



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



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F1SSG031W, F1SSG032W
F1SSG033W, F1SSG034W
F1SSG035W, F1SSG036W

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

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. enhance 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. foster positive interpersonal relationships with other gifted students using appropriate methods; and
4. create a supportive network with other gifted students.

◆ 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, Hong Kong. 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 2025/26 school year only
- Capacity of each workshop: 60 (Zoom sessions); 30 (Face to face sessions)

* First-come-first-served

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese

English (only F1SSG033W on 28 Feb 2026)

◆ 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)	
F1SSG031W 18 Oct 2025 (Saturday) 2:00 – 3:30 p.m.	HKAGE Room 203	10 Jul 2025 1:00 p.m.	3 Oct 2025 12:00 n.n.	<p>Please return the “Confirmation Slip” no later than three working days after you applied for the class</p> <p>* Each session requires a separate application.</p>
F1SSG032W 20 Dec 2025 (Saturday) 10:00 – 11:30 a.m.	Zoom Meeting*	9 Oct 2025 1:00 p.m.	5 Dec 2025 12:00 n.n.	
F1SSG033W 28 Feb 2026 (Saturday) 9:00 – 10:30 a.m.	Zoom Meeting* (Conduct in English)	9 Oct 2025 1:00 p.m.	13 Feb 2026 12:00 n.n.	
F1SSG034W 18 Apr 2026 (Saturday) 10:00 – 11:30 a.m.	Zoom Meeting*	8 Jan 2026 1:00 p.m.	2 Apr 2026 12:00 n.n.	
F1SSG035W 9 May 2026 (Saturday) 9:00 – 10:30 a.m.	HKAGE Room 203	8 Jan 2026 1:00 p.m.	30 Apr 2026 12:00 n.n.	
F1SSG036W 13 Jun 2026 (Saturday) 2:00 – 3:30 p.m.	HKAGE Room 203	9 Apr 2026 1:00 p.m.	29 May 2026 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

