

Sample

Teacher Book



Citizenship, Economics and Society

Module

- 2.1 Overcoming Growth Challenges
- 2.2 Governance of the HKSAR



Workbook

2A



Citizenship, Economics and Society

Module

2.1 Overcoming Growth Challenges

2.2 Governance of the HKSAR

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**Enriched
Edition**

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Mark Sheet

Module 2.1 Overcoming Growth Challenges

Topic	Date	Marks
1 The importance of developing a healthy lifestyle and positive mindset		
2 Adolescents and undesirable behaviours		
3 Causes and serious consequences of adolescents' undesirable behaviours		

Module 2.2 Governance of the HKSAR

Topic	Date	Marks
1 The relationship between the Central Authorities and the HKSAR		
2 The political system of the HKSAR		
3 Safeguarding national security		

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Module 2.2 Governance of the HKSAR

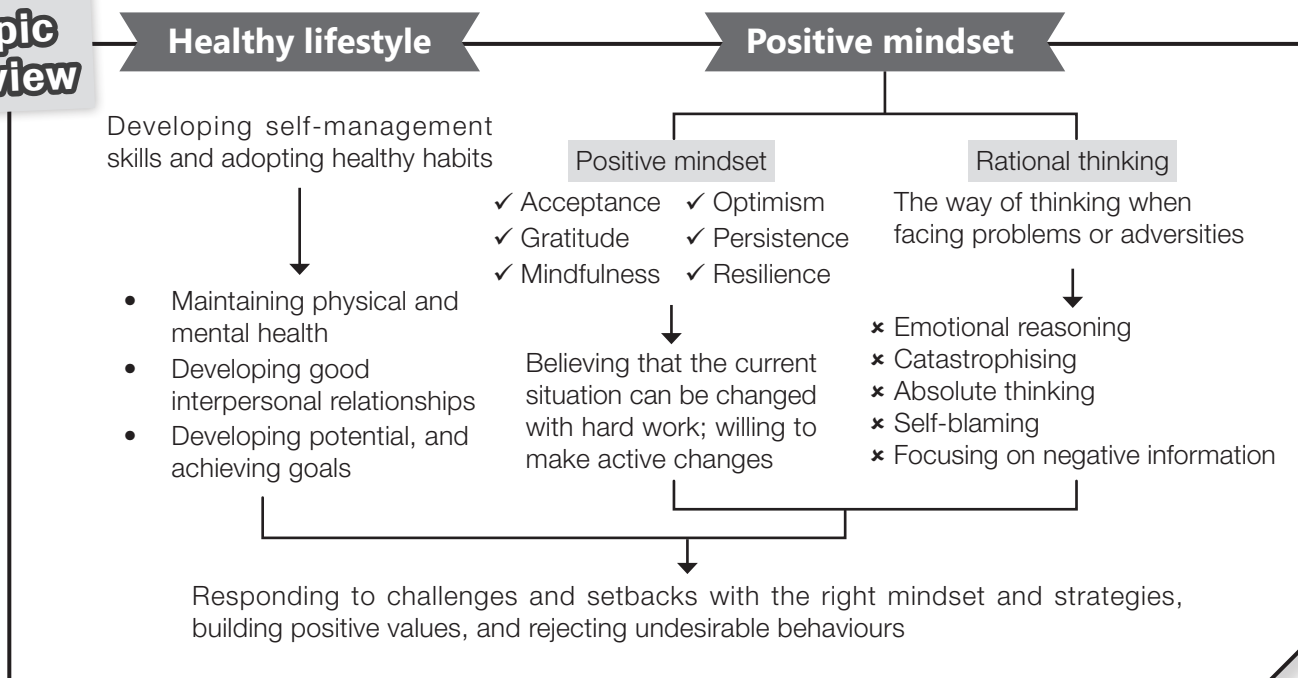
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Topic 1

The importance of developing a healthy lifestyle and positive mindset

Topic review



Multiple-choice questions

/ 3 marks

- Which of the following is **NOT** a way to practise a healthy lifestyle? Refer to textbook p. 4-7
 - Caring more about your parents
 - Developing the habit of going to bed and waking up early
 - Meeting all of your friends' demands
 - Participating in various extracurricular activities
- According to the source, which of the following positive attitude did Lai's case reflect? Refer to textbook p. 9

C

Lai was born with spinal muscular atrophy and could only move the upper half of her body. Despite her physical limitations, she studied hard and ultimately got excellent results in the HKDSE. Lai stated that she does not think too much about the past but focuses on what she can do in the present. She recalled that, when she performed unsatisfactorily in some subjects, she would adjust her mindset the next day. She also specially thanked her family, especially her mother for her care and support.

Adapted from news article published on 18 July 2024

- Acceptance
 - Mindfulness
 - Persistence
 - Gratitude
- (1) and (3) only
 - (1) and (4) only
 - (2) and (3) only
 - (1), (2) and (4) only



When answering multiple-choice questions, you may first use a pencil to make notes next to the options, such as a "✓" or "✗", to make it easier for checking later.

D

3. Lucy: "This test is very difficult. I will definitely fail, and my mom will be very disappointed in me..." Which irrational belief might have influenced Lucy? Refer to textbook p. 11

- A. Self-blaming
- B. Absolute thinking
- C. Emotional reasoning
- D. Focusing on negative information

Teaching suggestions:

Option B is correct. Lucy's use of the words, like "definitely" and "absolutely", reflects her insistence on fixed ideas. Option D is not correct. Focusing on negative information means ignoring the good side of things and looking only at the negative side. The question does not mention Lucy ignoring positive information.

B

Fill-in-the-blanks

/ 8 marks

Write the suitable answers on the lines.

1. As adolescents are in a developmental period, they should stay away from undesirable behaviours, such as smoking, alcohol or even drug abuse, so as to avoid damaging their health. Refer to textbook p. 4
2. Everyone has different talents. We should explore our potentials, set goals accordingly, and then fulfill them through action. Refer to textbook p. 7
3. People with a positive mindset believe they can change the current situation through continuous attempts and hard work, bringing positive impact to themselves and those around them. Refer to textbook p. 8
4. According to the ABC Theory of Emotions, our emotional and behavioural responses are not determined by the event itself, but also by our beliefs. Refer to textbook p. 10

True or false

/ 3 marks

Determine if the following statements are correct. If correct, put a "✓" on the corresponding line; if not, circle the incorrect part of the sentence and write the correct answer on the line.

1. A healthy lifestyle refers to developing self-learning skills, adopting healthy habits and quitting undesirable behaviours that affect health. Refer to textbook p. 3
2. We should have gratitude and believe that your effort will pay off. Refer to textbook p. 9
3. Joy sprained her ankle while practising. She thought she would never be able to dance again and lost hope. This reflects that her thoughts were determined by irrational beliefs. Refer to textbook p. 11

management

optimism

✓

Matching

/ 10 marks

1. Match the following characters with their healthy ways of living. (You may choose more than one option)

Refer to textbook p. 4-7

A. Maintaining physical and mental health

B. Developing good interpersonal relationships

C. Realising one's potential

In order to join the track and field team next year, I wake up early every morning to practise running.



A, C

We have an exam next week. Patrick and I are going to the library to study together.



B

I'll listen to piano music to relax when I am under stress.



A

2. Match the following positive attitudes with the corresponding thoughts. Refer to textbook p. 9

Positive attitude	Thoughts	
A. Acceptance	B	If I study hard, I will surely get a better test score this time!
B. Optimism	E	I made many careless mistakes in this test. I'll reserve time to check my answers next time.
C. Gratitude	F	I won't give up just because of one failed test. I'll keep trying!
D. Mindfulness	C	I didn't do well on the test, but I have to thank my brother for tutoring me.
E. Persistence	A	Although I barely passed, I did my best to prepare, so I am at peace with myself!
F. Resilience	D	I didn't do well in the writing test, but I should focus on the upcoming listening test!

Short questions

/ 5 marks

1. List **THREE** undesirable behaviours. Refer to textbook p. 4

Smoking / drinking alcohol / drug abuse / Internet addiction / gambling addiction (or other reasonable answers) (3)

2. Name **TWO** significant others in an adolescent's development. Refer to textbook p. 5

Parents / family members / friends / teachers (or other reasonable answers) (2)



Data-response questions

Read the following source carefully and answer the questions.

/ 12 marks

Source 1 Adapted from a news report published on 23 July 2024

Ms. Lee's son was diagnosed with moderate autism at the age of three. She had learnt that some symptoms of autism might be improved if they were treated within the golden period of intervention, so she visited various therapy centres with her son daily ever since, having great hopes for progress. However, by the time her son turned seven, evaluations still reflected no significant improvement. Ms. Lee was disappointed and felt that her and her son's efforts were in vain. This even caused stress that led to emotional problems, for which she needed to seek medical help.

Later, Ms. Lee realised that their treatment journey was not a sprint, but a marathon. Therefore, she adjusted her pace, patiently breaking down tasks into multiple steps to teach her son, and practised with him repeatedly. Now, her 13-year-old son has improved significantly. He not only attends a mainstream international school but is also taking on the challenge to learn French and participate in a triathlon. Ms. Lee states that every autistic child has unique potentials to be discovered, and encourages other parents to accompany their children to treatment with an optimistic attitude.

1. According to the source, what challenge did Ms. Lee face? (1 mark)

Her son was diagnosed with moderate autism, and he showed no significant improvement after four years of treatment.

2. Identify the irrational belief that once affected Ms. Lee emotions (underline it in the source). What type of irrational belief does it belong to? (Circle the correct answer) Refer to textbook p. 11 (2 marks)

Emotional reasoning / Catastrophising / Absolute thinking /
Focusing on negative information / Self-blaming

3. Using the ABC Theory of Emotions, explain how Ms. Lee resolved the challenges she was facing. Refer to textbook p. 10 (9 marks)

According to the ABC Theory of Emotions, the event causing the challenges (can / cannot) be changed, just like how the diagnosis of Mrs. Lee's son moderate autism (1) is a given reality in the source. What (can / cannot) be changed is only her beliefs. Initially, Ms. Lee was influenced by negative beliefs, thinking that her efforts in accompanying her son to therapy daily would not payoff (1). However, she later realised that her mindset was wrong and shifted to adopt an optimistic (1) attitude. This change affected her (behaviours / personality), enabling her to be more patient in supporting her son through autism treatment (2). Eventually, her son gradually improved and is now able to study in a mainstream school while actively exploring his potentials (1) in learning French and triathlon.

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The *Ming Pao Citizenship, Economics and Society Workbook (Enriched edition)* is composed of six books to complement the textbooks of the same series. They aim to help students review key knowledge, skills, values and attitudes learnt in the textbooks, laying a foundation for the transition to senior secondary school.

Enhancement

Topic review

Through **graphic mapping** that **deconstructs and reorganises knowledge**, help students gain a more systematic view of the topic and understand the relationship between the key points of the text.

Supplement

Through handling different types of material and question, which are provided with **tips**, help students **enhance key answering skills**.

Values

Through learning activities, help students reflect on and apply the **values** and **attitudes** learnt in the textbooks.

Application

Basic knowledge

Through **diverse question types** like multiple-choice, fill-in-the-blanks, true or false, matching and short questions, which are provided with page reference, help students **revise and consolidate what have been learnt in the textbooks**.

Data-response questions

Through different types of exercise, let students apply the knowledge and skills learnt in the textbooks. Some questions are equipped with an **answering framework**, helping students **improve their examination skills**.

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