



F1WBP003W

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Workshop / Introductory

# Well-being Programme (Primary)

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**Application Deadline**  
**28 Feb 2022 12:00 n.n**

## **Intended Learning Outcomes**

Upon completion of the programme, participants should be able to:

1. Discover one's own character strengths and learn how to make the best use of own character strengths to embrace academic and life challenges;
2. improve one's intrapersonal and interpersonal competence, and learn how to face adversity; &
3. acquire effective learning strategies to achieve better learning outcomes.



## ◆ Introduction

This well-being programme is developed based 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.

The whole programme consists of two parts. Each part consists of four sessions. Part I is a four-session workshop on character strengths & positive emotions, and part II is a four-session workshop on learning engagement.

## ◆ Schedule

Session	Date	Time	Venue
1	8 Apr (Fri)	5:00 p.m. – 7:00 p.m.	Room 206, HKAGE Zoom Meeting
2	9 Apr (Sat)	10:00 a.m. – 12:00 n.n.	
3	14 Apr (Thurs)		
4	19 Apr (Tue)	5:00 p.m. – 7:00 p.m.	
5	22 Apr (Fri)		
6	23 Apr (Sat)	10:00 a.m. – 12:00 n.n.	
7	29 Apr (Fri)	5:00 p.m. – 7:00 p.m.	
8	30 Apr (Sat)	10:00 a.m. – 12:00 n.n.	

## ◆ Target Participants

- P4 – P6 HKAGE student members in 2021/22 school year only.
- Class size: 25

\* First-come-first-served.

## ◆ Pre-requisite

No special prerequisites are needed

## ◆ Medium of Instruction

Cantonese with Chinese handouts

## ◆ Certificate

E-Certificate will be awarded to participants who have:

- Attended AT LEAST SEVEN sessions AND
- Completed all the assessments with satisfactory performance.