



## Self-Understanding Workshop

(F1SUS001W)

### Introduction of the Programme

The workshop aims to guide the participants to review different life stages through the process of understanding different roles in life, and then reflecting on their personal needs, finding their dreams, and formulating implementation plans for a more fulfilling life. The Wealth Flow Sand Table\* will be used in the programme as a participative and reflective tool to serve the programme objectives.

\* A board game for participants to pretend playing their life between the age of 20 to 60, demonstrating how the choices they made during these critical years will affect their life.

### Programme Type

Workshop Series / Introductory (Token required)

### Instructor

Hong Kong Life Planning Association (LPAHK)

### Target Participants



- HKAGE student members in S3 to S6 (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 the different roles at different stages of life;
2. Recognise the areas of personal importance and personal needs;
3. Examine the relationship between their individuality and their dreams;
4. Develop an action plan to achieve their goals.

### Application Deadline

**9 August 2021, 12:00 noon**

### Application Link

<https://hkage.org.hk/b5/student/Registration/courses/courseLogon2.php?pid=4255>

### Schedule



Date & Time	16 August 2021 (Monday)	10:00 a.m.– 12:00 n.n.
	18 August 2021 (Wednesday)	10:00 a.m.– 12:00 n.n.
	23 August 2021 (Monday)	10:00 a.m.– 01:00 p.m.
	24 August 2021 (Tuesday)	10:00 a.m.– 12:00 n.n.
Venue	To be confirmed	

### 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, 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 Affective Education Division on 3940 0101(after language selection, press "4").

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