



Well-being Programme (F1WBP002W)

(S.4 – S6 HKAGE Student Members)

Introduction of the Programme	<p>This well-being programme is developed basing on the ideas in positive education, and positive youth development. From the programme, students will understand their character strengths and learn how to make the best use of their character strengths to embrace academic and life challenges. The programme also aims to promote the social, emotional, and academic well-being of students by enhancing their intrapersonal and interpersonal competence and helping them acquire appropriate learning strategies for achieving better learning outcomes.</p> <p>The whole programme consists of two parts. Each part consists of four sessions. Part I is a four-session workshop on character strength & positive emotions, and part II is a four-session workshop on learning engagement.</p>							
Programme Type / Level	Workshop / Basic							
Instructor	Mandy Chan Educational Psychologist, HKAGE							
Pre-requisite	N/A							
Target Participants	<ul style="list-style-type: none">➤ S4 to S6 HKAGE student members (2021/22 School Year)➤ Class size: 25 <i>*First-come-first-served</i>							
Medium of Instruction	Cantonese							
Certificate	Student members will be awarded an electronic certificate upon completion of the programme with a minimum of 80% attendance rate.							
Intended Learning Outcomes	Upon completion of the course, participants should be able to: <ol style="list-style-type: none">1. understand their character strengths and learn how to make the best use of their character strengths to embrace academic and life challenges;2. improve their intrapersonal and interpersonal competence, and learn how to face adversity; &3. acquire effective learning strategies to achieve better learning outcomes.							
Application Deadline	14 September 2021, 12:00 noon							
Schedule	<table border="1"><thead><tr><th>Date</th><th>Time</th><th>Venue</th></tr></thead><tbody><tr><td><u>Part 1</u> 18 Sep, 25 Sep, 2 Oct & 9 Oct 2021</td><td rowspan="2">10:00 a.m.– 12:00 noon.</td><td rowspan="2">Room 206, HKAGE, Sha Kok Estate, Shatin, N.T.</td></tr><tr><td><u>Part 2</u> 4, 11, 18 & 23 Dec 2021</td></tr></tbody></table>	Date	Time	Venue	<u>Part 1</u> 18 Sep, 25 Sep, 2 Oct & 9 Oct 2021	10:00 a.m.– 12:00 noon.	Room 206, HKAGE, Sha Kok Estate, Shatin, N.T.	<u>Part 2</u> 4, 11, 18 & 23 Dec 2021
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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").