



F1SRG017W

(Token- required)

Workshop

Student Support Group Series: Cheer Up Club II

Programme Officer, HKAGE



Application Deadline

~~9 Nov 2023~~

25 Jan 2024

12:00 n.n

Result Release

~~10 Nov 2023~~

26 Jan 2024

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 some 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 board games to enjoy a relaxing time.

◆ Schedule

Session	Date	Time	Venue
1	9 Feb 2024 (Fri)	10:00 a.m. – 11:30 a.m.	HKAGE

◆ Target Participants

- P4 to P6 HKAGE student members only in 2023/24 school year
- Class size: 20

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

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese

◆ Certificate

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