Inside Out Series: Self-Management (II)

(F2IOS006W)

Introduction of the Workshop	Stress is part of life. Many gifted students are stressed by being expected to possess the potential to do well in many aspects, a phenomenon called "multipotentiality". In response, some gifted students learn healthy and effective ways to cope with life's stressors while others are trapped in unhealthy situations. Within a safe and supportive environment, this workshop gives participants a chance to analyse their source of stress. They can discuss their coping strategies, address some common stressful situations and learn different responses to common stressors. In the second part of the workshop, participants will untie some myths about perfectionism, a typical stressor for gifted students. Research shows that perfectionist traits, such as fear of failure, procrastination, being competitive and critical about others, may hinder their learning and social development. Participants will have opportunities to express their feelings and thoughts about perfectionism and explore strategies to deal with it. Some participants may have internalised the self-identity concept in the last Self-Concept workshop series, we will move on to the relationship between oneself and others.
Introduction of the Series	The 'Inside Out Series' is a workshop series related to affective education, it covers topics like self-concept, self-management and social relationships of gifted students. This series aims at fostering gifted students' whole-person development from the inside out by enabling them to understand themselves, enhance their self-management skills, and eventually build positive social relationships with the outside world. In the workshops of the Self-Management Series, you will learn how you are influenced by conformity, the difference between healthy and unhealthy perfectionism, some emotional, stress and time management skills etc. If you are interested in understanding self-management, don't miss this opportunity. You are also encouraged to complete the whole series for mastering the self-management skills progressively.
Programme Type / Level	Workshop Series / Intermediate ([Token required])
Pre-requisite	No special prerequisites are needed
Instructor	Programme Officer, HKAGE
Target Participants	➢ S1 to S3 HKAGE student members only in 2021/22 school year ➢ Class size: 25
Medium of Instruction	Cantonese, with handouts in English
Certificate	Student members who completed the workshop will be awarded an electronic certificate issued by the HKAGE. Student members could download the certificate from "Student Learning Profile" (https://hkage.org.hk/b5/student/SLR/SLR.php) 3 weeks after the workshop.
Intended Learning Outcomes	Upon completion of the course, participants should be able to: 1. Consider how giftedness may affect the way they experience stress 2. Learn new strategies to handle stress and unlearn responses that have become bad habits 3. Explore strategies for combating perfectionism

Application Procedure	**This programme is Programmes with No Screening** There are no screening questions, written test or other screening methods for this type of programmes. ● Student members can select up to 5 programmes from a list of selection. Applicants have to state the priority when submitting the application. (1st priority, 2nd priority, 3rd priority, etc). 1 token is required for each programme (For programme list, please refer to the issue 23 of Gifted Gateway (click here); ● The application can only be submitted once. After submission of the application, the programme selection and the priority cannot be changed; ● If a student member removes a programme from the application before the application deadline by withdrawal, the choice priority will remain unchanged. (For example: A student has selected three programmes and removed the programme with the 1st priority from the application. The choices of 2nd and 3rd priority will remain unchanged with no promotion in priority.); ● We will select the students based on the student's choice of priorities and a randomly generated selection by the computer system. If there is time clash between the applied programme and other programmes with offer, HKAGE will consider if the application will be accepted; ● Student members should avoid applying programmes with time clash; ● The decision of HKAGE on the result of selection should be final.
Application Deadline **23 July 2021, 12:00 noon** **Application Result Release Date** **30 July 2021**	
If student members withdraw from the programme after the Application Deadline, the token will be deducted.	

Schedule

Date	Time	Venue (HKAGE)
30 October 2021 (Saturday)	9:30 a.m.– 12:30 p.m.	Online Platform

Remarks	**Things to prepare & attention notes:** 1. The academy reserves the right to cancel any courses if there are insufficient applicants. 2. The staff of the HKAGE will carry out class observation, photo/video-taking in some programmes and / or keep students' work for the purposes of programme evaluation, research and / or demonstration. 3. The programme may be rescheduled or conducted online, subject to the development of the COVID-19 situation and the EDB's latest announcement on face-to-face programmes. Please pay close attention to email notification and announcement on the HKAGE website. 4. In the event of inclement weather, class arrangement will be based on "Arrangements for student programmes/activities in inclement weather" Please refer to the HKAGE website for more details: https://www.hkage.org.hk/en/students/important-information/bad-weather
Enquiries	For enquiries, please contact us on 3940 0101 (after language selection, press "4").