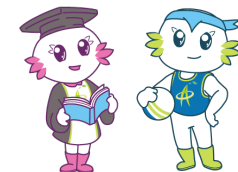




香港資優教育學苑  
The Hong Kong Academy for Gifted Education

香港特別行政區政府教育局資助  
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F1PPW030T

(NOT Token - required)

Student Talk / Introductory Level

# Promoting the Community Well-being of Gifted Students

Dr Richard Kai-Cheung LAU

Clinical Psychologist, HKAGE



**Application Deadline**

**8 August 2025**

**12:00 noon**

## Intended Learning Outcomes

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

1. define community well-being and its importance for gifted individuals;
2. identify different types of communities and their potential benefits;
3. develop strategies for building and nurturing connections within communities;
4. navigate social challenges and cultivate resilience within community settings; &
5. access resources and support systems relevant to their gifted experience.

## ◆ Introduction of the Talk

The search for belonging is a universal human experience, and for gifted individuals, this search can often take on unique dimensions. Giftedness, while a source of strength, can sometimes lead to feelings of being different, out of sync with peers, or intellectually isolated. This talk will explore the multifaceted nature of community well-being and offer practical strategies for gifted students to cultivate a stronger sense of belonging. We will explore to understand gifted students' possible individual community landscape, building meaningful connections, navigating differences, and finding support networks that empower you to thrive. The talk will conclude with a Q&A session, providing opportunities for further exploring issues related to the topic of this talk.

## ◆ Schedule

Date	Time	Venue
23 August 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





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# 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

