



Career Planning – The Dream Journey

(F1CPP001W)

Introduction of the Programme

The programme aims to guide the participants to explore how people's values and experiences affect their interaction with others and the world, by first understanding themselves and then looking back to the past, looking at the present and looking forward into the future. It also gives guidance on how to actualise their plans step by step especially when encountering difficulties or obstacles on the journey to actualise their life plans and personal goals.

Programme Type

Workshop

Instructor

Instructor from PNL Company Limited

Target Participants



- HKAGE student members in P5 to S2 (2020/21 school year) only
- Class size: 20
- *First-come-first-served

Medium of Instruction



Cantonese

Intended Learning Outcomes

Upon completion of the workshop, participants should be able to:

1. Identify positive characteristics, positive energy and hope in life;
2. Learn to perceive current resources, opportunities, and situations consciously and nonjudgmentally for making better personal choices;
3. Create constructive and healthy ways to deal with conflicts, emotions, and stress;
4. Recognise the four steps for overcoming adversity to strengthen their mindset and problem-solving capacity.

Application Deadline

6 August 2021, 12:00 noon

Schedule



Date	13 August 2021 (Friday) 16 August 2021 (Monday) 18 August 2021 (Wednesday) 20 August 2021 (Friday)
Time	1:30 p.m.– 3:30 p.m.
Venue	Room 105, The Hong Kong Academy for Gifted Education

Things to prepare & attention notes:

1. The academy reserves the right to cancel any courses if there are insufficient applicants.
2. Staff members of the HKAGE will carry out class observation, photo/video-taking in some programmes and / or keep students' work for the purposes of programme evaluation, research and / or demonstration.
3. The programme may be rescheduled or conducted online, subject to the development of the COVID-19 situation and the EDB's latest announcement on face-to-face programmes. Please pay close attention to email notifications and announcements 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>

Remarks

Enquiries

For enquiries, please contact the Affective Education Division on 3940 0101(after language selection, press "4").

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