

Life Education Series: Self-Concept (F1LES001T)

Introduction of the Talk

The key to acquiring a positive self-concept is to understand and accept oneself. This talk aims at helping gifted students to understand their giftedness, to have self-acceptance and recognition of their limitations, and to adjust their expectation towards themselves and others through the speaker's experience sharing, interactive activities and group discussion. This life education series will explore issues related to personal attitudes, beliefs and values through sharing by the guest speaker and class activities. We hope participants will be inspired and will reflect on their own attitudes and values.

Introduction of the Series

In response to the developmental needs of gifted students, the 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 students in this platform.

Programme Type

Talk

Instructors

Mr Dash Tong

Dash is an HKAGE alumnus graduated from Diocesan Boys' School after studying the IB program back in 2019 and is now a Year 2 Global Business student in the HKUST. He is one of the cofounders of the educational start-up Arete Education. Arete Education, powered by IB and DSE top scorers, aims at assisting students along their rocky path to further studies through tutors' experience and expertise. Dash is also a former Hong Kong Team member for Taekwondo and Rugby.

Ms Tiffany Sin

Programme Manager, Affective Education Division, HKAGE

Mr Nelson Ng

Programme Development Officer, Affective Education Division, HKAGE

Target Participants



- S1 to S3 HKAGE student members
- Class size: 60
- *First-come-first-served

Medium of Instruction



Cantonese

Intended Learning Outcomes



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

1. Recognise and accept the characteristics of themselves
2. Reflect on their abilities and personal experience through sharing and discussion
3. Recognise the efforts and means essential to unleash their own potential

Application Deadline

~~19 Oct 2020, 12:00 noon~~ **26 October 2020, 12:00 noon**

Schedule



Date	23 October 2020 (Friday) 30 October 2020 (Friday)
Time	6:00 p.m. – 8:00 p.m. (Please arrive at 5:45 p.m. for registration)
Venue	Room 303, HKAGE Online Platform

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 the 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 programme may be rescheduled or conducted online, subject to development of Coronavirus Disease 2019 (COVID-19) and EDB's latest announcement on face-to-face programmes. Please pay close attention to email notification and announcement on the 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 Affective Education Division on 3940 0101 (after language selection, press "4").