

# Trendy terms to talk about

*Discover how Hong Kong youth are embracing phrases like 'lock in' and 'popcorn brain' and how they are shaping youth culture today*

**4** Lately, I've been using the phrase "lock in" more frequently. It means to concentrate intensely on a task or goal. With so much homework piling up, I'm struggling to complete it on time, often staying up late into the night. Each morning, I wake up feeling tired and already overwhelmed by the day ahead. One day, while texting a friend, he used this phrase, and I remembered its meaning. Now, I say "lock in" to myself every time I prepare to focus on my homework.

**Amelie Wong Tsz-ching, 12, St Catharine's School for Girls**