



Affective Education Workshop – Self Management (I)

(PGSSW0042)

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

Ms. Kimmy Chan, Programme Development Officer (Affective Education), HKAGE



Target
Participants



- ❖ S1 to S3 HKAGE student members (2019/20 school year)
- ❖ 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. 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

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 the issue 16 of Gifted Gateway ([click here](#)));
- 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.);
- We will select the students based on the student’s choice of priorities and a randomly generated selection by the computer system. 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
18 Jan 2020	9:30 a.m. – 12:30 noon	Room 204, 2/F, The Hong Kong Academy for Gifted Education, Sha Kok Estate, Sha Tin, N.T.



Application
Deadline

28 October 2019 12:00 n.n.

Application Result
Release Date

1 November 2019

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