



Inside Out Series: Self-Management I (F2IOS005W)

Introduction of the Workshop

Self-regulation of emotions is the ability to manage emotions which can help to achieve goals, complete tasks, or control and manage behaviour. Gifted students who have a strong sense of morality, are often sensitive to injustice and could be emotional and lack this ability. Therefore, gifted students may encounter greater difficulties in managing their emotions. However, some researchers argued that individuals with high emotional intelligence could control emotional impulses more effectively, make better social and life choices than others. From a gifted student's perspective, how well do you maintain the emotional balance to behave sensibly?

In this workshop, participants will also explore the feeling of being lonely and the coping strategies through a thoughtful discussion with other participants. Moreover, participants will examine how they are responding to the pressures to conform and not to conform and consider the possible sources of these pressures.

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-Management Series, you will learn how you are influenced by conformity, the difference between healthy and unhealthy perfectionism, some emotional, stress and time management skills etc. If you are interested in understanding self-management, don't miss this opportunity. You are also encouraged to complete the whole series for mastering the self-management skills progressively.

Programme Type / Level

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

Instructor

Programme Officer, HKAGE

Pre-requisite

No special prerequisites are needed

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 and maintain the emotional balance in daily life
 2. Consider the meaning of being alone
 3. Reflect on the cost and value of both conformity and nonconformity

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

23 July 2021, 12:00 noon

Application Result Release Date

30 July 2021

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

Schedule

Date	Time	Venue (HKAGE)
23 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").