



## The Science of Success & Well-being (F1PPW001C)

Researches in human behaviour have identified several important factors affecting how people think and act. Very often, these factors are important in determining whether we are successful in our pursuit, or whether we are happy with our life. We shall introduce in this course some of these factors. In particular, we shall concentrate on the following topics:

Session	Topic
1	The mindset needed for success: Grit and Growth Mindset
2	The mindset needed for success: Introduction to PERMA (Positive emotion, Engagement, Positive Relations, Meaning, Accomplishments)
3	The mindset needed for happiness (or well-being): The uniqueness of human society
4	The mindset needed for happiness (or well-being): Well-being as a skill, empathy, forgiveness, and gratitude

### Introduction of the Programme

### Programme Type / Level

Course

### Pre-requisite

No special pre-requisites are needed

### Instructor

Prof Ng Tai Kai  
Chair Professor, The University of Science and Technology  
Former Executive Director, The Hong Kong Academy for Gifted Education

### Target Participants

- HKAGE student members in S4 to S6 (2021/22 school year) only
  - Class size: 15
- \*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. Student members could download the certificate from "Student Learning Profile"  
(<https://hkage.org.hk/b5/student/SLR/SLR.php>) 3 weeks after the course.

### Intended Learning Outcomes

- Upon completion of the course, participants should be able to:
1. Learn about factors leading to happiness and well-being from a scientific and evidence-based perspective.
  2. Identify essential habits/mindsets for success and happiness.
  3. Promote and incorporate specific wellness practices into their lives.

### Registration

<https://hkage.org.hk/b5/student/Registration/courses/courseLogon2.php?pid=4355>

### Application Deadline

**11 October 2021, 12:00 noon**

## Schedule

Session	Date	Time	Venue (HKAGE)
1	16 October 2021 (Saturday)	10:00 a.m. – 12:00 noon	Room 206
2	23 October 2021 (Saturday)		
3	30 October 2021 (Saturday)		
4	6 November 2021 (Saturday)		

## 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.