



International Webinar Series on Students' Well-being



The international webinar series will explore ways of promoting positive development and well-being of students during the COVID-19 pandemic. Participants will gain insights into methods that foster students' well-being and flourishing through social-emotional learning, existential-positive psychology, character education and moral philosophy, creativity and mindset, and education for meaning.

Webinar 4

Creativity, Mindset & Well-being

Date: May 8, 2021 (Sat)

Time: 10:30 am – 12:00 nn (HKT)

Speaker: Chiu Chi Yue, Ph.D

Choh-Ming Li Professor of Psychology
Dean of Social Science
The Chinese University of Hong Kong



Abstract

There are at least three ways creativity is related to the growth mindset. First, science and technology innovation performance is better in societies with a greater prevalence of the growth mindset. Second, people who believe more strongly that their creativity is a malleable quality are better in creative problem solving. Third, when children develop growth mindsets, they see themselves as creative works in progress.

Creativity is also related to wellbeing. People are happier in societies with better science and technology innovation performance. Engagement in creative activities is often accompanied by flow experiences. More creative children are less inclined to link happiness to material gains.

In this presentation, I will briefly review the research evidence for the inter-relationship among the growth mindset, creativity and happiness. Next, I will describe how teachers and parents can nurture young children's level of creativity and growth mindset in daily life.

Supporting
organization



香港資優教育學苑
The Hong Kong Academy for Gifted Education

All are welcome!

- Please stay tuned for more details on other upcoming webinars -

Registration and details: https://caise.edu.hku.hk/webinar2021_students_wellbeing/
Enquiries: caise@hku.hk

