



F1SRG001W

(Token-required)

Workshop

# Cheer Up Club I

Programme Officer, HKAGE



Application Deadline  
10 NOV 2022 12:00 n.n.

## Intended Learning Outcomes

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

1. Expand the social network by meeting some new gifted peers ;
2. Have a relaxing time and enjoy the games/activities with the new gifted peers ;
3. Learn the ways on relaxation/coping stress and incorporate them into daily life.



## ◆ Introduction

Student regular gathering is developed based on the ideas in positive psychology and positive youth development. The overall objective of this programme is students could understand that “happiness is here and now”, “happiness is simple”. With a positive mind incorporated into their daily life, it will enhance their quality of life, and they would like to find their own way of stress release and maintain happiness.

In the workshop, students will play some group games to enjoy a relaxing time.

## ◆ Schedule

Session	Date	Time	Venue
1	23 Dec 2022 (Fri)	10:30 p.m. – 12:00 p.m.	HKAGE

## ◆ Target Participants

- S4 to S6 HKAGE student members only in 2022/23 school year
  - Class size: 20
- \*First-come, first-served

## ◆ Pre-requisite

No special prerequisites are needed

## ◆ Medium of Instruction

Cantonese

## ◆ Certificate

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