



# Self-understanding Workshop 2011:

## Becoming a confident and well-adjusted learner

18, 19 Jul & 12 Aug 2011

✿Come join us if you are interested in “Personal and Social Development”✿

### Aims and Objectives

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The workshop aims to enable gifted students to

- enhance their self-understanding and their awareness of issues/concerns associated with being gifted;
- bolster their self-esteem;
- explore strategies for dealing with self-expectations and expectation of others; and
- establish self-management skills for goal-setting, dealing with stress and combating negative emotions (including fear of failure, setbacks and peer pressure).

### Contents

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- Self-Expectations and Expectations of Others
- Building Positive Self-Esteem
- How to Deal with Stress Effectively
- Self-Reflection and Sharing
- Fear of Failure, Setbacks and Peer Pressure
- Setting Realistic Personal/Career Goals
- Expectations for Coming 12 Months
- Motivation and Planning to Further Develop Self Potentials
- Sharing on Self-Reflection / Self-Assessment/Self Developmental Plan

### Workshop Co-ordinator and Facilitators

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Dr YUEN Man Tak (Co-ordinator), Associate Professor, Faculty of Education, The University of Hong Kong

Ms Joyce KWOK Yin Mei, Principal

Mr Matthew CHU Ho Tat, Educational Psychologist

Ms Bonnie LUK Yuen Ki, Experienced Teacher

## Programme Details

<b>Date, Time &amp; Venue</b>	18, 19 Jul & 12 Aug 2011 (Please refer to Appendix for details)
<b>Target Participants</b>	S 1 – S4 student members
<b>Class Size</b>	25
<b>Medium of Instruction</b>	Cantonese and English
<b>Course Requirement</b>	<p><b>Certificate</b> will be awarded to participants who are able to fulfill all the course requirements which include:</p> <ul style="list-style-type: none"> <li>❖ Attending of ALL sessions AND</li> <li>❖ Completing a self-reflection assignment with satisfactory performance</li> </ul>
<b>Intended Learning Outcomes</b>	<p>Upon completion of the programme, participants should be able to:</p> <ol style="list-style-type: none"> <li>1. Understand and identify their own strengths and weaknesses</li> <li>2. Demonstrate their understanding of self-esteem and how to maintain it</li> <li>3. Compare and apply adaptive ways to deal with self-expectations and expectations of others through group discussion</li> <li>4. Identify several stress management skills and how these skills help with managing stress and negative emotions (including fear of failure, setbacks and peer pressure); and</li> <li>5. Produce an action plan with realistic goals for the coming six months.</li> </ol>
<b>Course Fee</b>	Free of charge
<b>Application Procedure &amp; Deadline</b>	<ul style="list-style-type: none"> <li>❖ Students should complete and submit the Online Application Form at the website: <a href="http://hkage.org.hk/en/sz_programmes.html">http://hkage.org.hk/en/sz_programmes.html</a> on or before <b>6 Jul 2011 (Wed)</b>. Late application will not be considered.</li> <li>❖ The application result will be announced via email to the student member by <b>13 Jul 2011 (Wed)</b>. For those who have not received email by the due course should contact the HKAGE by phone.</li> <li>❖ Successful applicants should complete the “Confirmation Slip” attached in the result announcement email and fax/mail to the HKAGE by the deadline mentioned on the slip.</li> </ul>
<b>Enquiry</b>	For enquiries, please contact Mr Li at 3698 3498 or Ms Yip at 3698 3500.

## Appendix: Programme Schedule

Session	Date (2011)	Time	Venue
1	18 Jul (Mon)	9:00 a.m. – 1:00 p.m.	Room LG02, LG/F, Hui Oi Chow Science Building, The University of Hong Kong, Pokfulam Road, Hong Kong
2		2:00 p.m. – 5:00 p.m.	
3	19 Jul (Tue)	9:00 a.m. – 1:00 p.m.	Kowloon Tong Education Services Centre, 19 Suffolk Road, Kowloon Tong
4		2:00 p.m. – 5:00 p.m.	
5	12 Aug (Fri)*	1:00 p.m. – 3:00 p.m.	<b>(Venue will be confirmed and announced together with the application result)</b>

\* This session will provide an opportunity for participants to share the progress of their self-development plan.

### Remarks:

In case of cancellation of a lesson due to adverse weather conditions or outbreak of Swine Influenza A (H1N1), the cancelled lesson will be rescheduled on **20 July 2011 (Wednesday)** [Venue: same as above].