



賽馬會「知情達意育優才」計劃

Jockey Club "Gifted in Bloom-Harmony in Heart & Mind" Programme

Special Topics in Psychology Course (Level 3): Abnormal Psychology-Awareness and Understanding: Yourself, Others and Mental Health (JC3C-S051)

Introduction

In order to understanding abnormal psychology, it is essential to first understand what we mean by the term 'abnormal' and 'normal'.

This course provides a contemporary overview of human mental disorders. What causes mental illness and how do we treat them? You will enhance empathetic understanding and social awareness by exploring different common mental disorder in Hong Kong (e.g. depression, anxiety, eating disorders, personality disorder and schizophrenia) and discuss the symptoms, causes and treatment of these illnesses. Moreover, you will learn about the scientific theories that attempt to explain psychology as well as recent breakthroughs in our understanding and treatment of mental disorders.

Programme Type /Level

Special Topics in Psychology Course (Level 3) ([Token-required](#))

Instructor(s)

Mr Li Wing Ho, a psychological therapist

Target Participants



- S1 - S6 HKAGE student members ONLY in 2019-20 school year
- Class size: 30

Medium of Instruction



Cantonese with English handout

Certificate



A certificate will be awarded to participants who have:

- ❖ Attended **at least 5 sessions, AND**
- ❖ Completed all the assignments with satisfactory performance

Intended Learning Outcomes



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

1. explain the difference between "abnormal" and "normal" behaviours in human psychopathology,
2. explain psychological and biological theories of and issues associated with human psychopathology,
3. enhance empathetic understanding and social awareness by analysing major mental disorders in Hong Kong,
4. acquire essential skills in stress management, resilience, counselling, psychological first aid and self-help.



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Screening

Please answer the screening questions 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. Only students who can demonstrate motivation and the basic knowledge of psychology in the screening question can be enrolled in the programme.

Application Deadline**25 May 2020 (12n.n.)****Application Result Release Date**

29 May 2020 (Accepted applicants will be informed by the HKAGE via email. Please complete the confirmation slip and return it to the HKAGE by fax / email (ic@hkage.org.hk) / post on or before 5 June 2020. Late reply will be considered as withdrawal.)

If student members withdraw from the programme after the Application Deadline, the token will be deducted.

Schedule


(The dates may be postponed subject to development of coronavirus epidemic and EDB guidance. Please pay close attention to email notification and announcement in HKAGE website.)

Session	Date	Time	Venue
1 (face to face-lesson) Online Lesson	18 Jul 2020 (Sat)	10:00 a.m. – 1:00 p.m.	HKAGE Room 203 Online Platform
2 (face to face-lesson) Online Lesson		2:00p.m - 5:00 p.m	
3 (face to face-lesson) Online Lesson	25 Jul 2020 (Sat)	10:00 a.m. – 1:00 p.m	
4 (face to face-lesson) Online Lesson		2:00p.m.- 5:00 p.m	



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	5 (face to face lesson)	1 Aug 2020 (Sat)	10:00 a.m. – 1:00 p.m	HKAGE Room 203
	6 (face to face lesson)		2:00p.m.- 5:00 p.m	

Enquiries  For enquiries, please contact us at 3940 0514 / 3940 0512, or email to jc@hkage.org.hk.

HUMANITIES

人文學科