



Fri-vers' nite: Is yours a fixed mindset?

(PGSSS0010)

Introduction

“No man is an island...” (by John Donne) and hence through “**Fri-vers' nite**”, which is a platform provided to you for knowledge and experience exchange, as well as sharing your points of view on certain topics with other gifted peers and even our alumni or elites in town when they are being invited. Not only will you gain insights from other gifted persons, but also build a social network with this group of like-minded and make-a-difference driven people. Usually we will meet on the 1st Friday of every month except special arrangement.

To a certain extent, we believe that intelligence is an inherent quality, and we cannot ‘learn’ to become more intelligent. In other words, someone would be born genius as he/she has a high IQ. Giftedness is also an inborn quality that not everyone possesses. Some say that the gifted ones are usually with a high IQ and are smarter than everyone else. What do you think? Do you agree?

Dweck (2006) coined the term *mindset* to describe assumptions held by children and youth about intelligence and achievements, which would affect the way they respond to challenges, rewards, feedbacks and setbacks. In a fixed mindset, people tend to believe that being able and competent is naturally inborn. These people would hide their flaws so that their failures would not be judged. They would stick with what they know to uphold their confidence, and to them, outcomes or achievements are far more important than any other things.

On the other hand, it is found that there are people with a different mindset. They believe that “anyone can be good at anything”, and “skill comes only from practice”. They choose to learn from their mistakes and make improvements from them. Failures to them are just temporary setbacks on the way to success. They are able to realise that it is the process that matters, and the process would enable them to gain experience, to learn something unfamiliar, and to develop their expertise. Come share with us your point of view on mindsets in this Frivers' nite.

Programme Type

Sharing Session

Facilitator

Ms Arie Lee graduated with a Bachelor's degree (Hons) in Social Work from the University of Hong Kong and a Master's degree in School Guidance and Counselling from the Chinese University of Hong Kong. She is a registered social worker and has been a student counsellor serving both secondary and tertiary institutions over ten

years before joining the HKAGE. Besides, she is a qualified facilitator of Personality Dimensions® (psychological tool for assessing personality strengths and preferences). She currently serves as a Guidance Counsellor who is responsible for personal growth and social development programmes for gifted students at the HKAGE. With an understanding of the social and emotional needs of gifted children and youth, she has solid experience in exploring and designing various learning opportunities for enhancing their personal growth and social development.

Target
Participants



- S1-S6 HKAGE student members
- Class size: 25
- * *First-come-first-served*

Language



Cantonese

Application Deadline

18 Nov 2016

Schedule



Date	2 Dec 2016 (Friday)
Time	6:00pm to 8:00pm (Please arrive at 5:50pm for registration)
Venue	Room 403, The Hong Kong Academy for Gifted Education

Enquiries



For enquiries, please contact us at 3940 0104.