



Growing up as a Healthy Perfectionist

(PGSPER1920)

Introduction

Perfectionism is a common characteristic of gifted students, and it can be divided into two types – Healthy and Unhealthy. Healthy perfectionists aim for the pursuit of excellence. They are diligent and strive for excellence while moving forward. Whereas unhealthy perfectionists also aim for perfection, they feel that they are not doing well enough and are afraid of failure. Unhealthy perfectionistic thinking and behaviour may adversely affect the growth of gifted students and hinder their development.

Through games, success stories of celebrities, movies appreciation, group discussions and other activities in this programme, students were helped to recognise the characteristics of perfectionism, overcome the fear of failure, be aware of the traps of unhealthy perfectionistic thinking, and embrace the growth mindset for unleashing their full potential.

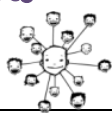
Programme Type / Level

Workshop Series / Introductory level

Instructor

Mr Nelson Ng, Programme Development Officer, Affective Education Division, The HKAGE

Target Participants



P4 to P6 HKAGE student members
Class size: 12

Medium of Instruction



Cantonese

Certificate



❖ Student will be awarded an electronic certificate upon completion of programme with a minimum of 80% attendance rate.

Intended Learning Outcomes



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

1. Define the perfectionist characteristics of gifted student
2. Differentiate the healthy and unhealthy perfectionism
3. Grasp the strategies of overcoming the fear of failure

Screening



Please fill out the screening questionnaire in the online application form. Selection is based on the results of questionnaire.



Schedule



(The workshop may be rescheduled or conducted as online subject to development of coronavirus epidemic and EDB guidance. Please pay close attention to email notification and announcement in HKAGE website.)

Date	Time	Venue
17, 20, 24 & 27 August, 2020	2:30 p.m. – 5:00 p.m.	Room 204, HKAGE, Sha Kok Estate, Shatin, N.T.

Application
Deadline

22 May 2020
12:00 n.n.

Application Result
Release Date

12 June 2020

Enquiries



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