



Affective Education Workshop – Self Management (II)

(PGSSW0004)

Introduction

Self-regulation of affect, the ability to manage emotions in order to achieve goals, complete tasks, or control and direct behaviour, is a skill that most emotionally gifted students are lacking. Integrated with their strong sense of moral, emotionally gifted students identify with others' feelings, show concern for others, and are sensitive to injustice. Consequently, they could have more emotional management difficulties than their same aged peers. However, some researchers argued that individuals with high emotional intelligence could control emotional impulse more effectively, make better social and life choices than others. From a gifted student's perspective, how well do you maintain the emotional balance to behave sensibly? In this workshop, participants will also explore the feeling of being lonely and possible benefits through a thoughtful discussion with other participants who are being alone (maybe) and at the far right of the bell curve as well. Moreover, participants will examine how they are responding to the pressures to conform and not to conform, and consider the possible sources of these pressures. Some of you may have internalised the self identity concept in the Self Concept series; we will move on to the relationship between oneself and the others. In the Self Management workshop series I, II and III, we will learn how we are influenced by conformity, the difference between healthy and unhealthy perfectionism, some emotional, stress and time management skills etc. Our first session covers the following three –

Self Management (I)	Emotional Management
	Feeling Different
	Peer Pressure

Programme
Type / Level

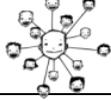
Workshop Series / Intermediate ([Token required](#))

Instructor

Mr Victor Ching, Educational Psychologist (Affective Education), HKAGE



Target Participants



S1 to S3 HKAGE student members
Class size: 25

Medium of Instruction



Cantonese, with handouts in English

Certificate



❖ A certificate will be awarded to participants who have attended the workshop.

Intended Learning Outcomes



Upon completion of the programme, participants should be able to:

1. Recognise and maintain their emotional balance in daily life
2. Consider the meaning of being alone
3. Reflect on the price and value of both conformity and nonconformity

Screening



Please answer the screening question in the online application form.

*The screening question is designed to help the applicant understand the course level and the course content. The question must be answered by the student applicant and it can only be attempted once. The answer cannot be changed once the application is submitted. Selection is based on students' performance in answering the question.

Schedule



Date	Time	Venue
5 March 2016	9:30 a.m. – 12:30 p.m.	G/F, Hong Kong Education City, Sha Kok Estate, Sha Tin, N.T..

Application Deadline

16 February 2016

Application Result Release Date

19 February 2016

Enquiries



For enquiries, please contact Mr Wong at Tel: 3940 0104 or Email:
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