

Parent workshop 2

Raising an Optimist

Course Code	Date and Time	Target Group
PSW0905006	Session 1: 30 May 2009 (Sat) 10:00am – 12:00pm Session 2: 6 Jun 2009 (Sat) 10:00am – 12:00pm	Parents of gifted children attending kindergarten or junior primary school levels

- Venue** : Room 306 East Block, Kowloon Tong Education services Centre, 19 Suffolk Road, Kowloon Tong, Hong Kong
- Speaker and Facilitator** : Mr Matthew Chu, Educational Psychologist
- Course Description** : Research has shown that optimists tend to have better physical health, greater success at school, work and sport, and more satisfying relationships. They also have better mental health, reporting less depression and anxiety, and live longer than pessimists.
- The workshop will help parents to learn practical strategies to raise children with optimism. By nurturing a sense of optimism, our children will deal with setbacks better, more able to manage disappointments and general stresses of life.
- Course Objectives** : Upon completion of this seminar, participants should be able to:
- Understand the important qualities of optimism
 - Be aware of the effective strategies of developing optimism in children
 - Become a role model of optimism for children
- Course Outline** :
1. Seminar contents
 - What is optimism?
 - Psychological test on optimism
 - Research findings about the benefits of optimism
 - How to raise optimistic children?
 2. Format
 - Games
 - Sharing
 - Psychological test
 - Video sharing
- Medium of Instruction** : Cantonese
- Course Fee** : Free of charge (Funded by The Hong Kong Academy for Gifted Education)
- Registration Information** : Kindly fax or mail the completed registration form to **3586 3429** or 'Parent Support, The Hong Kong Academy for Gifted Education, East Block, Kowloon Tong Education Services Centre, 19 Suffolk Road, Kowloon Tong'
- Deadline for** : **30 April 2009 (Thursday) 5:00p.m.**

Registration

Note: Acceptance is on first come first served basis. If over subscribed, preference will be given to those families with children attending kindergarten or primary school levels.

Registrants will be notified of the outcome by early May through email.

Contact Person

: Miss Jady Au Tel.:36983578 kcau@hkage.org.hk

Brief introduction to Speaker:

Mr Matthew Chu is an Educational Psychologist. His research interest is positive psychology – study of human strengths and potentials. He has conducted research in various areas related to parenting, learning, mental health, and developing strengths in students: optimism, self-efficacy, learning motivation, parent-child relationship and mental health. His research papers have been presented in international conferences, including American Psychological Association and International Congress of Psychology.

Mr Matthew Chu has been invited to be a visiting lecturer of the University of Wisconsin –Oshkosh. He also serves as the Fieldwork Mentor in Educational Psychology for the University of Hong Kong. He teaches a course on “Positive Psychology” at the Hong Kong Polytechnic University and a course on “Gifted Education” (training program for teachers) at the University of Hong Kong.