



Workshop Series / Introductory

Inside Out Series: Self-Management (I)

Programme Officer, HKAGE



Application Deadline
18 February 2022
12:00 noon

Intended Learning Outcomes

Upon completion of the programme, participants should be able to:

1. recognise and maintain the emotional balance in daily life;
2. reflect on the cost and value of both conformity and nonconformity;
3. consider the meaning of being alone.



◆ 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.

◆ Introduction of the Workshop

Gifted students who have a strong sense of morality, are often sensitive to injustice and could be emotional. Therefore, gifted students may encounter greater difficulties in managing their emotions.

In this workshop, participants will explore how to maintain an emotional balance, 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 pressures of conform and not to conform and consider the possible sources of these pressures.

◆ Schedule

| Date | Time | Venue |
|----------------------|-------------------------|-----------------|
| 12 Mar 2022 (Sat) | 09:30 a.m. – 12:30 p.m. | Room 303, HKAGE |

◆ Target Participants

- S1 to S3 HKAGE student members only in 2021/22 school year
 - Class size: 25
- * First-come-first-served.

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese, with handouts in English

◆ Certificate

E-Certificate will be awarded to participants who complete the workshop.