



Self-understanding Workshop 2012:

Becoming a confident and well-adjusted learner

18, 25 Feb & 17 Mar 2012

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

Aims and Objectives

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

- 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

Dr YUEN Man Tak (Coordinator), Associate Professor, Faculty of Education, The University of Hong Kong
Ms Joyce KWOK Yin Mei, Retired Principal
Mr Matthew CHU Ho Tat, Educational Psychologist
Ms Bonnie LUK Yuen Ki, Experienced Teacher

Programme Details

Date, Time & Venue	18, 25 Feb & 17 Mar 2012 (Please refer to Appendix for details)
Target Participants	❖ S4 – S7 student members
Class Size	25
Medium of Instruction	Cantonese and English
Course Requirement	<p>Certificate will be awarded to participants who are able to fulfill all the course requirements which include:</p> <ul style="list-style-type: none"> ❖ Attending of ALL 5 sessions AND ❖ Completing a self-reflection assignment with satisfactory performance
Intended Learning Outcomes	<p>Upon completion of the programme, participants should be able to:</p> <ol style="list-style-type: none"> 1. Understand and identify their own strengths and weaknesses 2. Demonstrate their understanding of self-esteem and how to maintain it 3. Compare and apply adaptive ways to deal with self-expectations and expectations of others through group discussion 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 5. Produce an action plan with realistic goals for the coming six months.
Course Fee	Free of charge
Application Procedure & Deadline	<ul style="list-style-type: none"> ❖ Students should complete and submit the Online Application Form at the website: http://hkage.org.hk/en/sz_programmes.html on or before 7 Feb 2012 (Tue). Late application will not be considered. ❖ The application result will be announced via email to the student member by 9 Feb 2012 (Thu). For those who have not received email by the due course should contact the HKAGE by phone. ❖ Successful applicants should complete the “Confirmation Slip” attached to the result announcement email and fax/mail to the HKAGE by 13 Feb 2012. ❖ Applicants on the waiting list will be notified via email or phone after 13 Feb 2012. Otherwise, no further notice will be given.
Enquiry	For enquiries, please contact Ms Yip at 3940 0180 or Mr Shing at 3940 0178.

Appendix: Programme Schedule

Session	Date (2012)	Time	Venue
1	18 Feb (Sat)	9:00 am – 1:00 pm	Room LG01, LG/F, Hui Oi Chow Science Building, The University of Hong Kong, Pokfulam Road, Hong Kong
2		2:00 pm – 5:00 pm	
3	25 Feb (Sat)	9:00 am – 1:00 pm	Room 807, 8/F, Knowles Building, The University of Hong Kong, Pokfulam Road, Hong Kong
4		2:00 pm – 5:00 pm	
5	17 Mar (Sat)*	10:00 am – 12:00 nn.	Room LG01, LG/F, Hui Oi Chow Science Building, The University of Hong Kong, Pokfulam Road, Hong Kong

* 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. Rescheduled details will be announced to participants by email.