



F1PPW039T

(NOT Token - required)

**Student Talk / Introductory Level**

# **Unlock Your Brain Buffs – A Starter Guide to Physical and Cognitive Power**

**Dr Richard Kai-Cheung LAU**

Clinical Psychologist, HKAGE



**Application Deadline**

**27 Feb 2026**

**12:00 noon**

## **Intended Learning Outcomes**

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

1. Understand how sleep, nutrition, and exercise influence focus and learning performance.
2. Apply effective learning strategies such as spaced practice to enhance memory and comprehension.
3. Recognise growth mindset concepts and apply them when facing academic challenges.
4. Develop a personalised “Brain Upgrade Plan” to support holistic physical and cognitive well-being.



## ◆ Introduction of the Talk

Gifted students often possess exceptional intellectual potential, yet may also face challenges such as stress, fluctuating concentration, or imbalanced daily routines. This science-based talk guides students to explore how physical well-being and brain functioning interact, helping them manage their learning rhythm more effectively. They will discover how sleep strengthens memory, how exercise boosts cognitive performance, and how nutrition influences mood and focus. Evidence-based study strategies such as spacing and interleaving will also be introduced. Participants will ultimately design a personalised “Brain Upgrade Plan” to support their long-term well-being and learning success.

## ◆ Schedule

Date	Time	Venue
14 Mar 2026 (Saturday)	9:00 a.m. – 11:00 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 a bachelor's degree in theology in HK, an honours bachelor of science degree in psychology in the UK, an honours master of psychology degree in clinical psychology in Australia, a master of science degree in clinical psychiatry in the UK, a PhD in clinical psychology in the US, and a PhD in counselling in Australia. He is pursuing a certificate in couples and sex therapy in the US. 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 organisation and private psychology centres for approximately ten years. During that time, he developed numerous training programmes 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 counselling students with special educational needs, including gifted students. He has also trained a significant number of professional teachers, counsellors, and social workers in methods for teaching, counselling, 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 2025/26 school year
  - Class size: 200
- \* First-come-first-served.

## ◆ Certificate

An e-certificate will be awarded to participants who have attended the talk and shown active participation in class activities.

## ◆ Medium of Instruction

Cantonese