

賽馬會「知情達意育優才」計劃  
Jockey Club "Gifted in Bloom-Harmony in Heart & Mind" Programme

## Inside Out Series: Social Relationship (II) Communication Skills & Empathy

(F2IOS008W2)

### Introduction to the Workshop

Living in a socialised society, we all need to know how to collaborate and communicate effectively with other people. Do you think you can establish harmonious relationships with others, get along well with them, and handle interpersonal conflicts effectively? What skills are needed for building effective interpersonal relationships?

In this second workshop of the series, you will uncover the power of empathy in establishing rapport, making and keeping the social relationship with your peers. Meanwhile, through experiential learning activities, you will understand your traits, discuss social skills between peers, and coping strategies to deal with peer pressure.

### 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 Social Relationship workshop series, I, II and III, you will be able to learn various topics relating to social relations, such as social styles, communication skills, empathy, getting along with your peers, family and teachers, conflict management, etc. If you are interested in understanding social relations, don't miss this opportunity. You are also encouraged to complete the whole series for mastering the social techniques progressively.

### Programme Type / Level

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

### Instructor

**Ms Tracy Kwok**  
Guidance Counsellor, HKAGE

### Target Participants



- ❖ S1 to S3 HKAGE student members
- ❖ Class size: 25

## 賽馬會「知情達意育優才」計劃

### Jockey Club "Gifted in Bloom-Harmony in Heart & Mind" Programme

#### 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 the importance of empathy in improving social interactions through sharing and discussion
2. Acquire social and communication skills
3. Understand the influences of giftedness on developing friendship
4. Develop adaptive coping strategies for fitting in with peers and peer pressure

#### **This programme is Programmes with No Screening**

There are no screening questions, written test or other screening methods for this type of programmes.

#### Application Procedure



- 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 22 of Gifted Gateway ([click here](#)));
- The application can only be submitted once. After submission of the application, the programme selection and the priority cannot be changed;
- If a student member removes a programme from the application before the application deadline by withdrawal, the choice priority 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 a time clash between the applied programme and other programmes with offer, HKAGE will consider if the application will be accepted;
- 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
16 July 2021 (Fri)	9:30 a.m. – 12:30 p.m.	Room 403, HKAGE, Sha Kok Estate, Shatin, N.T.

## 賽馬會「知情達意育優才」計劃 Jockey Club "Gifted in Bloom-Harmony in Heart & Mind" Programme

Application  
Deadline

23 April 2021 12:00 noon

Application Result  
Release Date

30 April 2021

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)