

Life Education Series: Self-Management (F1LES002T)

Introduction of the Talk

Gifted students face no less pressure than their age peers as study shows that more than 70% of gifted students in Hong Kong are perfectionists (Chan, 2010) and the unhealthy perfectionistic mindset may bring along enormous stress. Poorly managed stresses may affect one's academic performance, emotional wellbeing, and even physical and mental health. Therefore, self-management and self-regulation skills are very important to these students. This Life Education series will address pressure faced by gifted students in general and the coping strategies. We have invited a guest who is experienced in stress management to share with us his experiences and struggles in handling academic and social pressure. We hope that participants will get some inspiration from his sharing and their self-management skills will be enhanced.

Introduction of the Series

In response to the developmental needs of gifted students, the Life Education series discusses 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 Lawrence YU

Ho Wing (Lawrence) is an HKAGE alumnus and is now a D.Phil. (Ph.D.) candidate in Experimental Psychology at Christ Church, University of Oxford. After graduating from the Hong Kong University of Science and Technology with a Bachelor's degree in Business Administration (First-class honours), Lawrence received two Master's degrees from the Chinese University of Hong Kong and the University of Hong Kong respectively. Also, Lawrence co-founded the Good City Foundation and organised the Future City Summit to develop public-private partnerships for young leaders mainly in the Asia-Pacific region. Recently, he has been selected to be a 'Schwarzman Scholar' and invited to the St. Gallen Symposium 2020 as a 'Leader of Tomorrow'.

Mr Nelson NG

Programme Development Officer, Affective Education Division, HKAGE

Target Participants



- S1 to S3 HKAGE student members
- Class size: 40
- *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. Differentiate the characteristics between healthy and unhealthy perfectionism;
3. Put into practice stress management skills in daily life.

Application Deadline

3 Nov 2020, 12:00 noon

Schedule



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| Date | 7 November 2020 (Saturday) |
| Time | 11:00 a.m. – 1:00 p.m. (Please arrive at 10:45 a.m. for registration) |
| Venue | Room 203, 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").