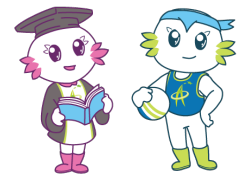




香港資優教育學苑  
The Hong Kong Academy for Gifted Education

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



[Learn about Gigi & Yoyo](#)

F1SSG023W, F1SSG024W  
F1SSG025W, F1SSG026W  
F1SSG027W, F1SSG028W

[\(Token- required\)](#)

## Workshop / Introductory Level

# Student Support Group: Psychological Support for Gifted Students to Face Challenges or Difficulties in Multiple Aspects (1) to (6)

Dr LAU Kai Cheung Richard, Clinical Psychologist, HKAGE  
Miss DU Pui Yu Tinsley, Counselling Psychologist, HKAGE



**Application Deadlines**  
**Please refer to the**  
**“Important Dates”**

## **Intended Learning Outcomes**

Upon completion of the programme, student members should be able to:

1. acquire skills for facing difficulties or challenges in different circumstances;
2. be supported with counselling or consultation services provided by HKAGE's professional psychologist, practising skills for facing difficult circumstances;
3. build positive interaction with other gifted students using appropriate methods; and
4. build a network with other gifted students and support each other.

## ◆ Introduction

Although gifted students perform very well in many aspects, they, like non-gifted students, also need to master appropriate methods to deal with challenges and difficulties in all areas of life, so they can effectively overcome their challenges or difficulties. This series of support groups aims to provide professional group counseling and psychological support to our student members. Our psychologists will encourage students to share the challenges and difficulties they face in the group. Students not only can refer to the coping methods adopted by other students but can also receive group counseling and professional advice to face their difficulties. **Although the theme of each session is the same, based on the principle of group dynamics, the interaction effect will be different, and the questions to be raised, discussed, and answered by participants and instructor in each session will also be different. Therefore, applicants may register for one or more sessions at their own discretion.**

## ◆ Profiles of Instructors

Dr Richard LAU is a Member of the Register of Clinical Psychologists accredited by the Department of Health. For more than ten years, Dr LAU has developed many training programmes for the gifted population and their parents in various private or non-government organisations in Hong Kong.

Miss Tinsley Du is a Registered Counselling Psychologist of The Hong Kong Psychological Society Limited (HKPS), provides counselling and psychotherapy. She also conducts workshops and talks for parents, teachers, and individuals of all ages, addressing various psychological and educational needs.

## ◆ Suitable for

- HKAGE P4 – S6 student members in 2024/25 school year only
- Capacity of each workshop: 60 (face-to-face mode or Zoom mode)

\* 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.

## ◆ Important Dates

Date	Venue	Application Commencement Date and Time	Application Deadline (Date and Time)	Please return the "Confirmation Slip" no later than three working days after you applied for the class
F1SSG023W 19 Oct 2024 (Saturday) 10:00 – 11:30 a.m.	Zoom*	18 Jul 2024 1:00 p.m.	4 Oct 2024 12:00 n.n.	
F1SSG024W 14 Dec 2024 (Saturday) 10:00 – 11:30 a.m.	Zoom*	10 Oct 2024 1:00 p.m.	29 Nov 2024 12:00 n.n.	
F1SSG025W 15 Feb 2025 (Saturday) 10:00 – 11:30 a.m.	Zoom*		31 Jan 2025 12:00 n.n.	
F1SSG026W 12 Apr 2025 (Saturday) 10:00 – 11:30 a.m.	Zoom*	9 Jan 2025 1:00 p.m.	28 Mar 2025 12:00 n.n.	
F1SSG027W 7 Jun 20252 (Saturday) 2:00 – 3:30 p.m. (Tentative)	HKAGE or Zoom* (will be confirmed in due course)	10 Apr 2025 1:00 p.m.	23 May 2025 12:00 n.n.	
F1SSG028W 16 Aug 2025 (Saturday) 10:00 – 11:30 a.m. (Tentative)	HKAGE or Zoom* (will be confirmed in due course)		1 Aug 2025 12:00 n.n.	

\* Please visit the [Programme Application page](#) of the academy to check the latest information for each group session.

\* The Zoom Meeting ID and passcode will be sent to student members by email before the talk.





# Journey to Wellness: Experiential Learning for Promoting Well-being

- ♥ Enhance the well-being of gifted students
- ♥ Provide ample emotional and mental health support
- ♥ Foster positive relationships
- ♥ Strike a balance between intellectual pursuits and holistic development

