



## Inside Out Series: Self Management (II)

(F2IOS005W)

### Introduction of the Workshop

Stress is part of life. Many gifted students are stressed by being expected to possess potential to do well in many occasions, a phenomenon called “multipotentiality”. In response, some gifted students learn healthy and effective ways to cope with life’s stressors while the others are trapped in unhealthy situations. Within a safe and supportive environment, this workshop gives participants a chance to dissect their stressors. They can discuss their coping strategies, address some common stressful situations and learn different responses to common stressors. In the second part of the workshop, participants will debunk some myths about perfectionism, a typical stressor for gifted students. Research shows that perfectionist traits, for instance, fear of failure, procrastination, being competitive and critical of others, could harm their learning and social development. Participants will be provided with the opportunities to articulate their feelings and thoughts about perfectionism and explore strategies for combating it. Some participants may have internalised the self identity concept in the last Self Concept workshop series, we will move on to the relationship between oneself and the others.

### 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

**Ms Violet Sung**

Guidance Counsellor, Affective Education Division, HKAGE

### Target Participants



❖ S1 to S3 HKAGE student members

❖ Class size: 25

This programme is identical to the Affective Education Workshop: Self Management (II) (PGSSW0043) 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. Consider how giftedness may affect the way they experience stress
2. Learn new strategies to handle stress and unlearn responses that have become bad habits
3. Explore strategies for combating perfectionism

## Application Procedure

### **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. (1<sup>st</sup> priority, 2<sup>nd</sup> priority, 3<sup>rd</sup> 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 1<sup>st</sup> priority from the application. The choices of 2<sup>nd</sup> and 3<sup>rd</sup> 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 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	2:30 p.m. – 5:30 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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