



Inside Out Series: Self Concept III (F2IOS003W2)

Introduction of the Workshop

Self-concept refers to how you think about, evaluate or perceive yourself, including your attributes and who and what the self is. For instance, your self-expectation of academic achievement is closely associated with your self-concept of cognitive abilities. In other words, when you bear the gifted label, you might expect yourself to be a constant achiever who always has outstanding academic performance. Anything that less than A+ is considered a failure and you may even be afraid to make mistakes.

Meanwhile, you may struggle to live up to the expectations of your significant others such as parents and teachers for they might think you are gifted and so are very smart and able to master all things. As a result, you'll find yourself being exhausted and stressed to expect awards and praise in every aspect. In this workshop, you can understand how expectations of self and others have impacts on you and hence make adjustment when you are over-expected.

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 / Introductory ([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
- *First-come-first-served

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. Reflect on how they expect their selves and others when being gifted
2. Identify the impacts of high expectation toward self and others
3. Adjust the over-expectation toward self and others

Application Deadline

4 February 2022, 12:00 noon

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

Schedule	Date	Time	Venue (HKAGE)
	12 February 2022 (Saturday)	9:30 a.m.– 12:30 p.m.	Room 204, HKAGE, Sha Kok Estate, Shatin, N.T Online platform
Enquiries	For enquiries, please contact us on 3940 0101 or email programme@hkage.org.hk		