



F2IOS006W2

(Token- required)

Workshop Series / Introductory

Inside Out Series: Self-Management (II)

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. consider how giftedness may affect the way to experience stress;
2. learn new strategies to handle stress and unlearn responses that have become bad habits;
3. explore strategies for combating perfectionism.



◆ 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

Many gifted students are stressed by being expected to possess the potential to do well in many aspects. This workshop gives participants a chance to analyse their source of stress. They can discuss their coping strategies, address some common stressful situations and learn different responses to common stressors. In the second part of the workshop, participants will untie some myths about perfectionism, a typical stressor for gifted students. Participants will have opportunities to express their feelings and thoughts about perfectionism and explore strategies to deal with it. Some participants may have internalised the self-identity concept through the last Self-Concept workshop series, we will move on to the relationship between oneself and others.

◆ Schedule

Date	Time	Venue
19 Mar 2022 (Sat)	09:30 a.m. – 12:30 p.m.	Room 204, HKAGE Online Platform

◆ 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.