Personal Success Programme
2012 Semester A
Organized by Student Development Services

INTERPERSONAL RELATIONS SERIES
LEADERSHIP & LIFE MANAGEMENT SERIES
ORIENTATION PROGRAMME SERIES
PEER HELPING SERIES
PSYCHOLOGICAL TESTING FOR SELF-UNDERSTANDING SERIES
EQ & MENTAL HEALTH SERIES
COMMUNITY SERVICES & LEADERSHIP DEVELOPMENT PROGRAMME

specially designed to help students who are keen to pursue their personal success in both CityU & Life afterwards
SEMESTER A

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Time Management
Money Management
Effective Group Work
Leadership Development
Current Affairs & Self-Development
Giving Oral Presentations
Career Planning
Book Your Way to Wisdom
Does Overseas Exposure Really Matter?
From Student to Professional
Reflection On Your Overseas Exposure

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- Discovering Your Strengths
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- Identifying Your Career Interests for Successful Career Planning
- Understanding Your Team Role Behaviour through BSPI
- Building Positive and Productive Relationship with FIRO-B
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- Building Self-Confidence
- Developing Resilience
- Meeting Challenges with Positive Thinking
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An undergraduate education should be a formative or even transformative experience in one's life. The Personal Success Programme is designed to help you to "be the best that you can be"!

The "Personal Success Programme", offering both short workshops and long training programmes on academic pursuit, personal growth and professional development, is conducted by experienced staff of Student Development Services (SDS) with professional qualification in counseling, education, psychology, social work and human resources management respectively. Please browse through the programme schedule and programme descriptions. Then feel free to select the ones that you are interested in.

All the best for a meaningful and fruitful educational experience in CityU! It is our pleasure to be your partner in learning. See you all in the Personal Success Programme.

Joseph Chan
Director
Student Development Services
Enrollment Method for Workshops / Talks:
Please enroll at e-Portal via the CityU Homepage. login with your Electronic ID and Password and click "AIMS"(left-hand side).

For Year 1 students:
select tab "Services for New Student" and choose "Student Orientation Programmes".

For Non-Year 1 students:
select tab "Student Services" and choose "On-line Application for In-house Student Development Courses".

or go to http://www.cityu.edu.hk/sds/psp

Enrollment Period -
From 22 August 2012 onwards

Enrollment Method for Community Service & Leadership Development Programme:
Please refer to website/contact methods in p.30 - 33

We look forward to meeting you in the programmes.
Programme Schedule
<table>
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<tr>
<th>Date</th>
<th>Workshop/Talk</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>4-Sep (Tue)</td>
<td>Dealing with Anxiety</td>
<td>14:00 - 15:50</td>
<td>R6052</td>
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<tr>
<td>4-Sep (Tue)</td>
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<td>Person-centred Therapy</td>
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<td>Effective Group Work</td>
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<td>6-Sep (Thu)</td>
<td>Psychoanalytic Therapy</td>
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<tr>
<td>7-Sep (Fri)</td>
<td>Befriending Your Emotions</td>
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<tr>
<td>10-Sep (Mon)</td>
<td>Time Management</td>
<td>11:00 - 12:50</td>
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<tr>
<td>10-Sep (Mon)</td>
<td>Knowing Your Mental Fitness through GHQ28 (Test fee: free)</td>
<td>14:00 - 15:50</td>
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<tr>
<td>10-Sep (Mon)</td>
<td>Book Your Way to Wisdom</td>
<td>16:00 - 17:50</td>
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<tr>
<td>11-Sep (Tue)</td>
<td>Discovering Your Strengths (Test fee: free)</td>
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<tr>
<td>12-Sep (Wed)</td>
<td>Money Management</td>
<td>14:00 - 15:30</td>
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<tr>
<td>12-Sep (Wed)</td>
<td>Tips for Success in University Education</td>
<td>18:00 - 19:30</td>
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<td>13-Sep (Thu)</td>
<td>EQ Basics</td>
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<td>Rational-emotive Therapy</td>
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<td>Leadership Development</td>
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<td>Understanding Your Team Role BSPI (Test fee: free)</td>
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<td>Behaviour Therapy</td>
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<td>Current Affairs &amp; Self-Development</td>
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<td>18-Sep (Tue)</td>
<td>Discovering your Personality Preferences via MBTI (Test fee: HK$50)</td>
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<td>Career Planning</td>
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<td>Effective Communication</td>
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<td>Love &amp; Dating</td>
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<td>20-Sep (Thu)</td>
<td>Identifying Your Career Interests for Successful Career Planning (Test fee: HK$50)</td>
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<td>- Test-taking Session</td>
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<td>CSC</td>
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<td>- Feedback session</td>
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**Leadership & Life Management Series**

**Psychological Testing for Self-understanding Series**
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<th>Date</th>
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<tr>
<td>20-Sep (Thu)</td>
<td>Giving Oral Presentation</td>
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<tr>
<td>21-Sep (Fri)</td>
<td>Knowing Your Mental Fitness through GHQ28 (Test fee: free)</td>
<td>14:00 - 15:50</td>
<td>R6052</td>
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<tr>
<td>21-Sep (Fri)</td>
<td>Time Management</td>
<td>18:00 - 19:50</td>
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<tr>
<td>24-Sep (Mon)</td>
<td>Goal Setting with SDTLA (Test fee: free)</td>
<td>14:00 - 15:50</td>
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<tr>
<td>24-Sep (Mon)</td>
<td>Befriending Your Emotions</td>
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<td>24-Sep (Mon)</td>
<td>Career Planning</td>
<td>18:00 - 19:50</td>
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<td>2-Oct (Wed)</td>
<td>Does Overseas Exposure Really Matter?</td>
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<td>3-Oct (Wed)</td>
<td>Tackling Aptitude Test (Test fee: HK$50)</td>
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<td>Managing Motivation in Study</td>
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<td>5-Oct (Fri)</td>
<td>From Student to Professional</td>
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<tr>
<td>5-Oct (Fri)</td>
<td>Making Friends</td>
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<td>Identifying Your Career Interests for Successful Career Planning</td>
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<td>Handling Examination Anxiety</td>
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<tr>
<td>9-Oct (Tue)</td>
<td>Conflict Management</td>
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<td>9-Oct (Tue)</td>
<td>Building Positive &amp; Productive Relationship with FIRO-B (Test fee: HK$50)</td>
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<td>10-Oct (Wed)</td>
<td>Happiness Sonata (快樂奏鳴曲)</td>
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<td>Giving Oral Presentation</td>
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<td>Personality: MBTI Test-Talking Session for the &quot;MBTI &amp; Teamwork&quot; Workshop (Test fee: HK$50)</td>
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<td>Personality: MBTI &amp; Teamwork</td>
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<td>15-Oct (Mon)</td>
<td>Building Self-confidence</td>
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<td>Developing Resilience</td>
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<td>15-Oct (Mon)</td>
<td>Reflection On Your Overseas Exposure</td>
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<td>16-Oct (Tue)</td>
<td>Adlerian Therapy</td>
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<td>19-Oct (Fri)</td>
<td>Personality: MBTI Test-Talking Session for the &quot;MBTI &amp; Career&quot; Workshop (Test fee: HK$50)</td>
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<tr>
<td>19-Oct (Fri)</td>
<td>Personality: MBTI &amp; Career</td>
<td>15:00 - 16:50</td>
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**Series**
- **EQ & Mental Health Series**
- **Interpersonal Relation Series**
- **Peer Helping Series**
Transition to adulthood work situation implies becoming the master and leader of oneself in all aspects of life. The Leadership and Life Management Series aims at helping you to be a good manager of yourself as well as a competent team player.

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<td>Reflection On Your Overseas Exposure</td>
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</table>
Tips for Success in University Education

Mr Joseph Chan
Director, SDS

University education is a treasure island of learning and development opportunities and you are the master of this treasure hunt. This workshop will help you to explore the true meaning of university education and develop the necessary strategies to make it a fruitful and fulfilling life experience. Specific topics such as goal setting, self-management and making use of campus resources will be discussed.

Time Management

Ms Po-Yi Chung
Senior Counsellor, SDS

Life is short and everyone complains about insufficient time to complete all the tasks. Discover the secrets of creating quality time to fulfill your study, social and other developmental needs. Let’s walk through the process of personal goal setting, prioritizing, scheduling and reviewing, and identifying your time wasters and developing time saving habits.

Money Management

Miss Josephine Chan
Executive Officer I, SDS

To lead a fulfilling life without pressing financial worries, you need to learn how to manage your own finance. Banker/financial expert will share with you the essence of financial management, financial capability, proper attitude on investment and the ways to use credit card wisely.

Effective Group Work

Ms Po-Yi Chung
Senior Counsellor, SDS

Group learning is an important part of learning in university. It fosters students' leadership, teamwork and problem solving abilities which employers seek from graduates. The workshop aims to assist students to realize the most benefit from their group learning and to acquire skills of project management and working in group.
**Leadership Development**

*Mr Joseph Chan*

*Director, SDS*

Whether you want to be a leader or not, leadership is required in numerous life and work situations. Come to this workshop to know more about the core components and the ways to develop leadership. There are ample opportunities on campus for you to develop your leadership. The workshop will let you know these resources and find out the one that fits you most.

**Current Affairs & Self-Development**

*Mr Joseph Chan*

*Director, SDS*

A good grasp of what is happening around you both locally and globally is very meaningful to students of all disciplines. Exploring current affairs helps you to master the broad perspective and thinking skills expected of a university student and a mature person. Come and learn, we will start from scratch.

**Giving Oral Presentations**

*Mr Joseph Chan*

*Director, SDS*

Some courses and campus recruiters require students to make individual or group presentations. This session will give you specific tips on how to make better presentations and combat the nervousness which most of us experience.

**Career Planning**

*Mr Joseph Chan*

*Director, SDS*

**Ms Po-Yi Chung**

*Senior Counsellor, SDS*

This workshop will equip participants with the key concepts, skills and resources of career planning so that they can plan their exchange, internship, summer job, part-time job, social service and extra-curricular activities in a co-ordinated way.
Book Your Way to Wisdom

Mr Joseph Chan
Director, SDS
Dr Theseus Leung
Senior Counsellor, SDS

Reading as life-long-learning habit to be enhanced in university, “forms” the person. You are what you read. Come and explore the joy of reading which will lead to the real essence of higher education. This session will explore how you may tap into others’ minds and wisdom through book reading and reflective discussions. Members of the CityU Reading Club will be invited to share how reading and sharing have contributed to their learning.

Does Overseas Exposure Really Matter?

Mr Joseph Chan
Director, SDS

(For Student planning to go for overseas exposure)

Students want to go for overseas exchange, internship or English immersion to enhance their competitiveness in the job market. But employers often do not find the “difference” amongst those with overseas experience. This workshop helps you to make better intellectual and psychological preparation before the trips, to really become “internationalized” even before departure.

Reflection On Your Overseas Exposure

Mr Joseph Chan
Director, SDS

(For students who have returned from overseas exposure)

Has your overseas exchange, internship, English Immersion or interflow tour had any special impact on your studies, career planning and personal development? This workshop aims at helping you to reflect on your overseas learning and give you hints on how you can further develop yourself after your overseas exposure.

From Student to Professional

Mr Joseph Chan
Director, SDS

This workshop explores the meaning of profession, professional, professionalism, professional ethics and professional development, so that you can really put the Orientation theme “From Student to Professional” into practice. Hopefully you will be a professional upon graduation.
3 Day Training Programme

THE ACHIEVER TRAINING

- Do you want to lead a meaningful life?
- Do you want to be an achiever?
- Why not invest three days and join the Achiever Training?
- The programme is free-of-charge. But it needs your full commitment which means 100% attendance and participation.

In this training, you will be engaged in interesting activities which are designed to help you develop Achiever vision, develop your abilities in expressing your ideas clearly and confidently, control your composure and work with all kinds of people. The training also provides intensive practice on public speaking and handling interpersonal relations at work.

Programme Schedule: To be announced
READING CLUB

If you aspire to excel yourself, please join this learning community to explore your inner self and outer world through reading and discussions.

Highly interactive and stimulating, members meet regularly one hour per week to share anything from books to world trends, and from history to current affairs.

Please visit our website at http://www.cityu.edu.hk/sds/readingclub/index.html on regular meeting and special events.
The Psychological Testing for Self-understanding Series offers a wide range of psychological tests on personality, personal attributes and career interests aiming at enhancing your self-understanding and personal growth plan.

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<td>17-Sep (Mon)</td>
<td>Understanding Your Team Role BSPI (Test fee: free)</td>
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<td></td>
<td>- Test-taking session</td>
<td>11:00 - 12:00</td>
<td>R6052</td>
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<td></td>
<td>- Feedback session</td>
<td>11:00 - 12:30</td>
<td>R6052</td>
</tr>
<tr>
<td>24-Sep (Mon)</td>
<td>Discovering your Personality Preferences via MBTI (Test fee: HK$50)</td>
<td>18:00 - 20:30</td>
<td>R6052</td>
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<tr>
<td>20-Sep (Thu)</td>
<td>Identifying Your Career Interests for Successful Career Planning (Test fee: HK$50)</td>
<td>14:00 - 15:50</td>
<td>R6052</td>
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<tr>
<td>20-Sep (Thu)</td>
<td>Tackling Aptitude Test and Realizing Your Potential (Test fee: HK$50)</td>
<td>14:00 - 16:00</td>
<td>CSC</td>
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<tr>
<td></td>
<td>- Test-taking Session</td>
<td>17:00 - 18:00</td>
<td>R6052</td>
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<tr>
<td>21-Sep (Fri)</td>
<td>Knowing Your Mental Fitness through GHQ28 (Test fee: free)</td>
<td>14:00 - 15:50</td>
<td>R6052</td>
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<tr>
<td>24-Sep (Mon)</td>
<td>Goal Setting with SDTLA (Test fee: free)</td>
<td>14:00 - 15:50</td>
<td>R6052</td>
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<tr>
<td>3-Oct (Wed)</td>
<td>Tackling Aptitude Test (Test fee: HK$50)</td>
<td>15:00 - 16:50</td>
<td>CSC</td>
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<td></td>
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<td>15:00 - 16:00</td>
<td>R6052</td>
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<tr>
<td>4-Oct (Thu)</td>
<td>Discovering your Personality Preferences via MBTI (Test fee: HK$50)</td>
<td>16:00 - 18:30</td>
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<td>6-Oct (Sat)</td>
<td>Identifying Your Career Interests for Successful Career Planning (Test fee: HK$50)</td>
<td>10:00 - 11:50</td>
<td>R6052</td>
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<tr>
<td>9-Oct (Tue)</td>
<td>Building Positive &amp; Productive Relationship with FIRO-B (Test fee: HK$50)</td>
<td>16:00 - 17:50</td>
<td>R6052</td>
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<tr>
<td>15-Oct (Mon)</td>
<td>Personality: MBTI Test-Talking Session for the &quot;MBTI &amp; Teamwork&quot; Workshop (Test fee: HK$50)</td>
<td>10:00 - 11:00</td>
<td>R6052</td>
</tr>
<tr>
<td>15-Oct (Mon)</td>
<td>Personality: MBTI &amp; Teamwork</td>
<td>11:00 - 12:50</td>
<td>R6052</td>
</tr>
<tr>
<td>16-Oct (Tue)</td>
<td>Goal Setting with SDTLA (Test fee: free)</td>
<td>11:00 - 12:50</td>
<td>R6052</td>
</tr>
<tr>
<td>19-Oct (Fri)</td>
<td>Personality: MBTI Test-Talking Session for the &quot;MBTI &amp; Career&quot; Workshop (Test fee: HK$50)</td>
<td>14:00 - 15:00</td>
<td>R6052</td>
</tr>
<tr>
<td>19-Oct (Fri)</td>
<td>Personality: MBTI &amp; Career</td>
<td>15:00 - 16:50</td>
<td>R6052</td>
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</tbody>
</table>
How will the programmes BENEFIT me?

Whole Person Development: Goal Setting with SDTLA
Test: Student Development Task and Lifestyle Assessment (SDTLA)

Ms Janet Chan  
Senior Counsellor, SDS  
Ms Po-Yi Chung  
Senior Counsellor, SDS  
Dr Theseus Leung  
Senior Counsellor, SDS

The Student Developmental Task and Lifestyle Assessment (SDTLA) is an assessment designed to help undergraduate students to learn more about their developmental needs, specifically those developmental tasks in the university setting. The assessment can help you to identify your developmental needs, strengths, and weaknesses, and set goals and directions for further improvement.

Psychological Health: Knowing Your Mental Fitness through GHQ28
Test: General Health Questionnaire (GHQ28)

Ms Holly Wong  
Senior Counsellor, SDS

GHQ can help you assess your normal daily functioning and detect problems early. Through this psychological assessment, you can gain insight into the possible obstacles hindering your development and find ways for personal growth.

Discovering Your Strengths  
Test: Via Signature Questionnaire

Dr Larry Ng  
Senior Counsellor, SDS

Identifying one’s strengths and enriching them are a new and rapid-growing trend in the positive psychology movement. Knowing your positive character traits and enriching your positive experiences are deemed to assist you to have better preparation to face up any challenges ahead of you and equip you to achieve your university and life goals, which may have a great impact on you, others, and society at large.

Aptitude: Tackling Aptitude Test and Realizing Your Potential
Test: Critical Reasoning Test Battery (CRTB2)

Ms Po-Yi Chung  
Senior Counsellor, SDS  
Dr Theseus Leung  
Senior Counsellor, SDS

Aptitude tests are often used by employers in graduate recruitments to ensure that they have the required level of verbal and numerical ability. CRTB2, specifically, is designed to assess critical reasoning ability both verbal and numeric.
**Career Interests:**
Identifying Your Career Interests for Successful Career Planning

*Test: Strong Interest Inventory (SII)*

Ms Janet Chan  
Senior Counsellor, SDS  
Ms Po-Yi Chung  
Senior Counsellor, SDS

The Strong Interest Inventory (SII) is designed to help you to identify your career interests. It compares your interests with those of professionals in various careers and identifies work settings and occupations that may be satisfying to you. SII is a useful assessment for anyone who is unsure about their future career goals and is a useful way to begin the career planning process.

**Interpersonal Relationship:**
Building Positive and Productive Relationship

*Test: Fundamental Interpersonal Relations Orientation-Behaviour (FIRO-B)*

Ms Janet Chan  
Senior Counsellor, SDS

FIRO-B is one of the most widely used interpersonal questionnaire developed to explain how personal needs of inclusion, control, and affection affect various interpersonal relationships. Your FIRO-B results can provide you with insights into your behavior and that of others. Information gained can help you to maximize the impact of your actions, recognize options for increasing interpersonal satisfaction and explore alternative ways to achieve your goals.

**Team Work Style:**
Understanding Your Team Role Behaviour

*Test: Belbin Self-Perception Inventory (BSPI)*

Ms Po-Yi Chung  
Senior Counsellor, SDS

The BSPI is an inventory based on Meredith Belbin's Team Role Theory. It is useful in identifying individual's tendency to behave, contribute and interrelate with others in teamwork. Recognizing your strengths and weaknesses in teamwork can facilitate productive cooperation as well as enhancing your team leadership.
PERSONALITY : MBTI SERIES

**Introduction to the MBTI: Discovering Your Personality Preferences via MBTI** ---- Test: *Myers Briggs Type Indicator (MBTI)*

*Ms Elizabeth Cheung, Senior Counsellor, SDS  Ms Po-yi Chung, Senior Counsellor, SDS*

MBTI is the most widely used instrument for understanding normal personality differences. It is based on Swiss psychiatrist C.G. Jung’s work on psychological types. Having an understanding of your own and others’ psychological type can help you to maximize your strengths, uncover new ways to work and interact with others.

**MBTI & Teamwork**  *Dr Theseus Leung, Senior Counsellor, SDS*

Effective communication, conflict resolution and fulfilling the needs of all members are crucial factors in building a winning team. Learn how Myers-Biggs type preferences can help you find out the ‘motivators’ of your team members, increase the productivity of meeting, and resolve conflicts among your team members.

*Pre-requisite: This workshop is open to those who have already taken the MBTI questionnaire and are aware of his/her own personality profile.*

**MBTI & Career**  *Ms Janet Chan, Senior Counsellor, SDS*

The MBTI indicates your personality preferences. It provides feedback on work settings or work situations with which your personality type might be compatible. This workshop will help you explore and identify careers that align with your personality type.

*Pre-requisite: This workshop is open to those who have already taken the MBTI questionnaire and are aware of his/her own personality profile.*
EQ & MENTAL HEALTH SERIES

Emotionally intelligent people are generally happier, relate better with others, able to stand adversity, flexible and effective in solving problems, and thus enjoy a more successful and fulfilling life. The series of workshops provide opportunities for participants to explore the various components of emotional intelligence and learn ways to enhance their EQ.

EQ Basics
Ms Janet Chan
Senior Counsellor, SDS
Ms Holly Wong
Senior Counsellor, SDS

It is increasingly recognized that success in life is not merely a matter of IQ (Intelligence Quotient) but also of EQ (Emotional Intelligence Quotient). What is EQ? How to develop EQ? The workshop will help you to develop insights into how to manage your emotions.

Meeting Challenges with Positive Thinking
Ms Winnie Leung
Counsellor, SDS

When you are upset, you may have noticed that you think about yourself and the world in a pessimistic way. There are close relations among your thinking, emotion and behaviour. The workshop aims to help you understand these relations, increase your awareness of using positive thinking to empower yourself in the face of challenges.

Befriending Your Emotions
Ms Elizabeth Cheung
Senior Counsellor, SDS

Emotions fuel our life. This workshop aims to help participants understand the meaning of their emotions, positive or negative, and make effective use of them.

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<table>
<thead>
<tr>
<th>Date</th>
<th>Workshop/Talk</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>4-Sep (Tue)</td>
<td>Dealing with Anxiety</td>
<td>14:00 - 15:50</td>
<td>R6052</td>
</tr>
<tr>
<td>7-Sep (Fri)</td>
<td>Befriending Your Emotions</td>
<td>14:00 - 15:50</td>
<td>R6052</td>
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<td>13-Sep (Thu)</td>
<td>EQ Basics</td>
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<td>R6052</td>
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<tr>
<td>18-Sep (Tue)</td>
<td>Meeting Challenges with Positive Thinking</td>
<td>14:00 - 15:50</td>
<td>R6052</td>
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<tr>
<td>24-Sep (Mon)</td>
<td>Befriending Your Emotions</td>
<td>16:00 - 17:50</td>
<td>R6052</td>
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<tr>
<td>4-Oct (Thu)</td>
<td>Managing Motivation in Study</td>
<td>11:00 - 12:50</td>
<td>R6052</td>
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<tr>
<td>8-Oct (Mon)</td>
<td>Handling Examination Anxiety</td>
<td>14:00 - 15:50</td>
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<tr>
<td>10-Oct (Wed)</td>
<td>Happiness Sonata (快樂奏鳴曲)</td>
<td>16:00 - 17:50</td>
<td>R6052</td>
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<tr>
<td>15-Oct (Mon)</td>
<td>Building Self-confidence</td>
<td>14:00 - 15:50</td>
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<tr>
<td>15-Oct (Mon)</td>
<td>Developing Resilience</td>
<td>16:00 - 17:50</td>
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Managing Motivation in Study
Ms Po-Yi Chung
Senior Counsellor, SDS

University is very different from secondary school because you are in charge of your learning. This workshop will explore motivation of learning in university through a better understanding of the cognitive, emotional and physiological aspects in order to help you to become a self-motivated and self-initiated learner.

Dealing with Anxiety
Miss Joey Law
Counsellor, SDS

Anxiety is a normal response to stress and may lead to distress when we are unable to cope with it. It is also maintained by cognitive misinterpretation and avoidance of the situations that provoke anxiety response. This workshop will introduce strategies that help you face anxiety efficiently.

Building Self-Confidence
Ms Po-Yi Chung
Senior Counsellor, SDS

Lack of self-confidence and poor self-esteem prevent us from growing and realizing our potential. In general, confident people cope well with adversities, develop good relationships, achieve their goals, and enjoy a happy life. This workshop will start with a self-assessment and follow with concrete advice to help you to build your self-confidence and esteem.

Developing Resilience
Dr Larry Ng
Senior Counsellor, SDS

University life is full of fun, excitement, hurdles, and challenges. Aiming to assist you in optimizing your potential and enhancing your ability to handle adversity, this workshop will show you how you can find constructive ways of dealing with your difficulties and develop skills for managing life challenges.

Handling Examination Anxiety
Ms Elizabeth Cheung
Senior Counsellor, SDS

Feeling anxious in examinations? Wanting to know how to cope with it? Join this workshop to learn managing your examination anxiety and make it work for you rather than against you.

Happiness Sonata
Ms Janet Chan
Senior Counsellor, SDS

Happiness : the greatest thing that we possess, but how exactly do we go about getting it? Are you happy about yourself and do you want to know what your happiness quotient is? Join this workshop to learn how to live a satisfied and happy life and create your “Happiness Sonata”.
INTERPERSONAL RELATION SERIES

No man is an island. Join the workshops and master the basic skills and concepts of developing interpersonal relation and enjoy the life-long friendship you are going to make here.

<table>
<thead>
<tr>
<th>September 2012</th>
<th>Workshop/Talk</th>
<th>Time</th>
<th>Venue</th>
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<td>19-Sep (Wed)</td>
<td>Effective Communication</td>
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<tr>
<td>19-Sep (Wed)</td>
<td>Love &amp; Dating</td>
<td>18:00 - 19:50</td>
<td>R6052</td>
</tr>
<tr>
<td>5-Oct (Fri)</td>
<td>Making Friends</td>
<td>18:00 - 19:50</td>
<td>R6052</td>
</tr>
<tr>
<td>9-Oct (Tue)</td>
<td>Conflict Management</td>
<td>14:00 - 15:50</td>
<td>R6052</td>
</tr>
</tbody>
</table>

How will the programmes BENEFIT me?

**Making Friends**

**Ms Po-Yi Chung**
Senior Counsellor, SDS

A network of friendship in campus is a source of pleasure in university life. It can also give you ample opportunities to grow as a person and have a bearing on your academic success. Join this programme to explore the ideas and strategies of making friends and developing meaningful friendship on campus.

**Effective Communication**

**Ms Elizabeth Cheung**
Senior Counsellor, SDS

The workshop will help you to enhance interpersonal communication ability through understanding the process and core components of communication, non-verbal communication and how to overcome barriers of communication.

**Conflict Management**

**Ms Po-Yi Chung**
Senior Counsellor, SDS

How do you respond to conflicts? The workshop aims to help you to develop proper perspective of the impact of conflicts at work and life, identify the pros and cons of different styles of conflict management, acquire useful concepts for managing conflicts. There will also be a mini test to help you understand your conflict management style.

**Love and Dating**

**Ms Holly Wong**
Senior Counsellor, SDS

Folklore says love is blind. How to differentiate between friendship and romantic love? How to choose a suitable mate? What to do in dating? How to handle conflicts? Love or lust? The workshop will help you better prepare yourself to experience the joy and sorrow of romantic love and develop insights into coping with the situations. Come to find your own answers.
PEER HELPING SERIES
website: www.cityu.edu.hk/sds/prg/phs

Transition to tertiary education and young adulthood will create a lot of challenges for college students, who would normally turn to their peers for support. The Peer Helping Series covers the basic concepts of peer helping, essential knowledge and skills in counselling, and significant life issues in self-enquiry during late adolescence and early adulthood.

2 Day Training Programme

Overview of Peer Helping and Counselling Skills

This 2-day workshop provides an overview of peer helping. It covers the key concepts of peer helping and counselling skills, including attentive listening, questioning, paraphrasing, summarizing and dealing with feelings. In the workshop, you have plenty of time to practise what you have learnt.

Programme Schedule: To be announced

Workshops on Counselling Theories

Five classic and core counselling theories will be introduced in five 2-hour workshops. Through examining their theoretical rationales, goals and techniques, at the end of the course you will be able to identify the key concepts of each therapy as well as their implications and application in peer helping.

Intensive Training Programme

Peer Counsellors Training Programme
website: www.cityu.edu.hk/sds/prg/pc

People grow to their fullest potential when they are challenged and supported appropriately. This programme targets at training up a group of mature and concerned students to promote and create a caring campus environment that supports their fellow students in meeting their university life challenges.

To achieve the aforesaid objectives, the Peer Counsellors have to attend a year-long intensive training programme on personal growth as well as helping theories and skills. In addition, the Peer Counsellors have to organize service projects to create a caring campus environment.

Application Period: October each year.
(The programme is open to non-final year full-time students only)

<table>
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<tr>
<th>Date</th>
<th>Workshop/Talk</th>
<th>Time</th>
<th>Venue</th>
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<tr>
<td>5-Sep (Wed)</td>
<td>Person-centered Therapy</td>
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<td>6-Sep (Thu)</td>
<td>Psychoanalytic Therapy</td>
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<td>14-Sep (Fri)</td>
<td>Rational-emotive Therapy</td>
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<tr>
<td>17-Sep (Mon)</td>
<td>Behaviour Therapy</td>
<td>14:00 - 15:50</td>
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<tr>
<td>16-Oct (Tue)</td>
<td>Adlerian Therapy</td>
<td>14:00 - 15:50</td>
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</table>
This 12-hour course is designed to equip participants with knowledge and skills to help someone with an emergency mental health problem. The philosophy behind the course is that the risk of mental health crises, such as suicidal and self-harming actions, may be reduced with early intervention. If crises do arise, then mental health first aid action can be taken to reduce the harms. The MHFA course has been found to be effective at improving the course participants' knowledge of mental disorders, reducing stigma and increasing confidence in offering help.

The course teaches the symptoms, causes and evidence-based treatments for depression, anxiety disorders, psychosis and substance use disorder. It also addresses the helping process for situations like suicide, panic attack, recent traumatic experience, violence and overdosed. It has to be emphasized that completion of the course would not qualify the participant to be a counsellor, just as a conventional first aid course does not qualify someone to be a doctor or a nurse. Its role is to promote first aid - the initial help that is given before professional help is sought.

Participants of the 12-hour MHFA course will receive a course manual and also a certificate issued by the Mental Health Association of Hong Kong at the completion of the course.

For programme schedule, please refer to SDS website at http://www.cityu.edu.hk/sds/prg/mha

Programme Schedule :

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<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tr>
<td>11 &amp; 12 Oct (Thu &amp; Fri)</td>
<td>09:30 - 17:00</td>
<td>R6052</td>
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<tr>
<td>26 &amp; 27 Oct (Fri &amp; Sat)</td>
<td>09:30 - 17:00</td>
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</table>
To be a competent helper, you need to understand your own life issues, value system and personality as well as the psychological dimensions to human development.

A close examination of the following will broaden your horizons and enhance your maturity:

- Eight Stages of Life Development
- Mental Illness
- Family and Personality
- Crisis Intervention
- Interpretation of Dream
STUDENT MENTORS INDUCTION WORKSHOP

The workshop is designed to facilitate Student Mentors to help the First Year students in their adjustment to the transition from secondary to university education and to enhance the learning experience of both Student Mentors and Mentees. It is a pleasant duty for senior students to serve the university and help the new students to explore the meaning of university education and to make it a fruitful and fulfilling life experience.

Workshops Schedule

A number of workshops will be launched from early May to Mid-July each year. For exact date, time and venue, please refer to the CAP Messages and poster issued in late April.

Enrollment Period:
From late April onwards each year
Orientation Programme Series

Orientation Programme for Foundation Year Students

University Success Seminar
一个专为内地本科生新而设的活动，旨在透过对谈和经验分享，帮助同学更能有效融入本地文化，投入学习及提升校园生活素质，掌握成功之钥。

日期 2012年9月15日（星期六）
时间 09:30 – 17:00
地点 香港城市大学慧卿剧院

报名办法 http://www.cityu.edu.hk/sds/fym/2012fym.html
查询 电邮 socs@cityu.edu.hk  电话 (852) 34428097

*午膳供应，费用全免
*活动将以普通话进行
One Day in Your Life to Draw Your Own Roadmap for University Life!

University Education, Learning at CityU, Personal Development, Career Management...and...

University Success Seminar
For First-Year Undergraduate Students

A discovery journey that leads to fulfillment and success!

START YOUR JOURNEY HERE!

www.cityu.edu.hk/sds/uss
Enrol while vacancies exist
Community Service & Leadership Development Programme

"A" Project: Student Ambassadors Programme
City Toastmasters Club
Peer Counsellors Training Programme
Project Star

Programme of Recruitment in Semester B:
Leadership Training for SU Student Leaders
Mental Health Ambassadors Training Programme
"A" PROJECT:
STUDENT AMBASSADORS PROGRAMME

website: www.cityu.edu.hk/sds/sa

The Student Ambassadors Programme ("A" Project) is a year-long student development programme launched by the Student Development Services of the City University of Hong Kong in 1997. The programme aims at fostering students' whole person development and broadening students' social exposure through a series of learning activities and the practical experience of serving the University as well as developing a pool of Student Ambassadors to help promote the University's image and community relations.

To achieve the aforesaid objectives, the Student Ambassadors are required to attend a comprehensive training programme and to offer service to the University. Previous occasions where Student Ambassadors served include: receiving guests from the local and non-local communities in the University's major functions and interflow events, introducing the CityU to the public in its promotion projects, organizing and serving in projects for promoting friendship and support in the University community as well as participating in community services.

Application and Selection Period: September each year.
(The programme is open to non-final year full-time students only)
CITY TOASTMASTERS CLUB
website : www.cityu.edu.hk/sds/cttc/

Do you want to improve your public speaking in English, communication and leadership skills in a friendly environment and with alunmi? City Toastmasters Club (CTC) is the answer. It meets every Second and Fourth Tuesday of the month, from 18:45 to 21:00, at R6052 (Lift 13), Amenities Building in CityU.

For more information, please send email to socttc@cityu.edu.hk
No enrollment is required. Just present yourself at the regular meeting.

PEER COUNSELLORS TRAINING PROGRAMME
website : www.cityu.edu.hk/sds/prg/pc

For details, please refer to P.22
Project Star is a leadership development programme launched in 1994. The programme provides transformational learning experiences for CityU students to master the concepts and skills of leadership, and apply them in assisting offering leadership training to the community.

The programme consists of two levels -- the Silver Star Award and the Gold Star Award. The Silver Award Level is a 30-hour programme comprising orientation and sharing, workshops or talks, service experience, and written assignment.

The Gold Star Awards level is a 5-day intensive residential camp for those who have achieved Silver Star Award. The camp focuses on self-reflection, team building, leadership skills practicum, project management and integration of theory and practices.

Application and Selection Period: September and January of each year.
LEADERSHIP TRAINING FOR SU STUDENT LEADERS

A series of leadership development programmes are specially designed to prepare the office-bearers of student societies to be competent student leaders in performing the 3 core functions:
- Achieving the TASK
- Building the TEAM
- Developing the INDIVIDUAL

The key components of leadership series are:
- Orientation Workshop
- Leadership Summit
- Workshops on Project Management
- Round Table Sessions

Through knowledge transmission, skills training and personal development, student leaders will be able to develop their leadership abilities and apply the concepts and skills acquired in serving their fellow students, the University and the community at large.

Application Period: January each year. Enquiry: Miss Debby Wong e-mail: pcwong@cityu.edu.hk

MENTAL HEALTH AMBASSADORS TRAINING PROGRAMME

Website: www.cityu.edu.hk/sds/prg/mha

Mental Health Ambassadors Training is a year-long programme. It aims at developing a group of students to promote fellow students' awareness of mental health and foster an empathetic campus culture. To achieve the aforesaid objectives, students have to attend a series of training including personal growth, mental health first aid, helping theories and skills. After the training, students will serve as Mental Health Ambassadors to promote mental health on campus through organizing related educational activities.

Application Period: February / March each year. (The programme is only open to non-final year full-time students)
Whole Person Development Award Scheme
Can I gain points for the Whole Person Development (WPD) Award Scheme by joining the Personal Success Programme?

Yes, you can.

For the details of joining the WPD Award Scheme, please refer to the WPD Website: http://www.cityu.edu.hk/sds/wpd.

The WPD Scheme is established by the University to encourage and motivate students to take positive action in pursuit of whole person development. You can gain points for the Scheme by taking part in various programmes, both on- and off-campus, related to seven areas of development:
Spiritual (德) : Establish purpose, direction and meaning in life; Build up a value system; Develop sound moral and ethical judgement; Develop a commitment to serve the community

Intellectual (智) : Develop intellectual curiosity and lifelong learning; Think critically; Formulate meaningful questions and make judgements; Be creative and open to new ideas

Physical (體) : Develop positive lifestyle and healthy image; Enhance physical fitness; Attend to personal grooming and appearance

Social (群) : Develop satisfying interpersonal relationship; Establish close friendship and supportive network; Have respect for individual differences and cultural diversity

Aesthetic (美) : Develop appreciation of beauty, art, nature, and life; Participate in artistic and cultural activities

Career (事) : Identify career choices and make career decisions; Develop career plans and strategies; Achieve career satisfaction

Emotional (情) : Express and manage emotions appropriately; Manage Stress; Show empathy for other people’s emotions; Build up self-esteem
Enrollment Method for Workshops / Talks:

Please enroll at e-Portal via the CityU Homepage.
login with your Electronic ID and Password and
click "AIMS"(left-hand side).

For Year 1 students:
select tab "Services for New Student" and
choose "Student Orientation Programmes".

For Non-Year 1 students:
select tab "Student Services" and
choose "On-line Application for In-house Student Development Courses".

or go to http://www.cityu.edu.hk/sds/psp

Enrollment Period -
From 22 August 2012 onwards

Enrollment Method for Community Service & Leadership Development Programme:
Please refer to website/contact methods in p.30 - 33

We look forward to meeting you in the programmes.

For more details, please contact
STUDENT DEVELOPMENT SERVICES
Level 6, Amenities Building
Enquiry : 3442 8090
Website : http://www.cityu.edu.hk/sds/