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[Gifted Programme]

F1LEA031W

(Token- required)

Workshop / Introductory

Theories and Foundations of Career Development Workshop: An Acceptance and Commitment Approach

Prof. Yuen Man Tak



Application Deadline

12 Mar 2026 12:00 noon

Result Release

13 Mar 2026

Intended Learning Outcomes

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

1. describe the foundations of social construction theory (SCT) and the acceptance and commitment therapy (ACT) framework, and explain how these approaches support personal and career development
2. apply mindfulness and act techniques to manage stress, uncertainty, and decision-making during their career planning process.
3. clarify and reflect on their core values, aligning academic and career choices with these values despite external expectations
4. cultivate a proactive and open-minded attitude towards exploring diverse career pathways and viewing challenges as opportunities for growth



◆ Gifted Programme Introduction

This workshop, a core component of the Leadership Training Programme Series, is designed to deepen participants' understanding of career planning and essential life skills. By integrating Social Construction Theory (SCT) and Acceptance and Commitment Therapy (ACT), the programme addresses the unique needs of gifted adolescents. Participants will learn to clarify personal values, manage challenging emotions, and make flexible, values-driven career choices. Through experiential activities, group discussions, and role-plays, students will acquire practical tools for goal setting, building resilience, and making informed decisions about their academic and career futures.

◆ Schedule

Date	Time	Venue
11 Apr 2026 (Sat)	09:30 a.m. – 12:30 p.m.	HKAGE

◆ Suitable for

- S1 – S6 HKAGE student members in the 2025/26 school year. (Priority will be given to S3 to S5 HKAGE student members whose HKAGE student numbers begin with 2430, admitted in the 2024/25 school year through the Principal's Nomination).
- Class size: 30
- *Student members will be selected randomly by the computer system. The decision of HKAGE regarding the selection results is final.

◆ Medium of Instruction

Cantonese

◆ Pre-requisite

No special prerequisites are needed

◆ Certificate

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

2025/26 Leadership Training Programme



Core Programmes

01 Orientation Talk 07 Mindfulness Course

02 Ignite Life Talk Series or Inclusion Talk (any 2 sessions) 08 Project Management Course

03 Leadership Workshop 09 Communication Course

04 Emotion Management Workshop 10 Community Service

05 Leadership Training Camp 11 Career Development Workshop

06 Crisis Management Course 12 "Equal Tour 180" Wheelchair Experience in Community

13 Graduation Ceremony

 **Elective Programmes: All Other HKAGE Programmes/Activities**



Graduation Certificate Requirements:

Gold Award: Complete 5 core programmes* + 1 elective programme

Silver Award: Complete 4 core programmes* + 1 elective programme

Bronze Award: Complete 3 core programmes* + 1 elective programme

1. All programmes (except "Orientation Talk" and "Graduation Ceremony") must be completed within 1 September 2025 to 30 April 2026.

2. * "Core Programme: Graduation Ceremony" (Early July 2026) must be included.