



F1WAI001W

(Token- required)

Workshop / Introductory

# 'Who Am I' Series: Self-concept

Programme Officer, HKAGE



**Application Deadline**

**9 November 2023**

**12:00 n.n**

**Result Release**

**10 November 2023**

## **Intended Learning Outcomes**

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

1. Recognise and accept identity as gifted individuals
2. Describe and identify their strengths and weaknesses
3. Reflect on expectations of oneself and others
4. Formulate effective goals and attempt self-actualisation

## ◆ Introduction of the Series

The “Who Am I” series 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

Self-concept refers to how you think about, evaluate or perceive yourself, including your attributes and who and what the self is. In this workshop, you will be able to learn on various giftedness theories, explore our strengths and weaknesses, how expectations of self and others have impacts on you and hence make adjustment when you are over-expected, and most importantly, understand more about ourselves.

## ◆ Schedule

Date	Time	Venue
27 Jan 2024 (Sat)	09:30 a.m. – 12:30 p.m.	HKAGE

## ◆ Suitable for

- S1 to S6 HKAGE student members in 2023/24 school year (**This programme is an integrated version of Inside Out Series: Self Concept I-IV in 21/22 school year**)
- Class size: 25

\* Student members would be selected randomly by the computer system. The decision of HKAGE on the result of the selection should be final.

## ◆ Medium of Instruction

Cantonese

## ◆ Pre-requisite

No special prerequisites are needed

## ◆ Certificate

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