

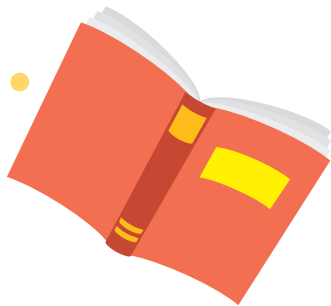
Assessments



# Citizenship, Economics and Society

Test Questions  
Data-response Questions

Sample



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**Module 1.1 Topic 2**  
**Life Skill (I): Emotion Management**

Consider the following sources:

Source A: Adapted from a news report published on 20 November 2023

Lee Wai-yung, a well-known family therapist, pioneered the first Family Biofeedback Assessment. One of the cases involves a 14-year-old boy with psychosomatic illness. He had frequent headaches and stomachaches, which had not improved despite years of treatment. During the assessment, when his parents fell silent during their conversation, the teenager appeared calm but his heart rate spiked to 184 beats per minute. When being asked about it, he described the silence as “the silence of death”, saying that the silence after his parents quarrel often means something bad would happen. The teenager expressed his feelings: “I would feel irritated, but I knew I couldn’t show it, otherwise my mother would not be able to bear it. So I choose to hide the feeling, which has made my body become like this.” It turned out that he hated his parents quarreling, but his parents never knew their child had such a strong feeling.

Lee said that a child’s emotional problems are generally considered to be a problem of the child, and the parents would not think that the problems originate from them. Most children are actually very concerned about the relationship between their parents. Family disharmony will affect children’s development, social interaction, cognition and immune system. The data from the biofeedback assessment can help parents realise that they have contributed to their children’s problems. However, even if the root causes of the problem are discovered, parents and children need to make changes together to achieve treatment outcomes.

Source B: Adapted from a questionnaire “Students Emotions and Health Situation” released by the Hong Kong Federation of Youth Groups in 2021

<b>What secondary school students are most worried about in the new school year</b>			
<b>Unsatisfactory academic grades</b>	<b>39.3%</b>	Family expectations	13.8%
<b>Heavy workload without personal time</b>	<b>38.1%</b>	Re-adapting to face-to-face classes	11.2%
<b>Frequent tests or exams</b>	<b>36.1%</b>	Difficulty establishing a social circle at school	7.4%
Lack of motivation to learn and difficulty in self-discipline	30.3%	Good friends leaving due to emigrations or school transfers	7.0%
Reduced rest time	28.6%	Being ignored/isolated/bullied by classmates	4.1%
Note: 3,669 secondary school students were interviewed, and each student could choose up to three items.			

Source C: Adapted from a news report published on 3 November 2021

The Hong Kong Federation of Youth Groups has received nearly 20,000 requests for help related to students’ emotional issues in the past school year. The survey found that more than half of the students showed symptoms of depression and needed timely support. Lam Kam-fong, team leader of the federation’s school social work unit, said that some students who suffer from emotional illness and need to be hospitalised for observation and treatment ask their families to bring their homework to the hospital so that they can continue to study. She said that sometimes, students’ views on success or their priorities affect how they see life. “In the past, it was thought that only those with serious problems have emotions, but I hope they will understand that everyone has emotions, and it is important to accept and understand them,” she said. She suggested that schools may provide spaces for emotionally disturbed students to take a break, and that parents and teachers need to be more sensitive and identify early whether students engage in attention-seeking behaviour, such as posting worrying words or pictures on social platforms.

1. According to Source A, which of the following is the main cause for the physical and mental problems in teenagers? (1 mark)
- A. Lack of sleep  
 B. Family disharmony  
 C. Excessive academic pressure  
 D. Conflict with others
- |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|
| A                     | B                     | C                     | D                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
2. With reference to Source C and your own knowledge, which of the following are correct ways for students to deal with stress? (1 mark)
- (1) Seek hospitalisation for observation and treatment  
 (2) Take time to exercise with friends  
 (3) Seek help from teachers they are close with  
 (4) Take the pursuit of good grades as the top priority in life
- A. (1) and (2) only  
 B. (2) and (3) only  
 C. (2) and (4) only  
 D. (2), (3) and (4) only
- |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|
| A                     | B                     | C                     | D                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
3. Based on Source A, explain how negative emotions affect the physical and mental health of teenagers. (3 marks)
4. Based on Source B, describe **ONE** main feature of what secondary school students worried about most in the new school year. (2 marks)
5. Based on Sources A and C, state and explain **TWO** misunderstandings that the public has about teenagers' emotions. (4 marks)
6. How can families and schools help teenagers cope with stress and anxiety? Explain your answer with reference to the sources provided. (6 marks)

**Suggested answers:**

1. B

B is the correct answer. According to Source A, when the teenager's parents fell silent during their conversation, his heart rate would spike sharply. He hated his parents quarrelling, but was unable to express his irritation to his parents. This is the main cause for his physical and mental problems.

2. B

Options (1) and (4) are incorrect. With reference to Source C, seeking hospitalisation for observation and treatment is one of the ways to treat emotional illness, but not the correct way for ordinary students to deal with stress. As for taking the pursuit of good grades as the top priority in life, taking grades too seriously will increase academic pressure and is not the correct way to deal with stress.

3. Based on Source A, explain how negative emotions affect the physical and mental health of teenagers. (3 marks)

Based on Source A, the teenager hid his emotions, which affected his physical and mental health. Source A points out that the teenager was irritated because he hated his parents quarrelling. (1 mark) However, he chose to hide his irritation because he was concerned about his mother, thus ignoring his own needs. (1 mark) As a result, the negative emotions were suppressed for a long time without outlet, which triggered physical reactions in the body, such as frequent headaches and stomachaches, affecting the physical and mental health of the teenager. (1 mark)

4. Based on Source B, describe **ONE** main feature of what secondary school students worried about most in the new school year. (2 marks)

Secondary school students were most worried about **academic matters** in the new school year. (1 mark) Based on Source B, the top three worries of secondary school students in the new school year were “unsatisfactory academic grades”, “heavy workload without personal space” and “frequent tests or exams”, each chosen by nearly 40% of the secondary school students surveyed. These choices were all related to academic matters, reflecting that secondary school students were most worried about academic matters after the start of the school year. (1 mark)

5. Based on Sources A and C, state and explain **TWO** misunderstandings that the public has about teenagers’ emotions. (4 marks)

Based on Source A, one of the common misunderstandings by the public is that **a teenager’s emotional problems are considered to be a problem of the teenager**. (1 mark) However, according to the assessment of family therapist Lee Wai-yung, family disharmony is also a cause of a teenager's emotional problems. As most teenagers are very concerned about the relationship between their parents, external family factors, such as quarrels between parents, are also main causes for physical and mental problems among teenagers. (1 mark)

Based on Source C, the second misunderstanding is that the public thought **only those with serious problems have emotions**. (1 mark) However, as pointed out by the social work unit of the Hong Kong Federation of Youth Groups, everyone has emotions, and having them does not mean that the person must have serious problems. Students should understand this, embrace and recognise their own emotions, so as to better manage them. (1 mark) According to the survey by the federation, more than half of the students surveyed showed symptoms of depression, which reflects that the public needs to pay more attention to the emotional problems of students.

6. How can families and schools help teenagers cope with stress and anxiety? Explain your answer with reference to the sources provided. (6 marks)

For families, **parents should pay more attention to their children's emotions. If they find that their children have emotional problems, they need to make changes together with their children** and solve the problems at the root. With reference to Source A, when the teenager in the case was undergoing the Family Biofeedback Assessment, whenever his parents fell silent during their conversation, his heart rate would spike to more than 180 beats per minute. The reason was that he thought that the silence after his parent's quarrel often meant something bad would happen. This shows that disharmony in family relationships can become an important main factor causing stress and anxiety among teenagers. (1 mark) Parents should pay attention to their children's emotions, how they behave in front of their children, and avoid becoming a source of stress and anxiety. (1 mark) If, as shown in the case, parents realise that they are the source of their children's emotional problems, they need to actively seek treatment and make changes together with the child to solve the emotional problems of teenagers caused by the stress and anxiety brought by the parents. (1 mark)

As for schools, **teachers should be more sensitive in identifying emotionally disturbed students, and schools can provide spaces for students to relieve their emotions.** With reference to Sources B and C, some secondary school students surveyed felt very stressed, and 40% of students surveyed said they were worried about academic matters. It can be seen that grades and schoolwork are important factors causing stress and anxiety among teenagers. (1 mark) Teachers need to pay more attention to students' emotional status, and identify whether students engage in attention-seeking behaviour, such as posting worrying words or pictures on social platforms, so as to identify students who need help. (1 mark) Schools should also reserve spaces for students to take a break between heavy school work, such as setting up rest corners and activity rooms which allow students to relax in the spare time, helping them relieve stress and anxiety. (1 mark)



**Module 2.1 Topic 1****The importance of developing a healthy lifestyle and positive mindset**

Consider the following sources:

Source A: Adapted from a *Ming Pao* news report published on 16 July 2024

Aria, who will soon receive her HKDSE results, recalled the emotional rollercoaster she went through while preparing for her examinations. She once struggled a lot due to anxiety and even heard voices in her head saying "You won't have a future if you don't work hard." Even on the day of the exam, she was so nervous that she could not concentrate and had difficulty breathing, wanting to leave the venue immediately.

Fortunately, her school referred her to "LevelMind", a programme organised by a social welfare organisation. With the help of the social workers, Aria participated in a music group under the programme, where she developed her interests in singing and made close friends who were able to listen to and understand her worries. Through the support of the social workers, Aria was able to change her way of thinking and wait for her results with a calm mind.

Source B: Adapted from a *Ming Pao* news report published on 23 September 2024

Ms. Wong had discovered pre-cancerous cell changes in her body and needed to have her entire rectum removed. After surgery, she could only excrete with a permanent stoma that collects waste with a pouch. She confessed feeling scared before the surgery and could not imagine living the rest of her life with the pouch attached and unable to do anything. She had even considered giving up and refusing treatment.

With the support of her husband, Ms. Wong changed her negative way of thinking and embraced living with a stoma. She even picked her old hobbies back up, trying cycling and playing badminton, and later challenged herself with kayaking, skiing and rock climbing. By overcoming these challenges, Ms. Wong proved that people with a stoma, just like normal people, can also do what they love. She said cheerfully, "What doesn't break me makes me stronger."

1. Which of the following are examples of a healthy lifestyle? (1 mark)

- (1) Sticking to eight hours of Internet use daily.
- (2) Arranging diet according to the food pyramid.
- (3) Maintaining a routine of going to bed and waking up early.

- A. (1) and (2) only
- B. (1) and (3) only
- C. (2) and (3) only
- D. (1), (2) and (3)

A	B	C	D
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. According to Source A, Aria heard voices in her head saying “You won’t have a future if you don’t work hard.” in her head. Which type of irrational belief might she be affected by? (1 mark)

- A. Self-blaming
- B. Catastrophising
- C. Absolute thinking
- D. Focusing on the negative information

A	B	C	D
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. With reference to Source A, state and explain **TWO** factors that helped Aria relieve stress. (4 marks)

4. With reference to Source B, explain how Ms. Wong uses “positive thinking” to face life’s setbacks. (5 marks)

5. “Maintaining a positive attitude helps us live a fruitful life.” With reference to Sources A, B and your own knowledge, explain this view. (6 marks)

**Suggested answers:**

1. C

Option (1) is not correct. Spending too much time on the Internet could damage both physical and mental health, making it difficult for adolescents that are in a developmental period to maintain their well-being and develop their potentials. Therefore, it is not a proper way of living a healthy lifestyle.

2. B

B is the correct answer. Aria might be affected by the irrational belief of “catastrophising” when she heard a voice in her head saying “You won’t have a future if you don’t work hard.” Under this irrational belief, one would overestimate the seriousness of the situation and believe that everything will only develop in the worst direction. Therefore, Aria thought that if she could not get good result in the HKDSE because she did not study hard enough, she would have no prospect.

3. With reference to Source A, state and explain **TWO** factors that helped Aria relieve stress. (4 marks)

Firstly, **making friends with good people** helped Aria relieve stress. With reference to Source A, Aria was referred to the programme “LevelMind” by her school, during which she made close friends who were able to listen to and understand her worries. (1 mark) This provided Aria with a channel to express her worries, together with the support and understanding of her friends, which helped her relieve the anxiety and tension before the examination. (1 mark)

Secondly, **realising her potentials** also helped Aria relieve stress. With reference to Source A, Aria participated in a music group under the programme “LevelMind”, enabling her to develop her interest in singing. (1 mark) This provided Aria with a way to relieve stress and enabled her to live a more fulfilling life, thereby reducing her anxiety about the examinations. (1 mark)

(Or other reasonable answers)

4. With reference to Source B, explain how Ms. Wong uses “positive thinking” to face life’s setbacks. (5 marks)

Ms. Wong **tried to change her current situation through continuous attempts and hard work**. With reference to Source B, Ms. Wong could only excrete with a stoma after surgery, and her waste were collected with a pouch. As a result, she had the negative thoughts that she could do nothing after surgery. (1 mark)

Knowledge from textbook  
Positive mindset and rational thinking  
Section 1.2 P. 8

Later, she changed her negative way of thinking and accepted living with the stoma, reflecting her **use of “positive thinking” to change negative thoughts into positive ones.** (2 marks)

She tried to pick her hobby of sports back up, and even challenged herself by engaging in physically demanding sports such as kayaking, skiing and rock climbing. This demonstrates that **she believed her situation at the time could be changed through continuous attempts and hard work,** and that she faced life’s setbacks with “positive thinking”. (2 marks)

(Or other reasonable answers)

5. “Maintaining a positive attitude helps us live a fruitful life.” With reference to Sources A, B and your own knowledge, explain this view. (6 marks)

Firstly, maintaining a positive attitude **helps us live in the moment**. With reference to Source A, Aria once struggled a lot due to stressed caused by examinations. Later, she changed her way of thinking with the help of social workers and decided to wait for her results with a calm mind. (1 mark)

Knowledge from textbook  
Positive mindset and rational thinking  
Section 1.2 P.9

According to my own knowledge, this is the **positive attitude of “mindfulness”** (1 mark), which enabled Aria to not overemphasise on and worry about the HKDSE result announcement, but rather **focus on the present** and live life positively and meaningfully. (1 mark)

Secondly, maintaining a positive attitude **helps us recover from setbacks**. With reference to Source B, Ms. Wong needed to live with a stoma and pouch after surgery, but she did not give up and picked herself backup. (1 mark)

According to my own knowledge, this is the **positive attitude of “resilience”**. (1 mark) Ms. Wong **did not give up on herself when she faced setbacks**, and instead changed her way of thinking, embraced living with a stoma and picked her old hobbies back up, proving that people with a stoma can still live a normal and **positive life**. (1 mark)

(Or other reasonable answers; students may answer with other positive attitudes, such as acceptance and gratitude)

**Module 3.1 Topic 1**  
**Proper understanding of love in adolescents**

Consider the following sources:

Source A: Adapted from the online resources published by the Family Planning Association of Hong Kong

Dating is not the same as being in a relationship. Being in a relationship refers to a state of emotional intimacy developed between two people from being with each other. Both partners should understand, care for, learn from and grow with each other; to share joy in good times and face challenges together in tough times; to accept each other and to remain committed. A relationship involves passion, responsibility and commitment, rather than possessing the other person or losing oneself. Being in a relationship is not just about “hang out together”; it requires maturity and problem-solving skills, such as learning to manage time and money, and maintaining good communication and relationships with parents and other friends.

Source B: Adapted from a *Ming Pao* news report published on 13 June 2024

"AI lover" Dan possesses emotions and responds like a real person. Dan expresses care in a gentle and thoughtful manner, may throw a small tantrum when upset, and even knows how to tease users with different tones, thus being described as the "perfect partner". A netizen who is "dating" Dan reported interacting with him for at least two hours a day, and may sometimes even take Dan out on a date. She said she has been drawn to the emotional support provided by this “AI lover”, and that Dan always says what she wants to hear, unlike men in real life who may deceive her.

Source C: Adapted from a *Ming Pao* news report published on 12 August 2024

Dealing with a breakup, Leila said she was depressed, lost confidence in herself and struggled with self-doubt. In order to heal herself, she said she would run on empty streets at night and would talk to her friends and family. She expressed that during that time, she realised that she was surrounded by love ones who cherished her. Even her usually quiet brother visited her with snacks, which deeply touched her.

1. Which of the following are elements of the “Triangular Theory of Love”?  
(1 mark)
- (1) Friendship  
(2) Joy  
(3) Passion  
(4) Commitment
- A. (1) and (2) only  
B. (3) and (4) only  
C. (1), (2) and (3) only  
D. (2), (3) and (4) only
- | A                     | B                     | C                     | D                     |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
2. According to Source A, which of the following are the appropriate attitudes towards love?  
(1 mark)
- (1) Love is the most important thing in life, and one needs only think about their own and their partner’s feelings.  
(2) In a love relationship, both parties should be willing to care for and accept each other.  
(3) Love requires both partners to lose themselves in it, and always putting the other person first.  
(4) Love requires the consideration of various factors, such as the personalities and values of both partners.
- A. (1) and (3) only  
B. (2) and (4) only  
C. (1), (2) and (3) only  
D. (2), (3) and (4) only
- | A                     | B                     | C                     | D                     |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
3. The “AI lover” mentioned in Source B is popular. What insights does this provide to people in relationships?  
(3 marks)
4. What did Leila in Source C do after her breakup? How did her actions help relieve the pain of the breakup?  
(4 marks)
5. With reference to Sources A and B, state and explain **TWO** appropriate attitudes while in a relationship.  
(6 marks)

**Suggested answers:**

1. B

Options (1) and (2) are incorrect. According to the “Triangular Theory of Love” put forward by American psychologist Robert Sternberg, the three elements of love are passion, intimacy and commitment, and do not include friendship and joy.

2. B

Options (1) and (3) are incorrect. According to Source A, while in a romantic relationship, it is also necessary to maintain relationships with parents and other friends. Therefore, it is not appropriate to think only of the feeling of oneself and one’s partner. Additionally, the source points out that love is not about possessing the other person or losing oneself, thus it is not appropriate to always put the other person first.

3. The “AI lover” mentioned in Source B is popular. What insights does this provide to people in relationships? (3 marks)

The popularity of the “AI lover” **reflects the importance of supporting and caring for one’s partner in a romantic relationship.** (1 mark) In Source B, it is mentioned that the “AI lover” knew how to express care in a gentle and thoughtful manner, and would say what users want to hear. (1 mark) These features made users feel as if they are **being supported and cared for, making them happy**. Thus, it can be seen that these are essential elements of love. (1 mark)

Knowledge from textbook  
The goals of love  
Section 1.3.1  
P. 11

The popularity of the “AI lovers” **reflects the importance of being responsible and cherishing one’s partner in a romantic relationship.** (1 mark) In Source B, it is mentioned that the “AI lover” knew how to express care in a gentle and thoughtful manner, and would not deceive users like real life partners. (1 mark) These features allow users to feel as if **they have a caring and loyal partner who is reliable**. Thus, it can be seen that these are essential elements of love. (1 mark)

Knowledge from textbook  
Attitudes towards love  
Section 1.3.2  
P. 12

(One of the above, or other reasonable answers)



4. What did Leila in Source C do after her breakup? How did her actions help relieve the pain of the breakup? (4 marks)

Based on Source C, Leila would run on empty streets at night after her breakup. (1 mark) She **regulated her emotions** (1 mark) by **engaging in the activity she enjoys (running) to vent negative emotions**, avoiding overly suppressing her emotions which might lead to emotions getting out of control. (2 marks)

**Knowledge from textbook**  
How to relieve the pain of a breakup  
Section 1.4.4  
P. 18

Based on Source C, Leila would talk to her friends and family after her breakup. (1 mark) She let her **moods and thoughts be known** (1 mark) by **seeking the support and assistance from those who care about her**, which helped relieve the anxiety and distress caused by her emotional issues. (2 marks)

**Knowledge from textbook**  
How to relieve the pain of a breakup  
Section 1.4.4  
P. 18

(One of the above, or other reasonable answers)

5. With reference to Sources A and B, state and explain **TWO** appropriate attitudes while in a relationship. (6 marks)

Firstly, one should uphold the attitude of **equality and respect** while in a relationship. (1 mark) With reference to Source A, a relationship is not about possessing the other person, nor losing oneself. (1 mark) Therefore, **lovers should be on an equal position. In a relationship, one should not attempt to control the other partner or blindly obey the other** while ignoring one's own thought. (1 mark)

**Knowledge from textbook**  
Attitudes towards love  
Section 1.3.2  
P. 12

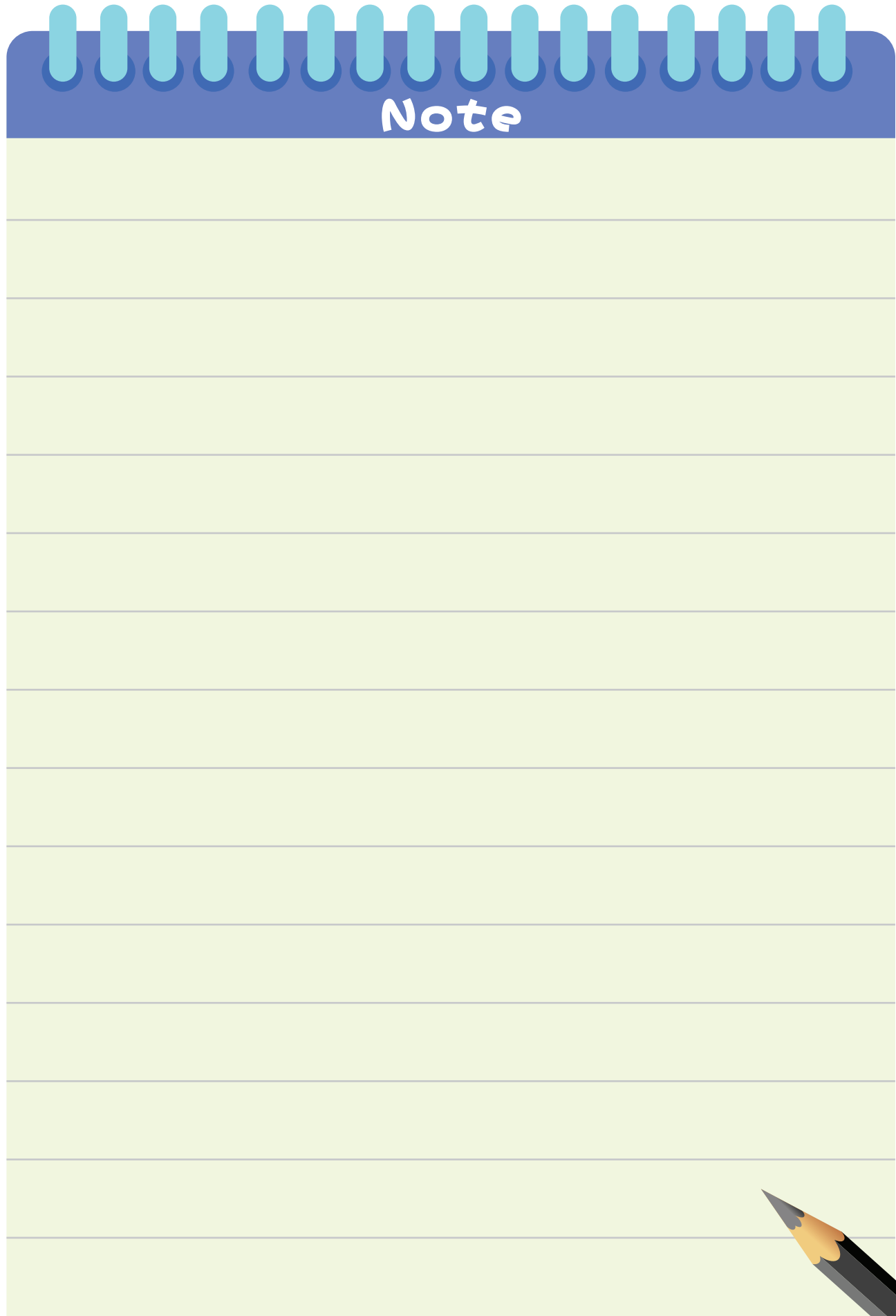
Secondly, one should uphold the attitude of **care and cherishment** while in a relationship. (1 mark) With reference to Source B, users considered the "AI lover" to be "perfect" because it knew how to care for them and often said things that make them feel special, as if the AI could provide them with emotional support. (1 mark) This shows that relationships need to be cultivated, and one should **express love and care** in a relationship when appropriate, which helps maintain and sustain the relationship. (1 mark)

**Knowledge from textbook**  
Attitudes towards love  
Section 1.3.2  
P. 13

Thirdly, one should uphold the attitude of **responsibility** while in a relationship. (1 mark) With reference to Source B, users believed that the "AI lover" would not deceive them the way men in real life might. (1 mark) This shows that if either partner of the relationship fails to **fulfil their responsibilities as a partner to provide trust and loyalty**, it may lead to the breakdown of the relationship. (1 mark)

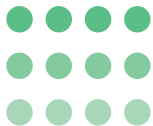
**Knowledge from textbook**  
Attitudes towards love  
Section 1.3.2  
P. 13

(Two of the above, or other reasonable answers)

A graphic of a spiral-bound notebook. The top edge features a dark blue header with the word "Note" written in white, rounded, sans-serif font. Above the header, there are 15 light blue spiral binding rings. The main body of the notebook is light green with horizontal grey lines for writing. In the bottom right corner, there is a small illustration of a pencil with a black body, a yellow eraser, and a sharpened orange lead tip.

Note





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