



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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[**Gifted Programme**]

Workshop / Introductory Level

Life and Death Education Workshop - Practice Losing

Instructors from Hong Kong Life and Death Studies Association



Application Deadline
7 May 2026 12:00 noon

Result Release
8 May 2026

Intended Learning Outcomes

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

1. describe and understand ways to face loss, separation, and grief, particularly in relation to their own emotional responses.
2. demonstrate increased awareness of and acceptance towards separation and loss as part of life's natural cycle.
3. apply healthy coping strategies and reflective practices to navigate emotional intensity and life transitions with greater resilience.

◆ Gifted Programme Introduction

When a person is born, society teaches us to strive for education, achievement, and success, because the more we invest, the more we seem to gain. Yet, with every gain comes the inevitability of loss. Regardless of age, wealth, status, or knowledge, one can escape the realities of separation and death.

Should we face this unavoidable part of life? And can the sorrow that accompanies loss truly be released or transformed?

This workshop aims to deepen gifted learners' awareness of and acceptance of separation, loss, and the natural cycle of life. Through guided activities and reflective experiences designed for students who think and feel with heightened intensity, participants will explore ways to understand and respond to loss, develop healthy coping strategies, and strengthen emotional resilience. The programme supports gifted learners in cultivating the emotional maturity and reflective capacity needed to navigate life's transitions with clarity and confidence.

◆ Schedule

Date	Time	Venue
16 July 2026 (Thu)	2:00 p.m. – 5:00 p.m.	HKAGE

◆ Suitable for

- S1 – S6 HKAGE student members in the 2025/26 school year.
- Class size: 30
- ❖ Student members will be selected randomly by the computer system. The decision of HKAGE regarding the selection results is final.

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese

◆ Certificate

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



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

