



Affective Education Workshop – Self Management (II)

(PGSSW0034)

Introduction

Stress is part of life. Many gifted students are stressed by having potential to do well in many possible life and career directions, a phenomenon called “multipotentiality”. In response, some learn healthy and effective ways to cope with life’s stressors while the others practise unhealthy measures. Can you tell the difference? Within a safe, supportive environment, the workshop gives participants a chance to dissect their stressors. They can discuss their coping styles, address some common stressful situations and learn different responses to similar stressors. In the second part of the workshop, participants will debunk some myths about perfectionism, a typical stressor for gifted students. Research shows that perfectionist traits, for instance fear of failure, procrastination, being competitive and critical of others, could harm their learning and social development. Participants will articulate feelings and thoughts about perfectionism and explore strategies for combating perfectionism. Some of you may have internalised the self identity concept in the Self Concept workshop 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 second session covers the following two:

Self Management (II)	Stress Management Perfectionism
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Programme Type / Level

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

Instructor

Ms Violet Sung, Guidance Counsellor (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 programme, participants should be able to:

1. Consider how giftedness may affect how they experience stress
2. Learn new responses to stress and unlearn responses that have become bad habits
3. Explore strategies for combating perfectionism

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. (1st priority, 2nd priority, 3rd 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 1st priority from the application. The choices of 2nd and 3rd 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
16 Feb 2019	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