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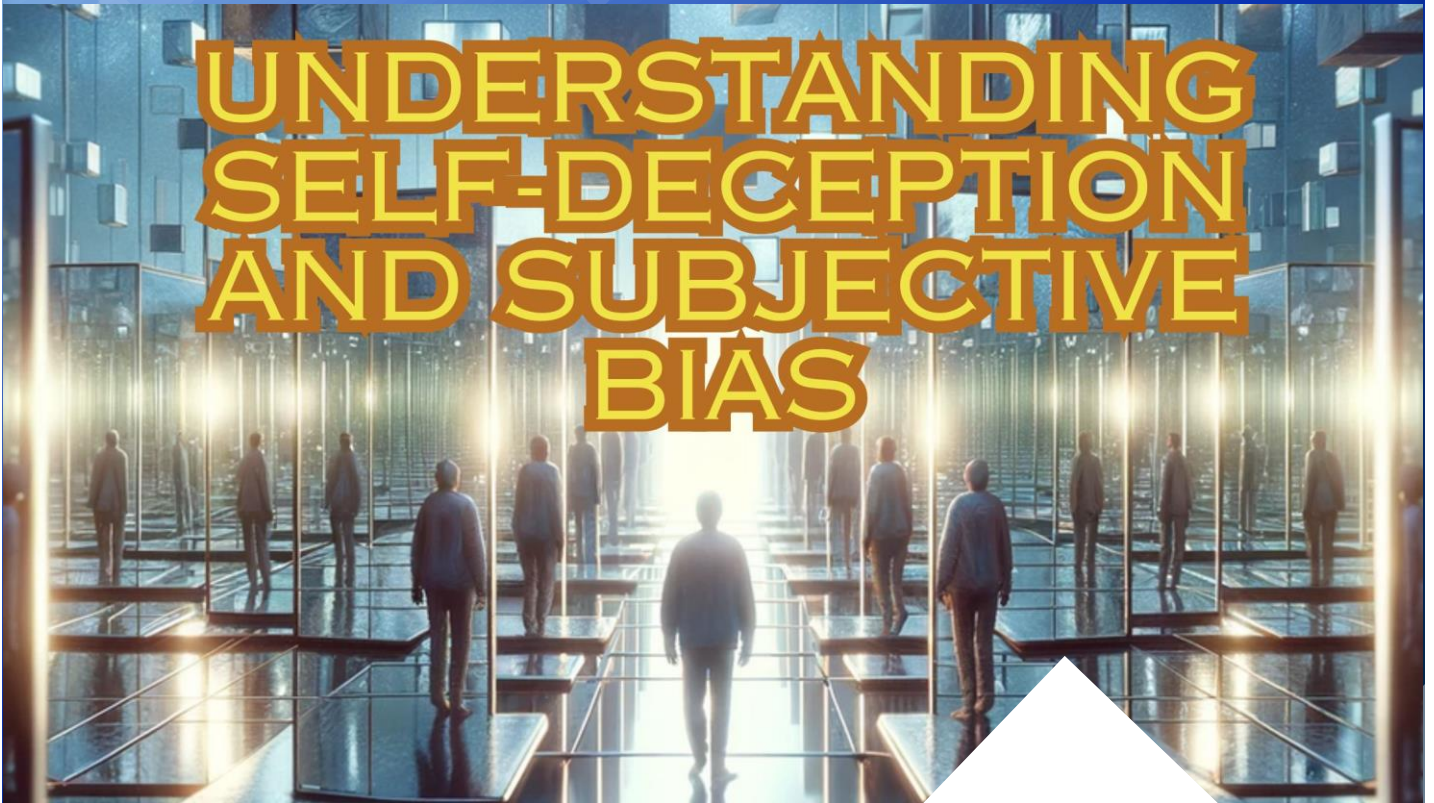
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Student Talk / Introductory Level

Promoting the Intellectual Well-being of Gifted Students: Overcoming Blind Spots and Self-Deception

Dr Richard Kai-Cheung LAU

Clinical Psychologist, HKAGE



Application Deadline

11 April 2025

12:00 noon

Intended Learning Outcomes

Upon completion of the talk, student members should:

1. define blind spots and self-deception and differentiate between the two concepts,
2. analyse the impact of blind spots and self-deception on critical thinking, decision-making, and interpersonal relationships,
3. identify their own potential blind spots, and
4. develop strategies for overcoming blind spots and self-deception.



◆ Introduction of the Talk

Gifted students often face unique challenges in their intellectual development, particularly when it comes to recognizing their own limitations and biases. This interactive talk explores how unrecognized biases and the tendency towards self-deception can significantly hinder critical thinking, effective decision-making, and the formation of healthy interpersonal relationships. We will delve into the nature of blind spots and self-deception, examining their underlying causes and exploring how common cognitive biases, such as confirmation bias and the Dunning-Kruger effect, can perpetuate these patterns. Through engaging discussions and practical mindfulness exercises, including a guided body scan or mindful breathing practice, students will gain valuable self-awareness and learn to identify their own potential blind spots. The session will also provide participants with actionable strategies for overcoming self-deception and cultivating intellectual humility, including techniques for seeking constructive feedback, practicing regular self-reflection, and challenging ingrained assumptions. Join us to enhance your self-awareness, develop a more nuanced understanding of your own thinking processes, and unlock your full intellectual potential. Q&A session will be provided by the end of the talk.

◆ Schedule

Date	Time	Venue
26 April 2025 (Saturday)	9:30 a.m. – 11:30 a.m.	Zoom Meeting

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

◆ Profile of the Speaker

Dr. Richard LAU obtained an Honours Bachelor's degree in Psychology in the UK, an Honours Master's degree in Clinical Psychology in Australia, a Postgraduate Diploma in Clinical Psychiatry in the UK, a PhD in Clinical Psychology in the US, and a PhD in Counseling in Australia, and he is pursuing a Master of Science degree in Clinical Psychiatry in the UK. He is a Clinical Psychologist in the accredited register in Hong Kong (Department of Health), an Associate Fellow and Registered Clinical Psychologist of the Hong Kong Psychological Society, a Full Member of the Hong Kong Clinical Psychologists Association, an Associate Fellow of the Hong Kong Professional Counseling Association, a Registered Clinical Supervisor of the Asian Professional Counseling & Psychology Association, a Certified Clinical Hypnotherapist of the Professional Board of Hypnotherapy, Inc., an Academic Member of the College of Clinical Psychologists of the Australian Psychological Society, and a Full Member of the Australian Psychological Society.



◆ Profile of the Speaker

Dr. LAU worked as a Senior Clinical Psychologist or Director of Psychological Services in non-governmental organizations and private psychology centers for approximately ten years, during which time he developed numerous training programs for gifted individuals and their parents. Over the past eighteen years, he has held teaching positions at various universities, including Senior Lecturer in the Department of Special Education and Counseling, Faculty of Education and Human Development at The Education University of Hong Kong; Assistant Professor at the Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong; Assistant Professor in the Department of Counseling and Psychology, Faculty of Social Sciences, Hong Kong Shue Yan University; and Visiting Professor at the Faculty of Social Sciences and Education, University of Saint Joseph (current name). Through his university teaching, Dr. LAU has delivered numerous courses related to teaching and counseling students with special educational needs, including gifted students. He has also trained a significant number of professional teachers, counselors, and social workers in methods for teaching, counseling, and supporting gifted students and their families.

◆ Remark

Starting from the 2023/24 school year, after the first review period, ALL student members must complete the following requirements in each school year in order to maintain their memberships:

- Attend One Talk; AND
- Participate in One Programme or Activity of any kind

◆ Pre-requisite

No special prerequisites are needed

◆ Target Participants

- P4 to S6 student members in 2024/25 school year
 - Class size: 290
- * First-come-first-served.

◆ Certificate

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

◆ Medium of Instruction

Cantonese