



## 02 Is it a must for children to go to tutoring centre?

On Sunday I had meals with my good friends and in a small chat, Mary who came back from foreign country asked me suddenly, "It is just expected that Macao is quite different. Primary students go to school at night and not in daytime. Is it really tight for school vacancies?"

We clearly knew that the number of student admission was less than before, because the birth rate in Macao decreased in the past few years. Why did she say so?

So it was because when she was shopping at night she met many children wearing school uniform and carrying heavy schools bags. It was really a beautiful misunderstanding!

### The reason for going to tutoring centre

Being Macao students are really very hard. They leave home at seven early in the morning and still they have to go to tutoring centre after school and do not return home until eight or nine o'clock at night. They are "fatigue bombed" for more than ten hours in one day. One can image their tiredness in body and mind. It is no wonder that: Our children do not have fortunate childhood! How can they have energy for schooling if they have no sufficient time for rest? It is just like to put a cart before the horse and creates a vicious cycle.

After all should these children go to tutoring centre? To answer this question, I believe that we cannot treat different matters as the same.

Parents may have many reasons to send their children to tutoring centres. For example:

- With the economic development of Macao, working couples are increasing. I do not have enough time to take care of my child. The tutoring centre usually provides pick-up services and lunch services which enables the centres to supervise and take care of children for parents. Thus the tutoring centre acts like a "Child Care Centre" and solves a big problem for working couples families.
- Some of the good tutoring teachers to some levels are able to compensate for inadequate teaching in class for some children and improve their learning.
- It is true that my child's studying foundation is not good in some subjects and I hope to help him through tutoring centre.
- Recently my child misses classes more than before because of sickness (casualties) and he cannot catch up the lesson.
- Other children have been going to the tutoring centres, my child cannot fall behind.

### Problems that may happen

In fact timely tutoring lessons do help solve some of the above problems. But does every child need to go to tutoring centre? Recently some of the parents wrote articles in newspaper to reflect that the situation of their children was becoming "worse". Some parents found that their children were treated inhumanly. Therefore we must take consciousness on problems which may bring to children in tutoring centre.

Firstly, if tutoring time is too long and children need to stay in tutoring centre for three to four hours after school and return home at seven or eight o'clock at night, it is a heavy burden for the physical bodies and mentality of children. Learning is increasingly heavy day after day. Thus it may affect their time for rest and limit their chances for participating in necessary physical exercise and other activities.

Secondly, if children depend on tutoring centre for a long time, it may affect their aggressiveness on learning. Originally many children have difficulty in handling their school homework and that is why they go to

tutoring centre. But instead of helping them, the tutoring centre increases their workload by giving them more assignments, causing "more tiredness". The definite result is that children will gradually lose their learning interest and become increasingly listless.

Thirdly, children's dependence on tutoring centre may affect their confidence in learning. One of the reasons for bad academic performance is that children cannot review homework by themselves. Many of the tutoring centers do not know how to teach children to set up study schedule but do it for them. Every day the teachers supervise and arrange for them. As time goes by, children depend on tutoring centre and do not know how to learn after they leave the centre.

Also, many parents and children regard tutoring centre as the last weapon. Therefore if the tutoring lessons are increasingly difficult, parents will lose confidence and children may think that they have no way to learn well and lose confidence in learning completely. The result is tutoring centre becomes the end place for children's own learning life and a place for "sentence to death". Regarding the above situation, people call this "Tutoring centre composite syndrome". Patient's symptoms include: learning desire decreases, lazy to use his brain, negative on self-concept and lack of responsibilities. As for more serious patients, they will lose appetites and lack of energy and usually get sick the day before every test and examination.

Beside that, it is true that there are good and bad tutoring centres with different qualities. The Government has set up license system for monitoring tutoring centres. But some of the tutoring centres are over admitting students. As a result the activity area is small, hygienic conditions need improvement, lightening and other facilities are worth our attention. More important is that some of the "teachers" are studying in university and even some of them are secondary and primary students. Most of them do not have educational experiences and regular training. Some of their ways of teaching lag behind. Due to their ages, some of them are rude, lack of patience and love. If parents choose tutoring centres inappropriately, the result may be little gain and great loss.

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**Give you several suggestions**

In this way, whether children need to go to tutoring centre depends on different children and families. The following suggestions may bring some inspiration to you:

- If parents are able to take care of children themselves, do not send the children to tutoring centre.
- If children can solve learning problems themselves, do not force them to go to tutoring centre.
- You must select the tutoring centre which is qualified with government license.
- Pay attention to the hygienic conditions, lightening, space and safety situation of tutoring centre.
- To watch the qualifications of teachers in tutoring centres, especially their characteristics, forms and ways of teaching.
- To think about what are the needs of children in tutoring centre and select tutorial contents which are appropriate for them.
- Always go to understand the learning and living situation of children in tutoring centre and listen attentively to their feelings.
- Once we discover that children are listless and their studying attitude is steadily deteriorating with academic performance unsatisfactory, we need to contact tutoring centre or school teachers in time, in order to analyse the reasons in detail.

- Do not send our children to tutoring centre when he/she is firmly reluctant.
- Do not think that the more homework and examination the tutoring centre has, the better it is.
- To watch children's interpersonal relationship in tutoring centre.

**It is our duty to educate our children**

No matter what, it is parents' unavoidable duty to educate their own children. No matter they are in school or tutoring centre, it is just a kind of help or supplement to educate our children.

In modern society, school is indispensable for educating our next generation and tutoring centre has its existing value. But parents' concern and help is indispensable for children. As parents we need to bear this responsibility practically and we must not shift the duty to school and tutoring centre with "peace of mind". We must spare some precious time to accompany our children during their growing.

Ai Yun (Primary School Teacher)

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03

# 结合初中生物教学渗透 青春期性教育

青少年时期是人生的“非常时期”，如何进行性教育正日益引起人们的关注。本文总结了结合初中生物教学渗透青春期性教育的一些模式，对教育的有效途径、方法与内容进行了探索。

随着澳门社会的快速变迁和西方文化的冲击，加上电视、网络、画刊上各种相关的性资讯泛滥，现代青少年的性观念、性态度已不同于上一代的传统想法。为了避免学生盲目地从一些黄色书刊、影碟、互联网等媒体中猎取不健康的性知识而扭曲了的性观念，作为中学生物学教师，应发挥自身的专业优势，把青春期性教育渗透到教学中去，引导学生正确认识了解性知识，遵守性道德，预防性犯罪，促进身心健康，提升生活质量。笔者就此谈一谈在初中生物教学中如何进行青春期性教育的一些思考和实践。

## 一、结合课本内容，破除“性”神秘，普及“性”知识

### 1. 认识生殖行为乃生物之本能

为了配合初二学年的青春期性教育，在初一学年时上植物和动物的生殖部分内容，就要让学生理解生殖后代是生物的生命特征之一，是让生物个体死亡前能延续种族、使种族得以生存的一种适应性；是生物在长期进化过程中通过自然选择而形成的，生殖行为是生物的一种本能。

### 2. 比较高等动物生殖行为，破除“性”神秘

在教授初二生物第十一章“生殖和发育”时，采用多媒体播放鱼类、两栖类、爬行类、鸟类、哺乳类的生殖过程，通过比较归纳出体外受精和体内受精的特点，特别要指出：体内受精的生物，为了完成体内受精，雌雄个体就要进行交配；要完成交配，当然雌雄个体就要先有“识别”、“求偶”等行为；由此再引入人类的“拍拖”、“性交”行为，就显得自然而从容了。通过比较和引导，学生领会了绝大多数的生物（特别是高等动物）的性生理的原理

是类似的，而作为生物一员的人类，性生理并无多少特殊性，也无任何神秘可言。这就打破了“性神秘”的观点，引导学生正确看待人类性生理的各种现象、变化，形成积极、健康的性心理。

### 3. 男女同堂上课，普及“性”生理

结合多媒体教学手段，先让学生认识男、女的生殖系统、受精过程，以及人类的胚胎发育过程，并且了解生命的诞生过程和孩子是从哪里来的等一系列问题，然后讲解人进入身体发育期，会出现一系列的第二性征问题。对于第二性征的形成原因及特点，教师可结合具体实例进行讲解，如遗精现象、月经的形成、经期的卫生保健、痛经及闭经的原因；妊娠是怎么回事，早孕有什么反应，妊娠对少女会造成怎样的伤害；青春期为什么会出现性梦、性幻想、手淫等问题，以及如何正确对待和解决这些问题等。通过形象生动的分析和讲解，使学生在心理上增强对生理变化的承受能力，并帮助他们消除不必要的忧虑、孤独和恐惧。

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