



F1WAI002W

(Token- required)

Workshop/Introductory

# 'Who Am I' Series: Self-Management

Programme Officer, HKAGE



**Application Deadline**  
**11 August 2022**  
**12:00 noon**

## **Intended Learning Outcomes**

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

1. identify how gifted ability influence self-management;
2. describe various self-management strategies ;
3. more confidence to enhance self-management



## ◆ Introduction of the Series

The 'Who am I' is a workshop series related to whole person development, it covers topics like self-concept, self-management and social relationships of gifted students. This series aims at fostering gifted students' all-round development by enabling them to understand themselves, enhance their self-management skills, and eventually build positive social relationships with the outside world.

## ◆ Introduction of the Workshop

Many gifted students are stressed by being expected to possess the potential to do well in many aspects. Some overcommitted gifted students involve in many different activities may easily feel challenge in time management. Moreover, gifted students who have a strong sense of morality, are often sensitive to injustice and could be emotional. Therefore, gifted students may encounter greater difficulties in managing their emotions.

In this workshop, members will discuss how to manage emotion, stress and time, also understand the underlying reasons for affecting self-management.

## ◆ Schedule

Date	Time	Venue
15 Oct 2022 (Sat)	09:30 a.m. – 12:30 p.m.	HKAGE

## ◆ Target Participants

- S1 to S3 HKAGE student members only in 2022/23 school year (This programme is an integrated version of Inside Out Series: Self Management I-IV in 21/22 school year.)
- Class size: 25

\* First-come-first-served.

## ◆ Pre-requisite

No special prerequisites are needed

## ◆ Medium of Instruction

Cantonese

## ◆ Certificate

E-Certificate will be awarded to participants who have attended the lesson and shown active participation in class activities.