



## Life Planning Workshop

(S1 – S3 HKAGE Student Members)  
(F1LPW002W)

In this workshop, students will be equipped with the essential components and positive life skills that lead to success in their life. They would be coached to develop a positive mindset, learn how to understand and make the best use of their character strengths to achieve their greatest accomplishments.

### Introduction to the Workshop

This workshop will also help students to learn social relationship skills, how to handle conflicts with others, how to understand the perspectives of others, and to develop constructive relationships with others. Lastly, students will learn how to set positive goals, and how to make wiser decisions and develop plans for their future.

### Programme Type / Level

Workshop / Introductory level ([Token required](#))

### Instructor

Mandy Chan  
Educational Psychologist, Affective Education Division, HKAGE

### Target Participants



- ❖ S1 to S3 HKAGE student members
- ❖ Class size: 20
- ❖ \*First-come-first-served

### Medium of Instruction



Cantonese

### Certificate



- ❖ Student members will be awarded an electronic certificate upon completion of the programme with a minimum of 80% attendance rate.

### Intended Learning Outcomes



- Upon completion of the programme, participants should be able to:
1. Understand their character strengths and how to make the best use of their character strengths to achieve accomplishments;
  2. Improve their social relationship skills; &
  3. Make wiser decisions and develop plans for their future.

### 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
14, 16, 20 & 23 July 2021	10:00 a.m. – 12:00 noon	Room 206, HKAGE, Sha Kok Estate, Shatin, N.T.

## Application Deadline

**7 July 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)