



## Affective Education Workshop – Self Concept (III)

(PGSSW0032)

### Introduction

Self concept refers to how you think about, evaluate or perceive yourself, including your attributes and who and what the self is. For instance, your self-expectation of academic achievement is closely associated with your self concept of cognitive abilities. In other words, when you bear the gifted label, you might expect yourself to be a constant achiever who always has outstanding academic performance. Anything that less than A+ is considered a failure and you may even be afraid to make mistakes. Meanwhile, you may struggle to live up to the expectations of your significant others such as parents and teachers for they might think you are gifted and so are very smart and able to master all things. As a result, you'll find yourself being exhausted and stressed to expect awards and praise in every aspect. Through the last session of the Self Concept workshop series, you can understand how expectations of self and others have impacts on you and hence make adjustment when you are over-expected.

Self Concept (III)	Self-expectation
	Expectation of others
	Adjusting expectation toward self and others

### Programme Type / Level

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

### Instructor

Mr. Nelson Ng, Programme Development Officer (Affective Education), HKAGE

### Target Participants



- ❖ S1 to S3 HKAGE student members.
- ❖ Class size: 25

### Medium of Instruction



Cantonese, with handouts in English

### Certificate



- ❖ Student members who completed the workshop will be awarded an electronic certificate issued by the HKAGE. Student members could download the certificate from “Student Learning Profile” (<https://hkage.org.hk/b5/student/SLR/SLR.php>) 3 weeks after the workshop.



**Intended Learning Outcomes**



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

1. Reflect on how they expect their own selves and others when being gifted
2. Identify the impacts of high expectation toward self and others
3. Adjust the over-expectation toward self and others

**Application Procedure**



**This programme is Programmes with No Screening**

There are no screening questions, written test or other screening methods for this type of programmes.

- Student members can select up to 5 programmes from a list of selection. Applicants have to state the priority when submitting the application. (1<sup>st</sup> priority, 2<sup>nd</sup> priority, 3<sup>rd</sup> priority, etc). 1 token is required for each programme (For programme list, please refer to page 5 to page 6 of [Gifted Gateway Issue No.12](#);
- Application can only be submitted once. Once it is submitted, the priority and the programme selection cannot be changed;
- If a student member removes a programme from the application before the application deadline by withdrawal, the choice priority will remain unchanged. (For example: A student has selected three programmes and removed the programme with the 1<sup>st</sup> priority from the application. The choices of 2<sup>nd</sup> and 3<sup>rd</sup> priority will remain unchanged with no promotion in priority.);
- Selection of students will be based on the applicant's choice of priorities and on a first-come-first-served basis. If there is time clash between the applied programme and other programmes with offer, HKAGE will consider if the application will be accepted;
- Priority will be given to student members who have not completed the applied programmes;
- Student members should avoid applying programmes with time clash;
- The decision of HKAGE on the result of selection should be final.

**Schedule**



Date	Time	Venue
15 Dec 2018	9:30 a.m. – 12:30 noon	Room 403, 4/F, The Hong Kong Academy for Gifted Education, Sha Kok Estate, Sha Tin, N.T.

**Application Deadline**

**29 October 2018**

**Application Result Release Date**

**6 November 2018**

Student members may withdraw from the programme on or before the application deadline. Otherwise, the token will be deducted.

**Remarks**

In the event of inclement weather, class arrangement will be based on "Arrangements for student programs / activities in inclement weather". Please refer to the HKAGE website for more details:

<https://www.hkage.org.hk/en/students/important-information/bad-weather>

**Enquiries**



For enquiries, please contact us at 3940 0101, after language selection, press "4", or email: [ae@hkage.org.hk](mailto:ae@hkage.org.hk)