

Inside Out Series: Self-Management (II)

(F2IOS005W2)

Introduction to the Workshop

Stress is part of life. Many gifted students are stressed by being expected to possess the potential to do well in many aspects, a phenomenon called “multipotentiality”. In response, some gifted students learn healthy and effective ways to cope with life’s stressors while others are trapped in unhealthy situations. Within a safe and supportive environment, this workshop gives participants a chance to analyse their source of stress. 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 untie some myths about perfectionism, a typical stressor for gifted students. Research shows that perfectionist traits, such as fear of failure, procrastination, being competitive and critical about others, may hinder their learning and social development. Participants will have opportunities to express their feelings and thoughts about perfectionism and explore strategies to deal with 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 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

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

Type / Level

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. 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



- **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
9 April 2021	9:30 a.m. – 12:30 noon	Room 403, HKAGE, Sha Kok Estate, Shatin, N.T.

26 March 2021 12:00 noon

Application Deadline

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