



F2IOS007W2

(Token- required)

Workshop Series / Introductory

# Inside Out Series: Self-Management (III)

Programme Officer, HKAGE



**Application Deadline**

**28 February 2022**

**12:00 noon**

## **Intended Learning Outcomes**

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

1. learn time management skills, look objectively at time management and how it affects self-management;
2. become more aware of other gifted peers' and personal learning styles;
3. recognise that jealousy, envy, and other negative feelings are often found in competitive situations.



## ◆ 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 have varied learning styles. Problems can arise when the teaching style and the learning style do not align. The workshop helps participants understand why they appreciate some teachers more than others and why they are having trouble in some classes. We will also examine participants' time management skills. Some overcommitted gifted students involve in many different activities may easily get into a heated argument with parents on their time management. Therefore, prioritisation and limitation on their activities could help these students with multipotentiality to balance their busy student lives. The strategies of prioritisation will be discussed in this session.

## ◆ Schedule

Date	Time	Venue
9 Apr 2022 (Sat)	09:30 a.m. – 12:30 p.m.	Room 204, 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.