



香港資優教育學苑
The Hong Kong Academy for Gifted Education

香港特別行政區政府教育局資助
Subvented by the Education Bureau, the Government of the HKSAR

A2SIA001W

(Non token- required)

Student Initiated Event (Level II):

Let Go Your Stress – Gifted Students Caring for Community



7th Cohort Student Organising Team (SOT)

SOT is launched since 2016. It is a cross-school and cross-age service learning and training programme. Throughout the learning journey and practical experiences, the student organisers (SOs) are able to develop and enhance their 21st century skills. In the 7th cohort, SOs have initiated, designed and organised a series of student-initiated activities for HKAGE student members presented as below:



Intended Learning Outcomes

Results release
16 July 2024
(Random Selection)

Upon completion of the gifted programme, gifted students should be able to:

1. Develop an understanding of the diverse stressors experienced by different groups of people within the community.
2. Cultivate motivation and inspiration to take proactive actions in addressing community needs.
3. Enhance communication skills to effectively express care and establish positive relationships.
4. Demonstrate care, compassion, and a strong sense of responsibility towards the community as gifted students.



◆ Introduction

"Gifted Minds · Inspiring Changes!"

Join us for an exciting student-initiated event, **"Let Go Your Stress!"**, organised by the 7th Cohort Student Organising Team.

This unique opportunity allows you to delve into the stress experienced by diverse communities in Hong Kong. With the support of a social enterprise, you will engage in dialogues with caregivers, elderly individuals, parents, and children in underprivileged families, fostering empathy and compassion towards their needs. Show care for your teachers and express love for our community. Through craft activities, discussions, and collaboration, you will understand their stories and discover creative ways to make a positive impact. Prepare for an enriching experience as we empower gifted students like you to meaningfully engage with our community.

Please note that participants are recommended to attend all three days to fully experience the learning journey.

◆ Schedule

Session	Activities and Theme	Date	Time	Capacity	Format
1	<ul style="list-style-type: none">• Let's SHARE! - How stressful is life in Hong Kong?• Let's CRAFT! - Understanding stress faced by front-line educators	24 July (Wed)	2:00 p.m. - 5:00 p.m.	24	Room 403, HKAGE
2	<ul style="list-style-type: none">• Let's TALK! - Understanding stress faced by elderlies• Let's GRAFFITI! - Understanding the stress in parent-child relationships of underprivileged families	25 July (Thu)			Room 105, HKAGE
3	<ul style="list-style-type: none">• Let's TEA! - Understanding stress faced by caregivers of persons with disabilities/illness• Let's HUG! - Showing self-love to gifted students (like you)	26 July (Fri)			Room 105, HKAGE

◆ Target Participants

- P4 to S6 HKAGE student members
- Capacity: 24
- Participants will be selected randomly

◆ Pre-requisite

- No special prerequisites are needed

◆ Medium of Instruction

- Cantonese with Chinese Handouts

◆ E-Certificate

- E-Certificate will be awarded to participants who have:
- Attended all 3 sessions;
 - Completed workshop tasks with satisfactory performance.

◆ Enquiries

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