



Life Education Series: Emotion Management

(PGSLE041920)

Introduction

Our emotions are triggered by many different things everyday. Like ordinary students, gifted students also face huge challenges in emotion management, poor emotion management may affect one's academic performance, even mental and physical health. This talk in the 'Life Education Series' will introduce different emotions and the emotion management strategies. We have invited a 'gifted adult' as the guest who knows well about the characteristics of gifted students. She will share with us her experiences and ways in handling emotional issues. Maybe you will get some tips from her sharing.

Programme Type

Talk

Instructor

Miss Iris Ting

Iris was the member of Education Bureau's 'Support Measures for the Exceptionally Gifted Students'. After graduated from The University of Hong Kong, she studied the postgraduate programme of psychology. Iris is passionate about gifted education and the psychology of gifted students, she shared about the issues of giftedness at different institutions as a 'gifted adult'.

Mr Nelson Ng

Programme Development Officer, Affective Education Division, The HKAGE

Target Participants



- S1 to S6 HKAGE student members
- Class size: 80
- *First-come-first-served

Medium of Instruction



Cantonese

Intended Learning Outcomes



- Upon completion of the talk, participants should be able to:
1. Identify the positive and negative emotions
 2. Analyse the influences of different emotions
 3. Apply the emotion management skills in daily life

Application Deadline

24 July 2020, 12:00 noon

Schedule

(The talk 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.)



Date	14 August 2020 (Friday)
Time	3:00 p.m. – 5:00 p.m. (Please arrive at 2:45 p.m. for registration)
Venue	Room 105, The Hong Kong Academy for Gifted Education

Enquiries



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