



Well-being Programme

(S1 – S3 HKAGE Student Members)
(F1WBP001W)

Introduction

This well-being programme is developed basing on the ideas in positive education and positive youth development. The overall objective of this programme is to promote the social, emotional, and academic well-being of students by enhancing their intrapersonal and interpersonal competence, and to help them acquire appropriate learning strategies to embrace academic challenges.

The whole programme consists of two parts. Each part consists of four sessions. Part I is a four-session workshop on positive emotions and part II is a four-session workshop on learning engagement.

Programme Type / Level

Workshop / Basic ([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. To improve their intrapersonal and interpersonal competence, learn how to face adversity; &
 2. To acquire effective learning strategies to achieve better learning outcomes.

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	Teaching Mode
<u>Part I</u> 8, 15, 22, & 29 May 2021	3:00 p.m. – 5:00 p.m.	Online workshop via Zoom (Details will be sent to participants via email)
<u>Part II</u> 3, 5, 10, & 12 Aug 2021		

Application Deadline

30 April 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. 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