



F2IOS011W2

(Token- required)

Workshop Series / Introductory

Inside Out Series: Social Relationship III

Programme Officer, HKAGE



Application Deadline
23 March 2022
12:00 noon

Intended Learning Outcomes

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

1. Reflect and develop new insights for better communication with parents, siblings, and teachers
2. Analyse which conflicts have positive functions and which have negative effects
3. Acquire knowledge and effective skills for managing conflicts



◆ 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 Social Relationship 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. you will be able to learn various topics relating to social relations, such as social styles, communication skills, empathy, getting along with your peers, family and teachers, conflict management, etc. If you are interested in understanding social relations, don't miss this opportunity. You are also encouraged to complete the whole series for mastering the social techniques progressively.

◆ Introduction of the Workshop

In this third workshop of the series, you will learn how to tackle issues about getting along with family members (parents & siblings) and teachers. Family is the very first social context that we learn and practise ways to interact with others. Such experience helps us develop communication and social skills. Then we stretch to schools and other social settings, so your family might mirror very closely some of the situations in school.

You are going to explore how your traits are associated with giftedness, which is manifested in the family and school. On the other hand, you will learn effective social skills to cope with the conflicts between parents, and teachers through discussion and sharing.

◆ Schedule

Date	Time	Venue
1 April 2022 (Fri)	02:30 p.m. – 05:30 p.m.	Online Platform

◆ Target Participants

- S1 to S3 HKAGE student members only in 2021/22 school year
 - Class size: 25
- * First-come-first-served.

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese, with handouts in English

◆ Certificate

E-Certificate will be awarded to participants who complete the workshop.