

Candidate's Copy

SKH Lam Woo Memorial Secondary School

2023-24 Secondary School Places Allocation Phase I

Examination on Proficiency of Spoken English

Individual Interview

Part 1: Reading Aloud

Time allowed: 1.5 minutes

Passage

The benefits of early rising

The advantage of getting up early is a good start it gives us in our day's work. If we rise early, we can do a large amount of work before other people get out of bed.

In the early morning, early risers have a fresh mind, and there are not many sounds and distractions so that the majority of the work completed at that time is well-done. Usually, early risers can also find the time to do some physical exercise in the morning, and this exercise supplies them with energy that will last until the evening.

By getting up early, people know that they have plenty of time to complete all the work they are expected to do and, therefore, do not need to speed through the process. After finishing the work at a leisurely pace, they can rest for quite a long time in the evening. When the clock hits nine-thirty, the early riser can go to bed and fall asleep, resulting in a refreshing slumber. After a good night's rest, they rise early once more, in good health and spirits for the labour of the next day.

Part 2: Individual Response

Time allowed: 1.5 minutes