

Further information including the brief description of each workshop and assessment and registration procedures will be available in early September 2009. Please stay tuned.

Person Enrichment Workshops

Academic Life:

Improving Your Concentration (IC1/09/10) 5:30pm-7:00pm, 22 Sept 2009 (Tue)
Study Skills (SS1/09-10) 5:30pm-7:00pm, 17 Sept 2009 (Thurs)

Family Relationship:

My Helicopter Parents 5:30pm-7:00pm
(Group 1, HP1/09-10) 15 Oct 2009 (Thurs)
(Group 2, HP2/09-10) 22 Oct 2009 (Thurs)
(Group 3, HP3/09-10) 29 Oct 2009 (Thurs)

Life Style:

Creative Problem Solving (CPS1/09-10) To be confirmed
Smart Investment (SI1/09-10) 5:00pm-7:00pm, 8 Oct 2009 (Thurs)
Assessment sessions:
12:45pm-2:15pm
(Group 1, SINeoA1/09-10) 28 Sept 2009 (Mon)
(Group 2, SINeoA2/09-10) 29 Sept 2009 (Tue)
Time Management (TM1/09-10) 5:30pm-7:00pm, 15 Sept 2009 (Tue)

Psychological Health:

Fostering Hope and Achieving Your Goals 5:00pm-7:00pm, 28 Sept 2009 (Mon)
(HG1/09-10)
Pursuit of Happiness (PH1/09-10) 5:30pm-7:30pm, 12 Oct 2009 (Mon)
Relaxation Exercise for Well-being 1:00pm-1:45pm
(REW1/09-10) 5 & 10 Nov 2009 (Thurs & Tue)

Social Life:

Be a Lady/Gentleman (BLG1/08-09) 10:00am-5:00pm, 24 Oct 2009 (Sat)
Be a Dynamic Speaker (DS1/09-10) 10:00am-5:00pm, 7 Nov 2009 (Sat)
Pass the Port: Dining Etiquette 10:00am-1:00pm
(Group 1, DE1/09-10) 26 Sept 2009 (Sat)
(Group 2, DE2/09-10) 24 Oct 2009 (Sat)

Certificate Course on Mental Health First Aid Training

6:00pm-9:00pm

(Group 1, MHFA1/09-10) 29 Sept, 2,6 & 9 Oct (Tue & Fri)

(Group 2, MHFA2/09-10) 20, 22, 27 & 29 Oct (Tue & Thurs)

Psychological Assessment for University Success

How do you study? Assessing your Learning and Study Strategies (LASSIF1/09-10)

Assessment period: 19-23 Oct 2009

Debriefing workshop: 5:00-6:00pm, 2 Nov 2009 (Mon)

Self-discovery – Identify Your Personality

Assessment sessions:

(Group 1, NeoA1/09-10): 5:30pm-7:00pm, 6 Oct 2009 (Tue)

(Group 2, NeoA2/09-10): 10:30pm-12 noon, 9 Oct 2009 (Fri)

Feedback session: 5:00-7:00pm, 14 Oct 2009 (Wed)

Knowing my Character Strengths – VIA Group Feedback Session (VIAF1/09-10)

5:00pm-7:00pm, 5 Oct 2009 (Mon)

CoPE (Counselling and Person Enrichment),

CEDARS (Centre of Development and Resources for Students),

The University of Hong Kong