



Inside Out Series: Self Concept (III)

(F2IOS003W)

Introduction

Inside Out Series is a workshop series related to affective education, it covers topics like self-concept, self-management and social relationship of gifted students. This series aims at fostering gifted students' whole-person development from the inside out by enabling them to understand themselves, enhance their self-management skills, and eventually build positive social relationships with the outside world.

A series of 3 interrelated workshops will be held from September to November, one in each month. In the workshops, you will be able to learn on various topics related to self-concept of gifted students, including a list of giftedness theories, explore our strengths and weaknesses, view from others' perspective etc, and mostly importantly, understand more about ourselves.

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.

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 only in 2020/21 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 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. (1st priority, 2nd priority, 3rd priority, etc). 1 token is required for each programme (For programme list, please refer to the issue 19 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

(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
14 November 2020	2:00 p.m. – 5:00 p.m.	Room 403, HKAGE, Sha Kok Estate, Shatin, N.T.

Application Deadline

23 July 2020 12:00 noon Application Result Release Date **31 July 2020**

If student members withdraw from the programme after the Application Deadline, 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