



Inside Out Series: Self Management (I)

(F2IOS004W)

Introduction of the Workshop

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 the coping strategies through a thoughtful discussion with other participants. 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.

Introduction of the Series

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. In the Self-Management workshop series, I, II and III, you will learn how you are influenced by conformity, the difference between healthy and unhealthy perfectionism, some emotional, stress and time management skills etc. If you are interested in understanding self management, don't miss this opportunity. You are also encouraged to complete the whole series for mastering the self management skills progressively.

Programme Type/Level

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

Instructors

Mr Nelson Ng

Programme Development Officer, Affective Education Division, HKAGE

Target Participants



❖ S1 to S3 HKAGE student members

❖ Class size: 25

This programme is same as Affective Education Workshop: Self Management (I) (PGSSW0042) in 19/20 school year.

Medium of Instruction



Cantonese, with handouts in English

Certificate

Student members who complete 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 the emotional balance in daily life
2. Consider the meaning of being alone
3. Reflect on the cost and value of both conformity and nonconformity

This programme is Programmes with No Screening

There are no screening questions, written test nor any 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 20 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 withdraws from the application before the application deadline, the choice priority of other programmes 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 again if the application will be accepted;
- Priority will be given to student members who have not completed the programmes applied;
- Student members should avoid applying programmes with time clash;
- The decision of HKAGE on the result of selection should be final.

Application Procedure

Application Deadline

22 Oct 2020, 12:00 noon

Application Result Release Date

30 Oct 2020

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

Schedule



Date	28 December 2020 (Monday)
Time	9:30 a.m. – 12:30 p.m.
Venue	Zoom

Remarks

Things to prepare & attention notes:

1. The academy reserves the right to cancel any courses if there are insufficient applicants.
2. The staff of the HKAGE will carry out class observation, photo/video-taking in some programmes or/and keep students' work for the purposes of programme evaluation, research or/and demonstration.
3. The programme may be rescheduled or conducted online, subject to development

of Coronavirus Disease 2019 (COVID-19) and EDB's latest announcement on face-to-face programmes. Please pay close attention to email notification and announcement on the HKAGE website.

4. In the event of inclement weather, class arrangement will be based on "Arrangements for student programmes / 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 Affective Education Division on 3940 0101 (after language selection, press "4").

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