



# Well-being Programme (F1WBP001W)

## Introduction

This well-being programme is developed basing on the ideas in positive education and positive youth development. The overall objective of this programme is to promote the social, emotional, and academic well-being of students by enhancing their intrapersonal and interpersonal competence, and to help them acquire appropriate learning strategies to embrace academic challenges. The whole programme consists of two parts. Each part consists of four sessions. Part I is a four-session workshop on positive emotions and part II is a four-session workshop on learning engagement.

## Programme Type / Level

Workshop / Introductory ([Token-required](#))

## Instructor(s)

Dr Richard Kai Cheung LAU (Clinical Psychologist, HKAGE)

## Pre-requisite

No special prerequisites are needed

## Target Participants

- S1 – S3 HKAGE student members
- Class size: 25

\* *First-come-first-served.*

This programme is same as Well-being Programme (F1WBP001W) in 20/21 school year.

## Medium of Instruction

Cantonese with Chinese handouts

## Certificate

**E-Certificate** will be awarded to participants who have a minimum of 80% attendance rate.

## Intended Learning Outcomes

Upon completion of the programme, participants should be able:

1. to improve their intrapersonal and interpersonal competence, learn how to face adversity; and
2. to acquire effective learning strategies to achieve better learning outcomes.

## Application Deadline

**14 December 2021**

**12:00 n.n**

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

## Schedule

Date	Time	Venue
<u>Part I</u> 21, 23, 28, & 30 Dec 2021	2:30 p.m. –	Room 204, HKAGE, Sha Kok Estate, Shatin, N.T.
<u>Part II</u> 8, 10, 15, & 17 Feb 2022	4:30 p.m.	

## Enquiries

For enquiries, please contact us on 3940 0101 or email [programme@hkage.org.hk](mailto:programme@hkage.org.hk).