



## Inside Out Series – Self Concept (III)

(F2IOS003W2)

### Introduction

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.

### 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 workshops of the Self Concept Series, you will be able to learn on various topics related to the self-concept of gifted students, including a list of giftedness theories, explore our strengths and weaknesses, view from others' perspective etc, and most importantly, understand more about ourselves.

### Programme Type / Level

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

### Instructor

**Dr Richard Lau**  
Clinical Psychologist, HKAGE

### Target Participants



- ❖ S1 to S3 HKAGE student members
- ❖ 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 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



- **No screening is needed.** There are no screening questions, written test or other screening methods for this type of programmes.
- First-come-first-served.
- Student members should avoid applying for programmes with time clash;
- The decision of HKAGE on the result of selection should be final.

## Schedule



Date	Time	Venue
8 April 2021	9:30 a.m. – 12:30 noon	Room 403, HKAGE, Sha Kok Estate, Shatin, N.T.

## Application Deadline

**26 March 2021 12:00 noon**

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

## 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 the 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, the 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 us at 3940 0101, after language selection, press "4", or email: [ae@hkage.org.hk](mailto:ae@hkage.org.hk)