



## Inside Out Series: Self-Management (I)

(F2IOS004W2)

### Introduction to the Workshop

Self-regulation of emotions is the ability to manage emotions which can help to achieve goals, complete tasks, or control and manage behaviour. Gifted students who have a strong sense of morality, are often sensitive to injustice and could be emotional and lack this ability. Therefore, gifted students may encounter greater difficulties in managing their emotions. 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](#))

### Instructor

**Mr Nelson Ng**

Programme Development Officer, Affective Education Division, 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 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

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	2:30 p.m. – 5:30 p.m.	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)

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