 (測驗etc.)		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!!

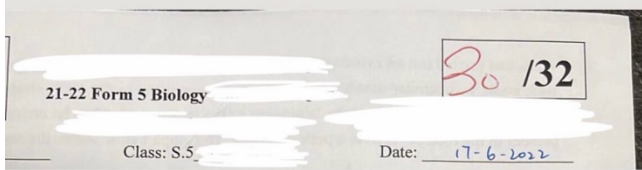
THANK YOU FOR PUTTING IN SO MUCH EFFORT🥰

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

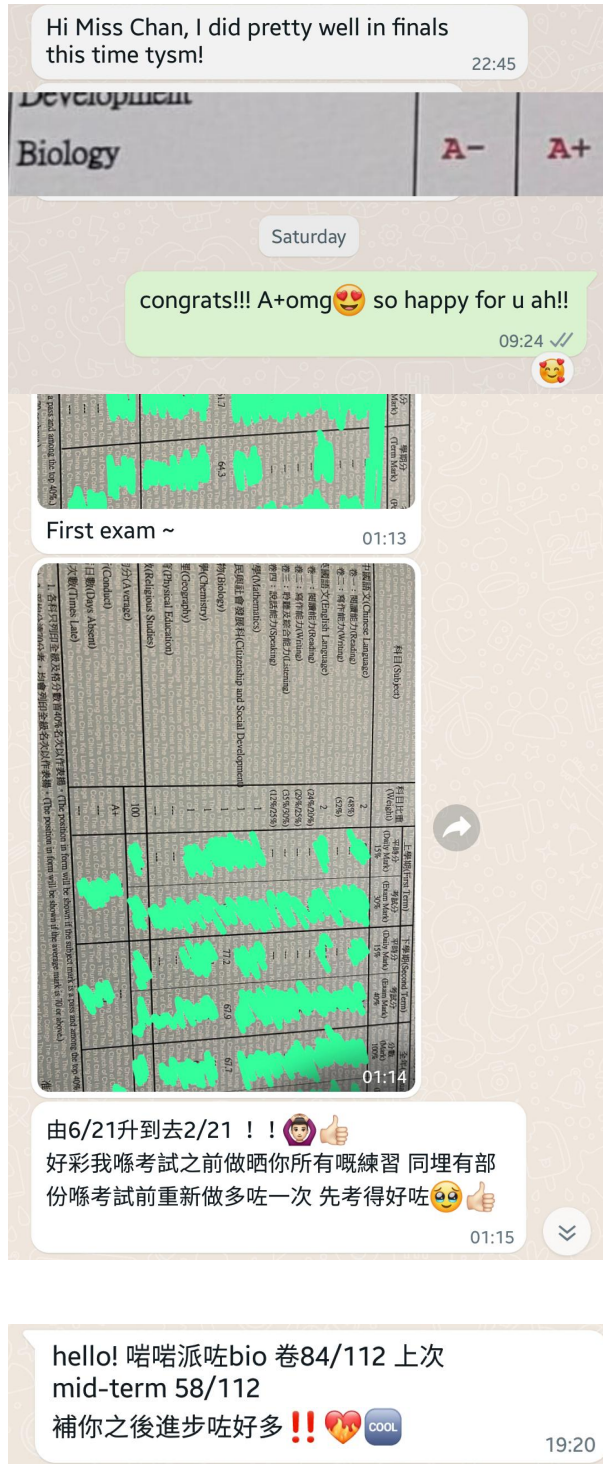
差2分滿分🥰🥰
同學仔測驗佳績🥰
SO PROUD OF YOU!!



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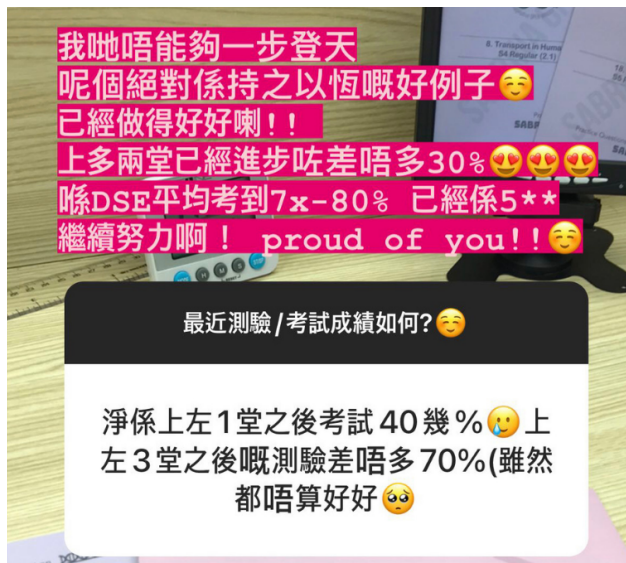
Miss Sabrina I have a good news for you!!!
 我final成績有66/80，同之前1st term差唔多
 😊補左您一年之後我擺左全年Bio第一，thank
 you for your teaching ❤️

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
 😊

SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2026-2027



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



SABRINA CHAN

港大神科 一級榮譽 出類拔萃
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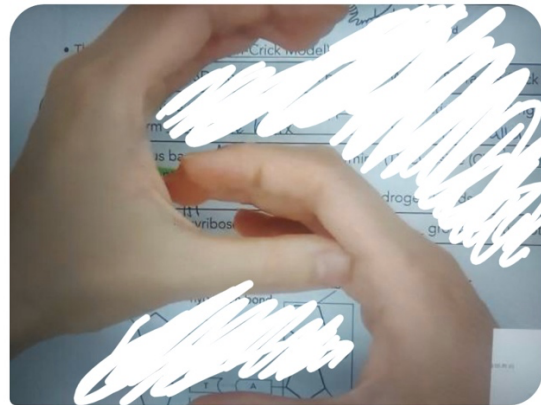


最鍾意嘅記憶法 🥰👉

Top 4!!

教Bio其中一個樂趣就係諗有趣記憶法 🤔

Auntie Daisy is fat!	FADH = ATP
🤔🤔 估唔估到係邊一課?	中西合璧記憶法 🤔
L=二劃=bicuspid valve 🤔🤔🤔	ATCG個CG真係容易記 🤔
🤔🤔	Give me your hand 🙌🙌

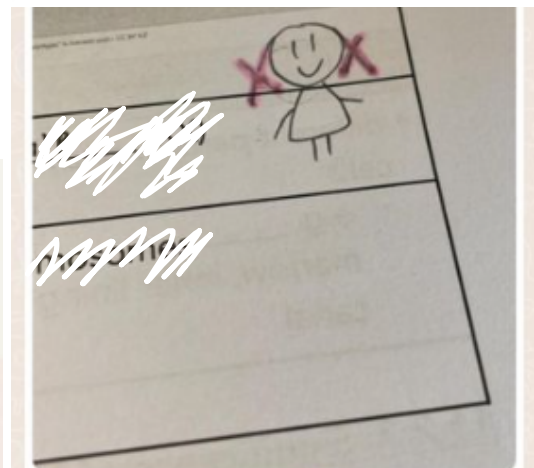


🤔🤔🤔 呢個記憶法好好笑

好上腦 🤔🤔🤔

🤔 Alice個記憶法好正，1 記得Pizza
就一定諗起 18:03

🤔👍👍 19:10 ✓



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

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會考嘅，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

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。嘅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

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

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 哋 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

由Form5開始補sabrina，成績keep住嘅班上頭幾位，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唔會淨係解釋啱嘅答案，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，令我好輕鬆咁理解呢課講緊啲也，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嘅框架令我知一課嘅重點有邊啲同需要識啲也，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唔同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

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

You

🔊 Voice message (1:04)

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 2026-2027



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 2026-2027



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 🙏



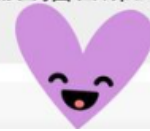
你教得好好 🙏
一路聽都無唔明 🙏



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



我係家長嚟㗎！我諗住幫個仔搵補習！
我仔係 YouTube 補習擂台睇到你，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

SABRINA CHAN

港大神科 一級榮譽 出類拔萃

HKDSE BIOLOGY 2026-2027



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

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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 😊💪🚗

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

Hiiii 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, 同埋你的堂都好有趣添! 超多好可愛的口訣!!! 13:09



13:10

Cheer up!



13:10

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