



## Inside Out Series: Self Concept IV

(F2IOS004W)

### Introduction of the Workshop

Self-esteem refers to the positive or negative feelings that we have about ourselves. How we judge ourselves affects our communication, behaviours, and social relationships. People with high self-esteem are more likely to make progress in school and at work, are less negatively affected by stress. They can resolve conflicts effectively, work independently and solve problems on their own.

Can people learn to improve their self-esteem? Can people learn to improve how they view and value themselves? Commitment to daily self-esteem building activities is critical for defining and developing a positive sense of self; if we want to work on boosting our overall self-esteem, try adapting some desirable habits and mindsets and eliminating undesirable habits and mindsets in life. Self-actualisation is a concept regarding the process by which one reaches his or her full potential, self-actualising people tend to find their unique core nature and lead to a highly positive view of themselves as well as human beings.

### Introduction of the Series

The 'Inside Out Series' is a workshop series related to affective education, it covers topics like self-concept, self-management and social relationships 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 workshops of the Self Concept Series, you will be able to learn on various topics related to the self-concept of gifted students, including a list of giftedness theories, explore our strengths and weaknesses, view from others' perspective etc, and most importantly, understand more about ourselves.

### Programme Type / Level

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

### Pre-requisite

No special prerequisites are needed

### Instructor

Programme Officer, HKAGE

### Target Participants

- S1 to S3 HKAGE student members only in 2021/22 school year
- Class size: 25

### 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 course, participants should be able to:
1. Recognise the importance of positive self-esteem
  2. Identify the desirable and undesirable habits and mindsets in life
  3. Formulate the desirable habits and mindsets in daily life
  4. Devise effective goals and attempt self-actualisation

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

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

- Student members can select up to 5 programmes from a list of selection. Applicants have to state the priority when submitting the application. (1st priority, 2nd priority, 3rd priority, etc). 1 token is required for each programme (For programme list, please refer to the issue 23 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 1st priority from the application. The choices of 2nd and 3rd 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 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 programmes with time clash;
- The decision of HKAGE on the result of selection should be final.

### Application Procedure

### Application Deadline

**27 September 2021, 12:00 noon**  
**(Please return the "Confirmation Slip" no later than five working days.)**

If student members withdraw from the programme after the Application Deadline, the token will be deducted.

### Schedule

Date	Time	Venue (HKAGE)
2 October 2021 (Saturday)	9:30 a.m.– 12:30 p.m.	Online Platform

### 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 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 notification and announcement 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>

### Enquiries

For enquiries, please contact us on 3940 0101 (after language selection, press "4").