



Life Education Series: Stress Management

(PGSLE021920)

Introduction of the talk

Studies show that Hong Kong students face heavy pressure from academic, family, social and other issues. Despite their giftedness, gifted students face no less pressure than their ordinary peers. Poorly managed stresses may affect one's academic performance, emotional wellbeing, and even physical and mental health. This talk will focus on pressures faced by gifted students in general and the coping strategies. We have invited a guest who is experienced in coping with stress to share with us his experiences and struggles in handling academic and social pressures. Hope that you will get some inspiration from his sharing.

Introduction of the series

In response to the developmental needs of gifted students, life education series is provided with topics of affective education such as self-concept; self-management; personal attitude, beliefs and values; emotion management; career and life planning education; social and communication skills; leadership training and problem-solving skills and resilience (EDB, 2015). Professionals, alumni and gifted youth are invited to share their personal stories and inspire the students in this platform.

Programme Type

Talk

Speakers

Johnny

Johnny is a fourth-year medical student of The University of Hong Kong. During his secondary school years, he joined the Dual Program organised by The Centre for the Development of the Gifted and Talented of the The Hong Kong University of Science and Technology (HKUST). After finishing his high school studies in the United Kingdom, he chose to come back to Hong Kong for medical school and wanted to become an emergency physician in the future. As a gifted student, Johnny will share with us his experiences of the studying journey in medical school, including how he overcomes his learning disabilities and copes with stresses.

Mr Nelson Ng

Programme Development Officer, Affective Education Division, HKAGE

Target Participants



- S1 to S6 HKAGE student members
 - Class size: 95
- *First-come-first-served*

Medium of Instruction



Cantonese

Intended Learning Outcomes

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

1. identify the different stressors of gifted students;
2. describe the influences of stresses;
3. apply one of the stress management skills in daily life.

Application Deadline

17 August 2020, 12:00 noon

Schedule



Date	21 August 2020 (Friday)
Time	3:00 p.m. – 5:00 p.m. (Please arrive at 2:45 p.m. for registration)
Venue	Room 204, HKAGE

Remarks

Things to prepare & attention notes:

1. The academy reserves the right to cancel any courses if there are insufficient applicants
2. The staff of HKAGE will carry out class observation, photo/video-taking in some programmes or/and keep students' work for the purposes of programme evaluation, research or/and demonstration
3. The workshop may be rescheduled or conducted as online, subject to development of coronavirus epidemic and EDB guidance. Please pay close attention to email notification and announcement in HKAGE website
4. In the event of inclement weather, class arrangement will be based on "Arrangements for student programmes / activities in inclement weather"
Please refer to the HKAGE website for more details:
<https://www.hkage.org.hk/en/students/important-information/bad-weather>

Enquiries



For enquiries, please contact us at 3940 0101, after language selection, press "4", or via email: ae@hkage.org.hk