



## Inside Out Series: Self-Management III

(F2IOS007W)

### Introduction of the Workshop

Learning styles refer to students' preferred physical and socio-psychological conditions and preferred learning methods (Dunn & Griggs, 1988). It is not surprising that gifted students have varied learning styles. When teaching style and learning style are at odds, problems may occur. Many of us may feel frustrated and uncomfortable in the classroom because of our sensitivities and priorities related to learning. While some resist the teaching styles that do not match their preferences, the others accommodate to fit in the system.

The workshop helps participants understand why they appreciate some teachers more than others and why they are having trouble in some classes. We will also examine participants' time management skills - the capacity to estimate, allocate, and execute within time constraints. Some overcommitted gifted students involve in many different activities, these students may easily get into a heated argument with parents on their time management. Therefore, prioritisation and limitation on their activities could help these students with multipotentiality to balance their busy student life. The strategies of prioritisation will be discussed in this session.

### 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. Learn time management skills, look objectively at time management and how it affects them personally
  2. Become more aware of other gifted peers' and his/her own preferred learning styles
  3. Recognise that jealousy, envy, and other negative feelings are often found in competitive situations

### **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 Procedure

### Application Deadline

**1 November 2021, 12:00 noon**  
**(Please return the "Confirmation Slip" no later than five working days.)**

If student members withdraw from the programme after the Application Deadline, the token will be deducted.

### Schedule

Date	Time	Venue (HKAGE)
5 November 2021 (Friday)	5:30 p.m.– 8:30 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").