

UNIVERSITY

大學廣場

MARKETPLACE

Issue 146

January 2009

**ANTIDOTE
TO MARKET
TURMOIL?**
Find out the Best
Energy Shot just for
Everybody

Survive the Interview.....

面試要訣



Office of Student Affairs
The Chinese University of Hong Kong

From the Editor

The global financial system is cracking, the magnitude is unprecedented and the adverse consequences are still rolling. How are we supposed to hold our feet on the ground amid all the negative news on stock indexes decline and liquidity crisis? Stress Management is the answer.

Adapt to your stress, and understand its origin. Remember stress will affect your health and make the brain foggy. One of the easiest ways to break yourself away is to maintain a healthy snacks diet. The effect of regular exercise can be also easily measured. It improves your body circulations and blood flow to the brain which helps clear up the toxic waste when you are thinking intensively; and at the same time, relax your muscles to help you sleep better.

If you are graduating or hunting for internships, the fluctuating market may concern you. My advice to you is: understand yourself and articulate your goal. Ask yourself, what are the

industries or functions that you are interested in, versus what type of students the industries are looking for. Do some research on the company background and how they may have been affected by the current market. Think of ways that you might tackle the challenges; anticipate questions. And then hold on, this may lead you to the fundamental question, what exactly is the origin of the whole market failure? Make sure you understand the market happenings.

In this issue, you will see how our guest speaker Mr. Jim Chim stands against the financial storm and how students took a global perspective for learning that had them transformed into a confident person. Discover what their key to success is.

At the beginning of 2009, may I take the opportunity to wish you an energetic Year of Ox and a Happy Lunar New Year!

Vanessa Fan

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Address: 1/F., Benjamin Franklin Centre, The Chinese University of Hong Kong, Shatin, New Territories
Telephone: 2609 7323
Fax.: 2603 7705
Email: marketp@osa.cuhk.edu.hk

金融海嘯襲全球 逆境自強莫低頭 詹瑞文Stand By 'U'

學生輔導及發展組
學生記者：李朗怡
(新聞及傳播學系三年級)

金融海嘯的衝擊，對社會、家庭及個人均造成廣泛的影響。加上功課、測驗、考試、求職的壓力，大家不免產生焦慮、不安的負面情緒。有見及此，學生輔導及發展組推出正向心理系列。首先邀請了表演藝術家詹瑞文先生分享他的個人生活體驗和對金融海嘯的觀感，透過他的文化藝術理念——PIP (Pleasure · Imagination · Play — 喜悅 · 想像 · 遊戲)，為各同學紓壓打氣。

笑的力量創造無限可能

“Good morning, class.” 幽默生鬼的詹瑞文這樣開始了與中大學生“Stand by 'U'”的分享交流。講座中，詹Sir跟幾位同學玩了個遊戲。他首先請同學把手向前伸直，而他就用力把同學的手臂向下壓，測試正常情況下，同學能抵擋多大力度。及後，他給同學輪流看兩個符號，一邊繼續用同樣力度向同學的手“施壓”。奇怪的是，每當同學看到第二個符號的時候，手臂總會放軟而被詹瑞文壓下去。幾位同學的情況都一樣，而且萬試萬靈！大家嘗試猜猜當中的玄機！原來，第一個符號是向上的括弧，代表笑容、歡樂；而第二個符號就是向下的括弧，代表扁咀、不快。詹Sir由此證明“笑”可以令身體充滿力量；相反，負面情緒就能令人軟弱起來。同學們不妨嘗試做這個神奇的實驗，查證一下笑的力量！

從男兒淚到Cheer You Up

詹Sir坦言自己也身受金融海嘯影響，情緒更曾一度崩潰。他回想在年初的時候，為了令劇團有更大的創作自由度，毅然放棄了十五年來一直接受的政府資助，並相信劇團的票房可以支持營運開支。萬料不到，香港的經濟每況愈下，令劇團的票房大跌三至四成。當時，劇團的資金不足，只能多維持兩個月的營運，令他不能不作出痛心的決定——重整公司。詹Sir形容：「我當時就像一位帶著五個孩子的母親，在兵荒馬亂的戰地要決定把誰留下，帶誰衝出險境。」他就在這樣的情況下完成了第一百五十場“男人之虎”的演出。

可是，在演出之後，他再收到一個可怕的消息——劇團的唯一投資者決定擱置投資，意味著他一直苦心經營的劇團再一次面臨解散。這消息令他全身顫抖，十分沮喪，甚至第一次在後台流下男兒淚，「我那時只覺得自己好worse」。當他冷靜過後，他的朋友讓他發現到原來自己的擔憂只會製造更大負面能量和情緒。「我身邊的同事和化妝師，在這樣的困境下仍能很有活力地工作，全憑他們的正面能量——而他們的正面能量一直以來都是被我感染的。」正能量能帶給我們活力與希望。就這樣，他決定重新站起來，並要令香港人“Cheer UP”。他計劃透過電台、電視節目、電影、講座等活動，向人傳播「正面能量」。他說：「正面情緒能創造無限可能，劇團現在也漸入佳境。」

自強不息 勇往直前

當天所見，全場笑聲此起彼落。講座後同學都笑容滿面，相信同學都領略到詹Sir所教授面對逆境的要訣——為自己建立正面情緒，繼而感染身邊人。外在環境不會一下子改變，最重要是我們能抱樂觀積極的心態，從容不迫地面對困難與挑戰，勇往直前。



Surviving the Interview

Surviving the Interview

Vanessa Fan (Recruitment and Placement Manager, OSA) and Jennifer Sun (Year 3, Professional Accountancy)

The economy is not at its best time. As we can see, companies are looking at ways to minimize cost and cutting out non-profit generating department. However, market crunch is by no means a talent crunch. In fact, talent management and retention measures play a crucial part in sustaining a firm's strategic development. Companies always crave for talents. What the market having now is a short and sharp recession, which has a foreseeable end. Whereas to corporations, graduate recruitment is a long-term investment that cultivates managers who understand the firm's business cycle and who can grow with the firm. The most important part for students now is to articulate your career goal and explore potential employers who were not on your original wish list.

To start off...

It is absolutely normal to feel anxious about being interviewed, this could only be substituted by practice. Go to as many mock interviews as you can, pay attention to your manner and gestures. Ask yourself how you can improve the answering technique; are you really the type of person you claimed to be in the interview, or you are just faking to impress the interviewers? Be yourself; companies hire candidates who can complement other colleagues to form a good mixture of personalities for the team, so do not attempt to guess what in a candidate the interviewer is looking for.

The more you have asked yourself, the less ambiguous you will be. Be confident, and you are ready to strike.

Research and Refresh

Do not forget to research on the company. By this time you should have an idea on the company background and its businesses. Read through the newspaper or simply go to Wikipedia to find out the company's recent deals. Ask yourself why the company interests you. Before the interview, review the application you had submitted to refresh memory. Go through your resume once again and anticipate questions.

For the Cover Letter...

- Make it easy to read and clear
- Avoid saying "nothing": filling the space for the sake of filling space
- Don't reiterate your resume totally
- Mention any date that you won't be available for interview
- Thank the employer

Your Resume...

- Chronological
- Usually 1 page, at most 2 pages
- Keep consistent with font
- Don't try to be "too different"

Here are some survival tips...

Communication in the interview: 7% Words+38% Tonality+55% Physiology

1. Traditional Questions, such as:

- Why do you want to work in our firm?
- What is your career goal? And how are you going to achieve it?

2. Behavioral Based Interviewing Questions (BBI), such as:

- Give me an example that you have demonstrated leadership.
- Have you ever worked with difficult people?

Two answer approaches:

STAR: **S**ituation: what's the background?
Task: what's the goal?
Action: what action to take when faced with specific problem?
Results: what results to achieve?

SMART: **S**pecific
Measurable
Action-oriented
Result-based
Time bound

Dos:

- Reach the interview place 5-10 minutes earlier
- Give a firm handshake
- Keep good eye contact and with appropriate body language
- Be honest and sincere
- Self-reflect
- Keep the phones on silent

Don'ts:

- Don't show negative attitude and make negative comments
- Don't act as if that you are desperate for work
- Don't be rude to others even if they seems less experienced or junior
- Don't use jargons

Be Cultural Savvy

My Illumination

Chan Pui Man (Year 3, Quantitative Finance)

This year is the most special year that I have ever had. The first time living on my own, the first time seeing the snow, the first time collaborating with students from different countries in projects... These fascinating moments become memories that would be with me for the rest of my life. I am very honored to be a visiting student at University of Toronto for one year under HSBC Overseas Scholarship Scheme.

As a visiting student in the University of Toronto, I had experienced a dynamic learning environment. Involvement from students is a crucial part in class. Professors are there to raise questions and facilitate discussion, which makes learning a very enjoyable experimental process. Apart from studying, I also took part in various activities both on and off campus. There were many drop-in fitness classes in the University of Toronto and I went to the hi-lo class with my friends frequently. I have also tried skiing and found it very thrilling! At weekends, I explored Korean Town, Indian Town, Greek Town, CN Tower and other attractive spots with my dearest housemates. Life was joyful and full of surprises throughout the year.

The one-year overseas experience not only gave me valuable memories, but also changed me to a more desirable person. Things are very different across countries. If I had never resided in Canada, I would not have known my extent of acceptability towards new things, practices or concepts. I become more open to new things and my communication skills with people of different races are enhanced. Besides, I can handle better when facing challenges. Last but not least, I gained lifelong friendship with students from diverse nationalities and backgrounds.

I would like to express my sincere gratitude towards the Hongkong Bank Foundation for realizing my dream and facilitating my personal growth. Without their support, this life-changing exposure would not happen. I hope my fellow schoolmates can grasp the increasing opportunities of studying overseas and to experience your unique life-changing journeys.



Chan Pui Man (2nd from left)
Taken with my friends at Wonderland

Be a World Intellect

Lee Tsz Ling, Clara (Year 3, Quantitative Finance)

I am very grateful for receiving the HSBC Overseas Scholarship, which supported my one-year exchange study at the London School of Economics and Political Science (LSE). This year's experience in London has been very rewarding. I had invaluable opportunities to make friends and work with people from various countries including the United States, Germany, India and Pakistan. It was mind-broadening when I got to learn more about different cultures, and to discuss the political, economic and social issues in various parts of the world. As LSE is a prestigious business institution in the United Kingdom, I also enjoyed chances to attend public lectures by renowned academics and public figures including Alan Greenspan. There were many careers supporting activities as well, which enabled me to know more about alternative career paths and better equipped myself for my future career. This year abroad has certainly broadened my horizons and deepened my understanding in international issues. Therefore, if you would like to explore more about the world and experience life overseas, apply for this scholarship and you will then be a step closer to your dream!



Lee Tsz Ling Clara (2nd from right)-At HSBC Scholars' Awards Day at HSBC London Headquarters

Be Cultural Savvy

New Radio Programme – "Culture Blog" – On Air!

(www.cucr.hk/programme/detail/cultural-blog)

Have you ever thought of being a DJ on campus? In "Culture Blog 文化博客", a new radio programme jointly produced by the Incoming Students Section, Office of Student Affairs, and the Chinese University Campus Radio (CUCR), student DJs who come from different parts of the world share their cultural interchange experiences through radio waves every month. The "On Air" signal light is now lit – let's hear the sharing of the three student DJs who joined the second episode – "Go Global!"



Production of Episode 2 in the CUCR Studio



Student DJs of Episode 2
(from left): Viethé, Bryan, Carmen, and Agnès



Agnès Bun

(Year 3, International Asian Studies Programme, from France)

I joined the radio programme because I love the sound of my voice in a microphone! No, just kidding. I wanted to meet people with different backgrounds, and my wish was fulfilled beyond my expectations: indeed, while the studio seemed to be filled with only local people, one participant came from Taiwan, another from Canada, and I was from France! Thus I hope the programme will help students who hesitate to go abroad to make up their mind. Okay, it is not easy, and in Hong Kong, it is hard to escape from the "gweilo syndrome".... Yet it is a unique opportunity to experience what the words "cultural interchange" are truly about. All you have to do is to relax and to open yourself to a new lifestyle; and if there is a problem, simply say a loud "um-koy sail!": everything will be fine.



Viethé Cheng

(Year 3, International Asian Studies Programme, from Malaysia / Taiwan)

As my major in Taiwan is Radio and Television, I am very interested in practicing studio production, and I also want to know more about the media operations here, which are different from those in Taiwan, so I joined this new radio program. It's a really good and unforgettable experience for me...once you started to talk with a person with a very different background from you, you would be surprised that not everything was the same as what you have imagined. I believe, through the cultural exchange programs, we can rethink about the stereotypes of people and learn how to respect cross-cultural diversities.



Carmen Ho

(Year 1, Hotel and Tourism Management, from Canada)

When I first saw the advertisement recruiting DJs for the program, I casually thought, "Well, why not?" and sent my application, not expecting much from it. Who knew I would actually be chosen as one of the DJs, and that the experience would be so worthwhile? The professionalism of the CUCR studio exceeded my expectations, and it looked really cool to wear the headsets and speak into the microphone! Yet, the most enjoyable part was my encounter with the two other DJs and the program host. I had so much fun getting to know their impressive cultural backgrounds.... If I could participate in another radio program again, I definitely would!

An Amazing Night for I-House Residents

Shan Wong and Harvey Chen, I-House Resident Association

"As an international student, I fully understand that we all got a passion for living life to the fullest at CUHK. By holding diversified cultural activities, I hope students will be integrated into our society at I-House regardless of races and cultural differences," said Harvey Chen from Taiwan, who has been elected as President of the International House (I-House) Resident Association.

To this end, as well as to bid farewell to the exchange students who will be going back to their homeland, Harvey and his committee members organized a Farewell Boat Party on the last day of the semester, 28 November 2008.

In the course of organizing the activity, the committee members had to overcome various difficulties, apart from the language barrier among students from different origins. "Achievement always grows out of struggles and arguments, which may arise from many seemingly simple things, such as the choice of beverages - American students prefer alcoholic beverages while local students like soft drinks – and we understand that being a good observer and a patient listener is very important," said Shan Wong, a local student and Secretary (International Affairs) of the Association.

During the boat party, laughter and fun was all around. Under the gorgeous moonlight, students chatted and danced on the boat. "We had fun. I'll miss all the friends in Hong Kong and I am sure I'll come back to Hong Kong again soon," said one of the exchange students. After spending 3 happy hours together, many students felt the party was just too short. So all cheered when Harvey announced, "Stay tuned for next semester!"



Around the Globe

Suprises and Challenges of My New Life in CUHK!

Annemarelle van Schayik (Year 1, Chinese Studies)



Anne in the university girls soccer team

My name is Annemarelle van Schayik (Chinese name: 方妍梅), 19 years old. I'm from the Netherlands and majoring in Chinese Studies.

My life here in Hong Kong is a midway: the best from China (I lived a year in Beijing) and the best from the Western world. I don't have to search all over the city to find cotton pads or have bread without sugar.

Hong Kong has everything: delicious food, mountains and the sea. The only things they don't have are snow and my family! In Holland we only have small universities and students live either with their families or in big student houses all over town. Those houses are more social than the student flats here (people cook together and do other things together) but the campus here is more fun since it's like a small town with only students. I see a lot of similarities between my town and the campus: everyone knows each other, the supermarket is always busy, sport is important in town and there is some gossip.

It's a relief that people on the street not only speak Cantonese but also a bit of English and Mandarin although it's not that good for my learning skills. People are always open and nice especially when you speak a bit of Mandarin or Cantonese. The good thing from living in a place as Hong Kong is that there are people from everywhere: I have friends from America, Germany, China, Africa and so on. And it doesn't matter what people study or work, because everyone is accepted. That's different from for example America or Europe where people are not that tolerant as they say they are.



Anne had fun in the Welcoming Dinner of United College

The campus is a super place with a lot of sports, a lot of green and always the view of the sea. However, in the beginning, it was hard to find my way. Finding another general education course in English with a topic that was okay and that fitted in my shedule was really hard. Getting through the assembly is tough too since it's all in Cantonese, luckily it's only six times a year; and students are eager to help translate. I tried to join some O-camps and the O-week from my hostel but everyone speaks Cantonese. In Holland when anyone doesn't speak Dutch, we simply shift to English. I want to learn Cantonese so that I can speak it as well as my Madarin but I still have a long way to go. Luckily there are enough Hong Kong people with whom I can practise!

As the Chinese say: Ga Yau!! Jia You!



Particular of the Netherlands

Capital:	Amsterdam
Official languages:	Dutch, Frisian
Area:	41,526 square kilometers
Population:	16,471,968



駐軍官兵與香港大學生代表聯誼活動

梁嘉欣（語言學系，三年級）

一直以為昂船洲是香港水域其中一個孤島的我，因為參加了「駐軍官兵與香港大學生代表聯誼活動」，有機會到昂船洲一遊，與駐港官兵交流。原來昂船洲並不是想像中的孤島，它坐落於九龍半島西面，與葵涌和長沙灣相連一起，而駐港解放軍軍營就是在昂船洲南面。

活動在十月底一個微涼的清晨舉行，當天約有三百名大專生參與，我們首先觀看了軍樂隊的隊列表演、槍械團體操和拳術團體操，而表演的整齊度之高實在令我目瞪口呆。最令我震撼的，是拳術團體操表演時，官兵們動作一致，叫喊的氣勢，震懾全場，彷彿令四周的空氣都凝住了。我不禁想，究竟要用多少時間才能訓練出這種難度極高又整齊的動作呢？接著，我們又參觀了導彈護衛艇，能踏上一艘可以裝上導彈的軍艦，真是千載難逢的機會！我們更可以試著把一台六十磅重的炮彈扛在肩膀上，但要否冒這個會令雙臂斷掉的險則自行決定了。參觀過後，官兵們跟各大專生組成兩支隊伍，舉行了一場籃球友誼賽，歡呼聲在球場此起彼落，掀起了活動的高潮。

午飯過後，我們獲安排到官兵宿舍參觀，並從與兩位官兵交談中，得知他們一年三百六十五天也不得離開軍營。除了日常基本的訓練和任務外，他們的空閒時間都留在軍營中！相比起官兵們，香港學生的生活實在多采多姿得多了！官兵還應我們要求，示範如何摺疊出一幅起「尖角」的被子，我在心裡納悶道：每天從床上爬起來，也從沒想過要把被子疊好；可是，如官兵們沒有摺疊出「像樣」的被子，就會被罰一整天不停摺被子！為此我不禁捏一把冷汗，他們過著的極有紀律的生活，可不是我所能適應的！

離開軍營時，我跟帶領我們小組參觀的官兵不停揮手道別，心裡有種捨不得的感覺，想要認識他們多一點。上星期從新聞得知在我們探訪軍營後剛好一個月，解放軍駐港部隊進行了第十一次輪換。看到這段新聞，心裡有一份說不出的親切感。噢！不知那天帶領我們的官兵是否已完成在這裡的任期，回到中國大陸了？回想起來，還真的感謝學生事務處提供這麼難得的機會，讓我踏足這個可能一輩子也沒機會參觀、感受的地方！有機會的話，我會在以後的日子，積極參與這些既有意義，又能開闊眼界的活動。



不可能有更整齊的拳操表演了，每一次出拳都是充滿力量的。



跟友善的官兵合照



海陸空三軍進場 多有氣勢

New Excitement

CUHK Wi-Fi Service

The Information Technology Services Centre (ITSC) has introduced a new Centralized Wi-Fi Model in September 2008 to serve different user groups. The Wi-Fi SSIDs (Service Set ID) are broadcast as follows:

1. For CUHK staff and student: SSID=CUHK
2. For CUHK alumni* and guests: SSID=CUguest
3. For non-CUHK members who are subscribers of our Wi-Fi Hotspot Partners: SSID=PCCW/Y5ZONE/eduroam

In addition, through the CUHK Wi-Fi Hotspot Partnership Programme, CUHK staff and students can access free Wi-Fi services off campus at over thousands of hotspots in Hong Kong (provided by PCCW and Y5ZONE), and universities all over the world (members of Eduroam).

The easy web login method allows users to surf the net anywhere and anytime. A 802.1x port-based access may also be set up for secure connection when using a public network.

For comments and enquiries about the CUHK Wi-Fi Service, please visit <https://helpdesk.itsc.cuhk.edu.hk/group/cuhkwifi-help> or call 2609 8845.

WI-FI AREA



AVAILABLE HERE



CUHK 45th Anniversary Photo Competition

In celebration of the 45th Anniversary of The Chinese University of Hong Kong, the Office of Student Affairs is organising a photo competition themed "The CUHK campus in my eyes". All University members are invited to experience this memorable moment by capturing the joyful life and picturesque environment of the University.

The competition is open for enrolment by all students and staff of the University. The submission deadline is 23 January 2009. More details are available online at www.cuhk.edu.hk/osa/saau/fotocom08.pdf. For enquiries, please contact Ms. Zita Wan at 2696-1738 or zita@cuhk.edu.hk.

池水流年35載 — 中文大學游泳池

中文大學擁有一個五十米標準泳池。泳池建於1973年，位於范克廉樓快餐店旁。歷年來泳池改變不大，除重建更衣室外大致上與35年前落成之時差不多。經過35年的耗損，當年的「標準」亦已變得不合時宜，也應是時候作適度修改，以增強泳池的功能。

由於泳池兩邊池水深度不等，一邊池水達4.5米，而另一邊池水卻過淺，只有1.2米。泳池要同時配合用作教學、訓練或比賽，都有不同程度的問題。而且記憶中跳水高台只被試用過一次作跳水表演及借予英國國家隊一次進行訓練之外，最近十年從未有使用過。去年年中與體育部商討後，認為十米高跳水台不值得保留。

此外，學生事務處(泳池管理者)亦曾接收到泳客意見，反映4.5米深水區並不適合初學者習泳，尤其是泳班上課時段更需要封區學泳。

現時標準泳池大多使用兩邊對稱淺水區(1.35米)，方便不善泳者與初學者同時練習，以保安全。要進行深水區的改動，先要拆去高台，再改為兩邊對稱淺水區，以符合安全設計及泳池牌照標準。去年十、十一月底，經師生中心管理委員會和學生事務處與學生會溝通後，已安排建築承辦商拆去十米高台，以便今年陸續安排其他改善工程。裝修及改善工程已安排在2008年泳季後展開：

1. **泳池看台前加建約一米高的玻璃屏風：**
現時看台與泳池區只有一幅約0.8米高的矮牆相隔。前年和去年，學生事務處先後錄得兩宗醉酒學生晚上潛入泳池內游泳的個案。其中一名學生遇溺，慶幸獲救。經大學體育設施檢討工作小組、泳池相關代表，包括學生會代表協商後，同意把矮牆加高以加強保安，而且玻璃屏風可確保看台視野清晰。
2. **泳池地台及重鋪牆身：**
池底及池旁紙皮石改用磁磚，可解決紙皮石剝落問題。同時深水區池底亦會升高為1.35米深度。
3. **泳池通道及兩旁地台改鋪實木板：**
通道使用的珍珠磁粒，近年經常剝落導致刺傷腳底，情況未有改善。實木地板主要提供防滑，去水，以及解決燙腳(吸熱)問題。雖然實木板面較為昂貴，但相比其他地台物料更實用。與用家代表、學生事務處及體育部協商後皆同意改用實木地板。選擇的實木地板是經處理過，可防白蟻及池水侵蝕。
4. **泳面改為滿溢式循環流水：**
這改動除加強過濾池面油漬外，亦可改善池水在比賽時的反饋力。

體育部亦會藉此裝修安排考慮更換比賽跳台及裝上電子計時器等設施。希望修葺後的泳池，能夠更配合學生、教職員、校友及家屬不同的要求，符合多用途功能。

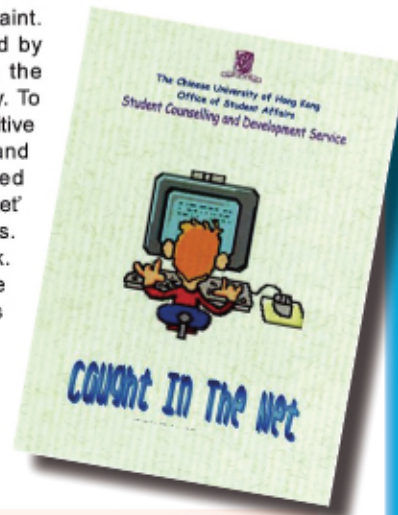
大學體育設施檢討工作小組
秘書 譚必成

Pamphlet on Combating Internet Addiction ~ Caught in the Net

Do you find yourself staying on-line longer than originally intended.....jeopardizing significant relationships, job, educational or career opportunities because of excessive Internet use..... repeatedly failing to control, reduce or stop Internet use?

According to a U.S. medical research, doctors who are good video game players tend to have a higher success rate in surgeries. A report by CUHK has also shown that students tend to be more critical and expressive in online forums than classroom discussions since they are not threatened by face-to-face encounters. We can see that the internet and computer games can have a positive impact as long as we

are in control and exercise self-restraint. If you find yourself being controlled by the computer and overly reliant on the Internet, you may be addicted already. To assist students to overcome such addictive behavior, the Student Counselling and Development Service has produced bilingual pamphlets on 'Caught in the Net' which offer useful self-help solutions. Please visit our webpage: www.cuhk.edu.hk/osa/scds or get a copy of the pamphlet from the Student Services Centre of the Office of Student Affairs located on 1/F, Benjamin Franklin Centre.



2009中大學生事務處月曆

十二頭生動可愛的牛兒，十二項品格長處，十二幅富有代表性的中大圖片，便構成了2009中大學生事務處月曆。



面對金融海嘯的衝擊，2009年將會是充滿挑戰和啟發的一年。學生事務處學生輔導及發展組特意設計了此月曆，藉以鼓勵各中大人積極把握每一天，培養及發揮內在資源和品格長處，在逆境中自強不息，勇往直前。

有意索取2009年月曆的同學及同事，可於辦公時間內憑職員證或學生證到范克廉樓學生事務處索取（同學請到一樓學生服務中心領取，教職員請到二樓學生輔導及發展組領取）。每人限領一個，數量有限，送完即止。若大家有意將這些積極正面的訊息帶給親友，本組亦預留部分月曆出售（HK\$15一個，HK\$25兩個），所得款項將用作推廣校園心理健康教育之用。如有查詢，請致電2609-7208江小姐。

網頁新面貌

學生輔導及發展組網頁已完成更新。除「成長的天空」、「美麗人生」、「心靈點滴」等專欄已登載了新的文章外，亦增設了「健心坊」專欄，同學可透過當中的「校園健心室」、「健心器材閣」、「保健資料庫」獲取更多心理健康知識，亦可於「輕鬆測試站」初步評估個人身心健康狀況及處事效能，歡迎瀏覽我們的網頁 www.cuhk.edu.hk/osa/scds。



09-10 Leadership Development Programme 領袖培育課程

Your starting point of Leading Beyond

LDP is a one of its kind programme to cultivate your leadership potential and prepare yourself to meet challenges and opportunities of the new era.

The programme lasts for two years and incorporates four modules carrying 24 units. Through:

- attain the aptitude to translate imagination into reality
- develop the commitment to bring out full potential of yourself and of the team
- be competent to work across cultures and meet global changes



Visit to UK House of Parliament

Undergraduate students who are expected to graduate in May 2011 or thereafter are welcome to apply.

Application deadline – 27 February 2009

Application forms and programme details are available on our homepage.

Office: Room G3, Fung King Hey Building

Phone: 2609-8623

Email: ldp@cuhk.edu.hk

Homepage:

www.cuhk.edu.hk/leadership

Stay tuned

Student Counselling and Development Service, OSA. For enquiry: Tel.2609 7208 scds@cuhk.edu.hk

Event	Organizer / Speaker	Date
Vocational Preference Workshop	SCDS	Feb 2009
Customized Workshop on Emotional Awareness and Stress Management (For Year 1 Mathematics Students)	SCDS	26 Feb 2009

Learning Enhancement Service, OSA. For enquiry: leos@cuhk.edu.hk

Event	Organizer / Speaker	Date
Buddy Programme 2008-09 - Kick-off Gathering (For Local and Year-1 Mainland Undergraduates)	Learning Enhancement Service	14 Jan 2009
Chinese New Year Gathering (For all non-local undergraduate students)	Learning Enhancement Service	23 Jan 2009
Effective Learning Workshop on Project Management Skills (To be conducted in Putonghua)	Learning Enhancement Service	Early Feb 2009
Effective Learning Workshop on Memory Skills (To be conducted in Putonghua)	Learning Enhancement Service	Mid Mar 2009

Student Activities and Amenities Section, OSA. For enquiry: Tel.2609 7216 saau@cuhk.edu.hk

Event	Website	Closing Date
International Youth Exchange Programme	http://www.cuhk.edu.hk/osa/saau/iyep09.pdf	22 Jan 2009
CUHK 45th Anniversary Photo Competition	http://www.cuhk.edu.hk/osa/saau/fotocom08.pdf	23 Jan 2009
Hsin Chong – K.N. Godfrey Yeh Education Fund For Joint Student Projects	http://www.cuhk.edu.hk/osa/notice/HsinChong.pdf	30 Jan 2009
Outstanding Service Awards for Tertiary Students	http://www.cuhk.edu.hk/osa/saau/osa08.pdf	Feb 2009

Career Planning and Development Centre, OSA. For enquiry: Tel.2609 7202 cpdc@cuhk.edu.hk

Event	Organizer / Speaker	Date
Recruitment Talk: Sino Group	CPDC	15 Jan 2009
Recruitment Talk: Asia Airfreight Terminal	CPDC	19 Jan 2009
Recruitment Talk: Bank of East Asia	CPDC	20 Jan 2009
Recruitment Talk: Hopewell Holdings	CPDC	21 Jan 2009
Job Interview Skills Workshop	JobsDB	Early Feb 2009
Briefing Session – YDC E-challenge 2009	Youth Entrepreneurs Development Council	Early Feb 2009
CEO Talk	City Telecom	Early Feb 2009
AO preparation workshop	CPDC	Early Feb 2009
Seminar on maintaining hopefulness and helpfulness during tough time	Mr. Ng Ming Lam	Mid-Feb 2009
Career Fair- Financial Planning Industry	Various Financial Planning Organizations	Mid-Feb 2009
Career in Finance and Banking Industry	Becker Professional Review	Late Feb 2009
Alumni sharing sessions (by faculties)	Alumni, CUHK	Throughout 2nd Semester 2009
Company Visit	Taifook Lexton	Late Feb 2009
Mock Interview Workshop for Prospective Secondary and Primary School Teachers	Faculty of Education	28 Feb 2009 (Sat)
Recruitment Talk: Louis Vuitton	CPDC	4 Feb 2009
Recruitment Talk: Kerry Logistics	CPDC	10 Feb 2009
Recruitment Talk: DHL	CPDC	11 Feb 2009
Recruitment Talk: Hong Kong Disneyland	CPDC	12 Feb 2009
Recruitment Talk: Nielsen Company	CPDC	17 Feb 2009
Recruitment Talk: Ogilvy & Mather	CPDC	18 Feb 2009
Recruitment Talk: IDS	CPDC	19 Feb 2009
Recruitment Talk: Esquel	CPDC	23 Feb 2009
Recruitment Talk: Ricoh Hong Kong	CPDC	25 Feb 2009
Recruitment Talk: Stryker Pacific	CPDC	2 Mar 2009
Recruitment Talk: Hong Kong CSL	CPDC	12 Mar 2009



Campus Master Plan Stage 3 Events Coming Soon

The Campus Master Plan (CMP) Stage 3 Events are upcoming. The consultants will introduce the Specific Proposal through topic presentations and guided tours. You are most welcome to participate.

For more details and registration, please go to the CMP website : <http://www.cuhk.edu.hk/cmp> from 9 January 2009.

校園發展計劃第三階段活動 CMP Stage 3 Events

座談會 Seminars	日期: 1月20日 時間: 晚上6時至9時 地點: 利基威靈頓樓L11 Venue: EL8 L11 Time: 6 - 9 pm
20/1	中大校園發展計劃的願景與具體規劃方案 一校應如何設計研究艾培先生 Master Planning Vision and Specific Proposal by Mr. Edward Cullinan, Masterplanner
21/1	教研學習及康體設施 Academic & Recreational Facilities 校園生活 College Life Sustainable Campus 可持續發展校園
22/1	交通 交通 Landscaping Landscape Conservation 保育

中大文化徑/校園發展計劃導遊團 CU Cultural Trail/CMP Guided Tours

14/3
日期: 3月14日
時間: 10:00am - 12:00pm
15/3
日期: 3月15日
時間: 9:00am - 5:00pm

費用: 免費
對象: 中大校友、僑胞及同學
Fee: Free
Participants: CUHK Alumni, Staff and Students
報名詳情請至二樓辦事處查詢詳情或親臨二樓辦事處查詢詳情

報名/Register: www.cuhk.edu.hk/cmp