

Life Education Series: Emotion Management

(F1LES004T)

Introduction of the Talk

Our emotions are triggered by many different things every day. Like ordinary students, gifted students also face huge challenges in emotion management. Poor emotion management may affect one's academic performance, and even mental and physical health. In this Life Education series, gifted students will be encouraged to realize their emotions through self-reflection and sharing with gifted peers in a safe and judgment free environment. We have invited a 'gifted adult' as the guest speaker and he who knows well about the unique emotional characteristics of being gifted and the difficulties created by the intense emotions. He will share with us his experience and ways to cope with intense emotions in order to express the emotional needs more effectively. We hope that participants will be inspired and will get some tips from the guest's sharing, class activities and group discussion.

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 Anson Yip

Mr Anson Yip is an HKAGE alumnus. Since his childhood, Anson has studied martial arts with his father who was a Kung Fu Master. He is now involved in a martial arts training organisation responsible for promoting martial arts to the public. When Anson was a child, he followed his mother as a volunteer and realised that he could help and inspire others with his own abilities. He has participated in a number of voluntary works, including serving as a volunteer for the Yuen Long Junior Police Call (JPC) where he has taught marching, dancing and Kung Fu classes, and has developed and taught the "Fight Crime Justice Punch" for the promotion of fight-crime message. In 2017, Anson was appointed as a civic ambassador by the Civic Education Committee and was awarded the only gold medal service certificate. He was invited to shoot a promotional video to promote civic awareness.

Ms Violet Sung

Guidance Counsellor, 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 positive and negative emotions;
2. Analyse the influences of different emotions;
3. Apply the emotion management skills in daily life.

Application Deadline

21 Dec 2020, 12:00 noon

Schedule



Date	30 December 2020 (Wednesday)
Time	6:00 p.m. – 8:00 p.m. (Please arrive at 5:45 p.m. for registration)
Venue	Room 105, The Hong Kong Academy for Gifted Education

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").