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College Announcements

1. Temporary Closure of College Catering Outlets 書院膳堂暫停營業

Due to the spread of the novel coronavirus, Student Canteen, Staff Dining Room and Café at Wu Yee Sun College are temporarily closed until further notice. We are sorry for the inconvenience caused.

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2. "Meet the Dean" Hours 輔導長時間

["Meet the Dean" Hour is temporarily suspended and will be resumed once the circumstances allow. If you wish to talk to Dean of Students during this period, please email soniayu@cuhk.edu.hk for arrangement.]

"Meet the Dean" Hours is a regular time schedule particularly for you to talk directly to the College Dean of Students on any matters you feel interested or concerned.

You talk. We listen. Even if you want to keep it to your heart, we still stand by your side.

The session is hosted by:

- Professor Ming-kay Poon (潘銘基教授), College Dean of Students and Associate Professor at the Department of Chinese Language and Literature
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics
- Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Associate Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care

Every Sunnie is welcome!

Academic Year 2019/20 (Term 2)

Date: Every Monday
Time: 2:30 pm – 3:30 pm
Venue: Dean of Students Office, Room UG09, Wu Yee Sun College

Enquiries:

Ms. Sonia Yu (3943 3937 / soniayu@cuhk.edu.hk)
Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk)
Miss Florence Tsui (3943-9767 / florencetsui@cuhk.edu.hk)

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3. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain new perspectives! DON'T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

- 1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email soniayu@cuhk.edu.hk for arrangement.
- 2) You may also approach the **University's Wellness and Counselling Centre** at **3943-7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400-2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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4. WYS's Got Talents – Photography, Poster Design, MC and a lot more!

Are you interested in or excellent at any of the fields below?

- **Photography / Video-production**
- **Art & Design (e.g. posters or infographics)**
- **Simultaneous Interpretation**
- **Master of Ceremonies**
- **Audio & Video Control**
- **Writing (e.g. creative writing or student reporter in publications)**

The College is recruiting all sorts of talents to contribute in various College events. Registered students may be invited to assist in different occasions. Don't hide your talents, shine in the College!

P.S. CREATIVITY COUNTS!!!

Let us know what you are interested in and excellent at: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838>

Enquiries:

Miss Chillies Tam (3943-3934 / chilliestam@cuhk.edu.hk)

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5. Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募

Want to stay in touch with your college friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just \$500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the [application form](#), and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

想跟書院同學保持聯繫？想擴闊人際網絡？想回饋書院？透過伍宜孫書院校友會，你可以將學生時代的關係延續下去。終生會籍只需 500 元。現時申請，更可獲贈一套四支環保飲管（先到先得，送完即止）。

各位同學只須填妥[申請表](#)，連同會員費，交回伍宜孫書院地下院務室即可。

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College Funding & Awards Schemes

1. Care and Well-being Fund for Mental Wellness Activities



The College encourages students to pursue a healthy and sunny life. If you would like to join any non-College organized activities **to strengthen your own mental wellness** or **to enrich your relevant knowledge so as to provide support to your peers**, you are most welcome to apply for our **Care and Well-being Fund for Mental Wellness Activities**. The Fund now provides greater support to allow a wider choice of activities of your interest. Details can be found below:

Eligibility:

For Wu Yee Sun College students who participate in mental health activities and trainings organized by organization(s) other than the College

Examples:

Meditation, Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Peer Support Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course etc.

Funding Amount per student per activity:

Maximum amount increased from \$800 to **\$1,500**, or 80% of the course / activity fee (whichever is lower)

Take a look at the [guidelines](#) and the [report template](#), and start your healthy life now!!!

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6754853>

Enquiries:

Miss Phoebe Wu (3943 3988 / pheobewu@cuhk.edu.hk)

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2. Mingle Fund



Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College.

The Fund mainly supports daily and social activities with the participation of Both local students And international / incoming exchange students (i.e. there should be at least one local student AND at least one international / incoming exchange student.)

Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

More Details: <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

Enquiries:

Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk)

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3. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃

Life begins at the end of your comfort zone!

A **SMALL** change can make a **BIG** difference!

If you are planning for any short-term projects containing elements of Creativity, Entrepreneurial Spirit or Social Responsibility, apply "Be Entrepreneurial!" Funding Scheme.

To provide more support to students, the maximum funding amount has been raised to \$20,000!!!

Maximum Funding Amount: HK\$20,000

Eligibility

- All WYS undergraduate students
- Individual and Group projects (*the group must comprise of at least 50% WYS students, other 50% may be students from other Colleges*)
- Applications are welcome all year round

What are you waiting for? Click [HERE](#) to find out more information!

Enquiries:

Miss Florence Tsui (3943 9767 / florecetsui@cuhk.edu.hk)

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4. Service-learning project Funding Scheme 服務學習項目資助計劃

If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College's Service-learning Project Funding Scheme supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project.

Learn to serve and serve to learn! Please visit the website for more info.

Enquiries:

Miss Katie Yu (3943-3935 / katieyu@cuhk.edu.hk)

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5. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃



Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports activities and qualification courses for sports coach, in order to live up the spirit "Sports for Everyone".

More Diversified and Greater Support!

Eligibility

Application Fee of Sports Events --> **BOTH application fee and course fee of sports activities and workshops**

Funding Amount

Sports Activities: Max. \$500 --> **\$1,000**

Qualification Courses for Sports Coach: Max. \$800 --> **\$2,000**

Details: <https://www.wys.cuhk.edu.hk/whole-person-development/sports-health-education/>

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

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Other Activities & Announcements

1. Zoom Interview Tips

Zoom Interview Tips

With the increasing popularity of video interviews instead of in-person interviews with Zoom, Skype, or other online platforms these days, the Independent Learning Centre is happy to share with you some practical tips and useful independent learning resources:

- Test the technology well in advance**
Make sure you have stable internet connection and that both the camera and microphone work.
- Dress professionally**
Wear attire you would wear to an in-person interview; do not put on the professional top only in case you need to stand up/ walk to get or fix something.
- Find a distraction-free space**
Remove any sound and visual distractions; choose a quiet space with no/ less echo and a plain background.
- Articulate clearly**
Make sure you are heard clearly by speaking more slowly and building in more variation in tone.
- Maintain eye contact**
Keep your focus and maintain engaging eye contact; avoid looking up and down or to the side even when you are thinking.
- Have application materials with you**
Your CV, application letter and any relevant information can serve as a quick reference.

All You Need to Know about Interviews (with students' interview videos & exercises)
ilc.link/SDSEx

How to Prepare for an Impromptu Speech in a Video Interview
ilc.link/speech

Speaking Naturally in English
ilc.link/pronunciation

Tips for Conducting a Video Interview
bit.ly/3bMkipV

Mind your Body Language in a Video Interview
bit.ly/2X4PBrT

Expect the Unexpected
bit.ly/3eai3ia

Get Familiar with Zoom
bit.ly/3aAox7U

Video Interview Tips via Zoom
bit.ly/39Bebia

Job Preparation Series Workshops
ilc.link/jps

The Independent Learning Centre (852) 3943 8733 ilc-counsel@cuhk.edu.hk

With the increasing demand in support for video interviews - further study or job application purposes - among CUHK students in recent months, The Independent Learning Centre (ILC) has put together practical tips and a few electronic independent learning resources.

ILC has also begun offering a new interview skills workshop titled "Ace Your In-person and Video Interviews". For details and registration, please refer to <https://www.ilc.cuhk.edu.hk/EN/workshops.asp>

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2. Surveys on Academic Advising and IPE (Inter-professional Education) at CUHK by Centre for Learning Enhancement and Research

To assist students in their growth and personal development, the Centre for Learning Enhancement And Research (CLEAR) would like to invite you to participate in the following two surveys:

(1) Evaluation of the Academic Advising System and Support at CUHK

Please share your opinions and comments about the experience of participating in the CUHK's **Academic Advising System** by simply responding to the following link. It will take about 10-15 minutes to complete:

<https://qr.go.page.link/8XAUX>



(2) Evaluation of the feasibility, acceptance and educational values of Inter-Professional Education (IPE)

This survey will collect your feedback about the feasibility of adopting the **Inter-professional Education approach in teaching and learning** at CUHK

<https://qr.go.page.link/hJcpsy>



If you are interested in joining an **individual ZOOM or SKYPE interview**, or **face-to-face interview** at 5/F, Hui Yeung Shing Building, please email to Jesse Lee at Jesselee@cuhk.edu.hk. The interview will start in April or May, 2020. **Each participant will be given a HK\$100 gift coupon as reward.**

Your opinion and feedback will be valuable for the continuous enhancement in the current academic advising system and development of Inter-professional Education at CUHK.

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3. Flourishing First Year Programme 心盛計劃 2019-20



Flourishing First Year@CUHK is a tailor-made programme for all NEW students. More than 20 workshops on various virtues of leaders will be provided throughout the academic year to support students to flourish as an everyday leader.

How does Flourishing First Year@CUHK work?

Step 1: [Register](#) to be a member and receive promotion of upcoming workshops/ activities

Step 2: Choose your favourite workshops and get our welcoming gifts

Step 3: Complete at least 3 workshops from 3 different modules -- \$50 Cafe330 Coupon

Step 4: Complete at least 6 workshops from all 6 modules -- Big prize! (to be announced later)

Step 5: Becoming an Everyday Leader

Programme Details and List of Workshops:

<https://www.osa.cuhk.edu.hk/services/flourishing-first-year-programme>

Enquiries:

Office of Student Affairs (3943 8652 / osa@cuhk.edu.hk)

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4. Community Resources for Emotional Support and Mental Health Promotion

<Samaritan Befrienders HK>

Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

24-hour Hotline: 2389-2222

Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead

Suicide Crisis Intervention Centre: 2341-7227 for appointment

Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services

Family Helpline: 2319-1177

Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis

<賽馬會心導遊計劃>一站式網上自助心理支援平台

- 每日的工作都很繁忙，究竟如何可以隨時隨地去照顧自己的心理健康呢？
- 在香港有七分之一的成年人曾經有精神困擾的經歷，但只有 25%的人會尋求協助，究竟原因是什麼呢？
- 你試過情緒受困擾卻不知道如何照顧自己嗎？
- 你試過見到身邊的人精神狀態不太好，卻不知道怎樣去支持他們嗎？

我們明白不同人會在不同時候，會有不同的精神健康狀況，亦會有不同的需要。《賽馬會心導遊計劃》旨在根據每個人的個別需要，並配合現今科技向大眾推廣精神健康，從而達到以下目的：

- 提高社會對精神健康意識及去除對精神病的誤解
- 提昇心理健康及促進個人成長
- 預防抑鬱或焦慮症狀
- 及早處理情緒困擾

立即登入 www.jctourheart.org 登記成為會員，進行簡單的心理健康評估。平台會根據評每個人的個別需要而建議合適的課程或服務。只要每日抽少少時間參與平台上的課程，就可以隨時隨地提升自己的心理健康！

註：手機版仍在測試改善中。使用電腦版的 Google Chrome、Apple Safari 或 Microsoft Edge 瀏覽網上平台，會獲最佳效果。

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To unsubscribe, please email us at info.wys@cuhk.edu.hk.