



香港資優教育學院  
The Hong Kong Academy for Gifted Education

make you laugh:

# Positive Psychology and Humor

How could we live “positive”? Let’s keep our lives full of humor! Positive psychology is a recent branch of psychology believing that a psychology of positive human functioning will arise that achieves a scientific understanding and effective interventions to build thriving in individuals, families, and communities. Meanwhile, humor enables us to compensate the incongruity of life so as to facilitate our physical, emotional, social and spiritual healthiness. This talk aims to (1) explore the concepts of Positive Psychology; (2) understand the relationship between humor and Positive Psychology; and (3) emphasize the importance of humor to psychological well-being.

**Date: 13 November 2010 (Sat)**

**Time: 9:30am – 12:00nn**

*\*Sign-up Time: 9:15am*

Venue: E306, Kowloon Tong Education Services Centre

Target: All HKAGE Student members

**Medium of Instruction: English**

Registration: Please apply through online registration <http://hkage.org.hk>

Enrollment is based on a first-come-first-served basis.

**Application Deadline: 11 November 2010**

For enquiries, please call Ms. Yip at 3698 3498

## Dr Yue Xiaodong

is an Associate Professor in the Department of Applied Social Studies, City University of Hong Kong. His MA is from Tufts University in Educational Psychology, and his Doctor of Education in Psychology from Harvard University. His publications have focused on counseling psychology, especially Positive Psychology. He is currently a Registered Psychologist of Hong Kong Psychological Society.

