

UNIVERSITY MARKETPLACE

大學廣場

Issue 148

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如何開展你的大學生活？



Office of Student Affairs
The Chinese University of Hong Kong

Greetings from the OSA

Dear Students,

This is always the happiest time of the year, seeing many new members joining the University and students returning to campus, refreshed after the summer.

In the University, you will be trained to become professionals with essential knowledge and skills, a strong sense of integrity and social responsibility. In so doing, you will have to juggle your time and energy for your study and many life-enriching extra-curricular programmes as well as career-focused activities organized by various departments and units of the University. Whether you can get the most out of your university life really depends on whether you have set clear goals and if you are committed to achieving these goals. So my advice to you is simple: understand yourself, set your goals, stretch your potentials to the fullest, balance your time and be ready for challenges.

This first issue of the University MarketPlace in 2009/10 gives you some examples of what could be done in order to live a rewarding U life.

“Live a Fruitful U Life” highlights invaluable experience and advice of a student who actually survived the challenges of studying as a non-local student.

“Get Set for Career” introduces the four important steps of the Career Planning Cycle which helps you get prepared psychologically, physically and professionally for a successful career.

Instead of working alone, you may consider participating in “uBuddies 2010” and become a peer counselor to offer your helping hands to your fellow schoolmates who are in need of support, encouragement or simply someone to talk to. See “Caring Campus” for more details.

A sharing by Dr. Scotty Luk, Director of the University Health Service aims to summarize how the University fought against H1N1 pandemic on campus in the summer and how the community should act to stay healthy.

Enjoy reading! Your inputs and views on the issue will be most welcome.

I wish you a fruitful and happy academic year.

Warm regards,
Raymond Leung
Director, Office of Student Affairs

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Live a Fruitful U Life

迎著風雨 活出精彩

李桐祥（工商管理系，二年級）

我很高興有這麼一個機會可以在這裡跟各位同學分享我在過去一年裏的種種經歷，點點感動。在過去的一年裡，我有過成功的歡笑、失敗的淚水，但更多的是成長的喜悅。

還記得去年我剛剛踏出大學站的時候那種徬徨與無助，是MUA（全稱為Mainland Undergraduate Association，即內地本科生聯合會）和學生事務處合辦的O'Camp使我迅速擺脫了離家的憂愁，開始了認識香港和適應中大的旅程。正因為這個經歷，令我加入成為MUA的體育部莊員，而執筆之時正值O'Camp期間，看見一個新的面孔，讓我回想起過去的365天……

在過去的一年裡，我嘗到了失敗和挫折的滋味。我試過在偌大的校園裡，走錯教室；試過因為覺得自己英語不夠好而不敢在課堂上發問；試過因為排斥全英文的課本而把課本扔在一邊，整天泡在電腦前頹廢；試過因為怕保不住獎學金而多次從噩夢中驚醒……

在四處碰壁之後，我開始尋求適合自己的學習攻略。幸運的是我不但得到了許多學長學姐的幫助，也認識了學習輔導主任（LEO）。LEO知道我英語不太好，建議我去讀一些適合我程度的英語小說，還鼓勵我積極參加書院的英語桌等活動去提升英語水平。此外，LEO還會定時舉行一些工作坊，比如時間管理方面的，提高記憶力的，如何更加高效地做project的……都使我獲益匪淺。我很感謝LEO給我的幫助和支持，我可以放心地把自己心裏的煩心事（包括感情問題）全部交托她們。她們或許不能幫我完全解決掉，但是總能給我許多有用的建議。

在中大滾爬了一年之後，我漸漸地知道了大學究竟是怎麼一回事。以下是我一年來的一些學習心得和生活體會，希望和各位新生分享一下：

1. 如果你的自制力不是很強的話，最好不要整天泡在宿舍裏；否則你的時間就會在你上上網或收拾東西的時候不知不覺地溜走了。相反，應該多去圖書館，同時要學會善用時間的方法。
2. 大學生不應該像中小學生一樣只注重學習成績，應該全面發展。中大有數不清的活動和各種各樣的學生團體，相信一定有你感興趣的。你可以挑一些自己喜歡的活動去參與，加入自己喜歡的團體，結識更多志趣相投的朋友。
3. 有能力的同學可以考慮「上莊」，很多事情只有真正去做了才會知道需要怎樣統籌才能做得更好，同時也能很好地鍛煉自己的團隊合作能力。
4. 爭取機會結識朋友，這樣可以讓你獲得更多的友誼，也使你在他們身上學到他們的優點。
5. 清楚了解自己的缺點，同時要積極尋求補短的方法，並且嚴格執行，全面提高自己的綜合能力。

我知道在我的大學旅程上尚有很多挑戰，但有學長、老師及好友們的支持和鼓勵，我已不再徬徨無助。我相信在新的一年里我會活得更精彩！



我(左二)和我的莊員們在O'CAMP期間合照

Incoming Students Services

The Incoming Students Section of the Office of Student Affairs promotes cultural exchanges on campus and assists non-local students to adapt to campus life through the organization of various cultural activities, provision of personal guidance by Learning Enhancement Officers (LEOs), and the management of International House (I-House).

Incoming Students Section:
2609 7945 www.cuhk.edu.hk.iss
3/F John Fulton Centre

Learning Enhancement Officers
2696 1533
1/F Benjamin Franklin Centre

Live a Fruitful U Life

Making a good start to a successful postgraduate life at CUHK

– Postgraduate Student Orientation 2009-10

Student Activities and Amenities Section, OSA



What is life like as a CUHK postgraduate student? New students obtained hints on how to enrich their postgraduate life after attending the first session of Postgraduate Student Orientation 2009-10 held on August 4-5, 2009. Prof. Dennis Ng, University Dean of Students, advised in his welcoming remarks, “you are the main character as well as the architect of your own university life.” He also encouraged the postgraduate students to start planning as soon as they could.

During the orientation, the newcomers received useful information on University services and policies, such as research ethics and academic honesty.

“It’s the first typhoon night in my life yesterday. Although the rainstorm has not stopped falling, I continued to join the second day of the programme because I want to collect all the relevant information and meet new friends as soon as possible,” said a new student from the mainland.

Ms. Summer Zhang (Year 2, MPhil), External Vice-President of The Postgraduate Student Association (CUPSA), disagreed with the “theory” of postgraduate life in Hong Kong. She said, “it is untrue that postgraduate students should only be buried by books in the university libraries. We can definitely contribute ourselves to the community and pursue our academic studies at the same time.” Summer has created her unique postgraduate life. How about you?

Ten clues to enhance your postgraduate life:

1. Know yourself

Understand yourself. Explore what is good for you and what you are interested in.

2. Think critically

Do not simply do what you are told to do. Think clearly, rationally and independently.

3. Manage your time

Set priorities, make schedule and stick to it.

4. Establish a positive relationship with your supervisors and professors

Learn from them. You will earn more than just a certificate at the end.

5. Participate in community services and social activities

There is no better way to get familiar with the local culture and make friends.

6. Improve your language skills

Polish your proficiency in written and spoken English and Chinese (both Putonghua and Cantonese). Do consider picking up a third language too.

7. Enhance your IT skills

Computer literacy is important to support your learning inside and outside the campus. Email and internet are common tools for communication and information search.

8. Develop and strengthen your leadership skills

Consider being a committee member of a student association and start building up management, influencing, and interpersonal skills, etc.

9. International exposure

Strive for every chance to experience a different cultural environment and develop a first-hand understanding of the global scenario.

10. Life-long learning

To keep up with the constant technological advancement, learning is no longer confined to studenthood, but takes place throughout life and under different situations.

經此一「疫」

張琳欣 (英文系，三年級)



大學保健處處長陸偉昌醫生

人類豬型流感（甲型流感H1N1）爆發期間，相信大部分中大同學都在享受暑假，但是流感肆虐仍影響到不少中大的同學和活動，如國際暑期課程和迎新營等。國際暑期課程在七月初開課時便出現十多個確診個案。可惜的是，在短短一週內，中大內的流感疫情已受到控制。疫情得以迅速抑制全賴中大的醫護人員、職員和師生之間的緊密合作和溝通。經此一「疫」，我們又可以學到甚麼呢？

預防和治療

據中大大學保健處處長陸偉昌醫生指出，中大在流感肆虐期間的應變措施主要可分為「防」和「治」兩方面。為了能有效預防流感在校內擴散，保健處及有關單位合作舉辦了四十多場講座，讓教職員及學生認識更多有關流感的資訊

和預防的方法，同時亦為員工、學生、宿舍宿生、舍監、確診病人、緊密接觸者及活動主辦團體制訂防禦指引、設立預防人類豬型流感的專題網頁，從而有效地阻止流感蔓延。另一方面，大學保健處亦作出相應措施減少診症的輪候時間，使患病的同學和員工能更快得到適切的診治。

教育工作最重要

曾在2003年沙士爆發期間參與抗疫的陸醫生表示，整個控制疫情工作最重要的一環是教育，而非個別醫護人員的努力。不論前線的醫護人員有多努力，如果同學未能對疾病有足夠的認識或保持良好的個人衛生習慣，疫情可能仍會一發不可收拾。

陸醫生說：「公共衛生必須由各界人士配合，而非單靠醫生的努力和資源的投放。今次中大抗疫之所以成功，實有賴中大各員生和部門上下一心，齊心協力，我們才得以成功打退病魔。」

作為中大校友，陸醫生表示，大家除了要多加留意個人衛生和作息時間等基本措施外，更應保持一顆關懷社群的熱心，每人都做好本份，共建一個健康校園。

預防人類豬型流感

- 保持良好的個人及環境衛生，經常洗手，咳嗽和打噴嚏時遮掩口鼻；
- 保持環境清潔及室內空氣流通，避免前往人多擠迫及空氣混濁的地方；
- 保持健康的生活模式；有充足的休息及睡眠以保持良好的免疫力；
- 若出現流感病徵，不論病徵如何輕微都應戴上口罩及盡早求醫，並停止參與所有活動。

如確診感染H1N1 人類豬型流感，請向大學保健處報告(電話：2609 6006)，以便大學保健處監察流感爆發或群組感染情況。

Get Set for Career

Career Planning Cycle

Career Planning and Development Centre, OSA

Are you ready psychologically, physically and professionally for your future career?

Have you started your career planning yet? No matter which year you are studying in, it is highly recommended that you start to get yourself prepared for your future career as soon as possible. It is never too early, before it is too late, to do so.

There are four stages in the Career Planning Cycle.

Step 1: Self Understanding

Clarify what you know about yourself, preferably through a valid self-assessment tool, in terms of your current and potential abilities, personal interests and behavioural tendencies. Find out specifically how the “significant others” (e.g. your classmates, professors, summer-job co-workers, friends, family members, etc.) agree or disagree with your own self-perception of your abilities, preferences and characteristics.

Step 2: Understanding of Job Market

Investigate what may be the available professions/jobs that best match your abilities, preferences and personal characteristics upon graduation. Explore the specifications and requirements of jobs that you are both interested in and suitable for. You would probably need help from senior students who are already at work, career professionals or counselors to provide you with information about the real workplace. The internet may be yet another important resource to turn to.

Step 3: Goal Setting

Determine your short-, medium- and long-term goals. List out the skills and knowledge that you have already possessed to support your goals. Then, identify what you have to equip or enhance to fill the gaps. Mark all these items clearly in a table and review the items regularly. It is likely that you will modify the lists from time to time while you obtain updated information from Steps 1 and 2.

Step 4: Career Preparation

Make conscientious efforts to acquire the necessary skills or experience, so that you become fully prepared for achieving your career goals, once you come across the opportunities to pursue them. Undertaking a relevant internship programme, for example, is worth investing your time and effort, which will bring you one big step closer to your career goal.



Let's stock take what you have done for your career exploration:

Checklist of Career Exploration Activities:

Did you undertake the following career exploration activities in the past? Please put a tick in the box.		
Part A: Sharing / Seeking advice / Self-exploration / Self-understanding		Part C: Gaining work & social experience
I have discussed with / understand myself more through:		I have been engaged in:
1. My Family		1. Internship programme
2. Career counselors		2. Professional / major-related work
3. Friends		3. General / non-major-related work
4. Senior students / Alumni		4. Social service or community work
5. Professors		5. Overseas exchange programme
6. The internship in my interested field		6. Others:
7. Career planning / exploration guidebook (e.g., Career Planning Handbook)		
8. Others:		
Part B: Information seeking		Part D: Acquiring general / specific skills / certification for career development
I have attended / made reference with:		I have participated in:
1. Career talk(s) / recruitment talk(s)		1. Professional qualification exam(s) / course(s)
2. Career exhibition(s)		2. Language course(s)
3. Alumni sharing session(s)		3. Computer skill course(s)
4. Professional association(s)		4. Interview preparatory workshop(s)
5. Workplace / company visit(s)		5. CV and resume preparatory workshop(s)
6. Job-related information from mass media and Internet		6. Social etiquette workshop(s)
7. Job pamphlets / work manual(s)		7. Leadership skill workshop(s)
8. Others:		8. Others:

If you consider any of the above to be important to you and yet you have never done it before, don't miss the chance to experience them in the coming year! The Career Planning and Development Centre provides a full spectrum of relevant services, such as career education programmes, recruitment talks, career counseling service, and internship programmes to help you prepare for your future career. Please watch out for the centre's regular email notices or visit the centre website <http://osanta.osa.cuhk.edu.hk/osa/cpdc> for updates.

A Career Planning Handbook has been developed for you to plan your career in a more systematic way. It can be downloaded from <http://osanta.osa.cuhk.edu.hk/osa/cpdc/carEducation/prospect.asp>.

Footprints on the Globe

In the past summer, CUHK students spent a meaningful holiday in different parts of the world. They explored more about themselves, enhanced their self confidence, practiced knowledge and skills acquired from books and classes, learned to appreciate another culture, and above all, gained life-long friendship!



Students spent the summer in Hong Kong Economic and Trade Office of Toronto, taking part in various cultural and economic activities.



The Global Internship Programme in the US offered a taste of a different culture.



The 14-day Travel Study Programme to Washington, DC enhanced students' understanding about the US political systems and history through guided tours to the White House, US Capitol, Supreme Court, and some national museums.



在北京魯迅博物館工作讓同學對中國文化有更深切的體會。



「湖南寧鄉縣城北中學學生很認真和挺乖的，在他們臉上，我看到了對外面世界的渴望和好奇，還有他們的純真和對生活的滿足……他們的精神生活比我的要充實很多。」

陳秀麗 - 中國語文及文學一年級

Footprints on the **Globe**



Through the Student Leadership Development Programme, students step out of their comfort zone to take up challenges like canoeing, staying overnight on an outlying island with limited resources.



Overseas internship broadened students' cross-cultural understanding and improved their professional knowledge and work skills.



「在香港大學生航天航空科技冬令營的交流中讓我對國家航天航空的技術有更深入的了解，對中國先進的現代科技感到驕傲。」

鄭曼文 - 地理與資源管理三年級



The study trip to Germany, packed with language classes, excursions and guided visits to museums and historical sites, was an excellent way to learn the country's history and culture.



『很榮幸能參與「新紀元行政管理精英培訓計劃」，難得能和兩岸四地的同學交流，一同探討全球經濟形態之重塑及兩岸四地之經濟新貌，行程充實而愉快。』
- 香港中文大學同學



In the Summer Japanese Language Programme in Kyoto Sangyo University, students participated in classes on Japanese language, calligraphy, tea ceremony, martial arts and sports activities.



共建關顧校園

學生事務處 學生輔導及發展組

開學了！踏上這大學道上，你感受最深的是什麼？

到訪過中大校園的人都會被這裡的鳥語花香所吸引，感受傳統與現代交融的氣息。不論你是「新鮮人」還是「老鬼」，身為中大的份子，你會怎樣形容這校園？你又期望一個怎樣的中大校園呢？

關顧校園 和諧互助

大學階段是求學的新里程。大學既是個人增進知識、裝備自己的學府，亦是一個人與人之間緊密連繫、和諧互助的社區。相信不少中大人認同，中大擁有一種濃厚的人情味。這種人情味正是中大關顧文化的寫照。置身其中，我們體驗到彼此支援、和諧互助的文化，達致共享成功、健康和愉快的校園生活。要保持這麼珍貴的「關顧校園」，確有賴我們每一位中大人身體力行，積極參與。

「關顧校園友心人 大學道上結伴行」

為推廣校園互助關愛的文化。促進同學個人以至群體的心理健康成長，學生輔導及發展組以「關顧校園友心人，大學道上結伴行」作為本年度主題，開展一連串的相關活動，歡迎同學踴躍參加，進一步認識和實踐關顧文化，助己助人。朋輩輔導聯網 - “uBuddies”更是其中的重點項目，不容錯過！詳情請瀏覽本組網頁或親臨本組辦事處索取單張及報名表。

現誠意邀請你成為關顧校園的「友心人」，與所有中大人結伴攜手，共同開創精彩的大學生活！

甚麼是「關顧」？

關顧 (care) 的字根在哥德式的語言中，是哀慟的意思，指與悲傷者同愁、與哀慟者同憂、與流淚者同泣。關顧不是指強者對弱者的援助，而是以平等的角色進入別人的需要，與對方同行上路。





關顧校園友心人 大學道上結伴行

中大朋輩輔導聯網 - “uBuddies 2010”

大學生活期間，同學可能會遇上學業、社交、健康、經濟等困難和問題。其中有些人會選擇向朋友或家人傾訴，亦有些人會向輔導員、醫生等專業人士尋求意見和協助。有否想過，你也可以成為輔導員，當同學感到困擾時，以朋輩輔導員 (Peer Counsellor) 的身份，與他們分享你的經驗，並為他們提供適切的鼓勵和支援？過往不少研究指出，朋輩輔導員在支援學生個人成長、學業、社交、適應等方面，都發揮著重要的影響力。

有見及此，學生輔導及發展組將於本學年推行朋輩輔導聯網 - “uBuddies”，現誠意邀請你把握這個機會，報名加入成為朋輩輔導員，以同路人的身份，與同學分享你的成長體驗與智慧，一起共建關顧校園。

甚麼是「朋輩輔導」？

「朋輩」是指在學歷、年紀、生活經驗等背景相似的人群；「輔導」一詞，根據美國輔導學會 (American Counseling Association) 的定義，是指應用精神健康、心理學或人類發展的理論和原則，透過認知、情感、行為或系統性的介入方式，對當事人提出並強調個人的價值、個人成長、事業發展，以及心理疾病。簡單而言，「朋輩輔導」是由背景相近而曾接受輔導相關培訓的人，對當事人提供心理及個人成長方面的支援。

助人自助 共建關顧校園

此計劃將透過一連串有系統的培訓，包括基礎心理輔導技巧、精神健康急救課程、歷奇訓練營等，讓朋輩輔導員掌握有效的朋輩輔導技巧，繼而策劃及開展多類型的朋輩輔導服務，強化校園關愛互助的文化。朋輩輔導員既為同學提供輔導支援，同時亦得以促進個人成長，加深自我認識，增強自信，發展個人潛能。

獲取資格

完成培訓的同學將可獲取：

- * 中大uBuddies證書 (CUHK uBuddies Certificate)
- * 精神健康急救證書 (Mental Health First Aid Certificate)
- * 參選 Best uBuddies (傑出友心人)

參加者資格	中大全日制非畢業班本科生
名額	40人
按金	\$400 ~完成全部訓練課程及督導環節者 (出席率達80%或以上)，將獲退還現金。
查詢	2696 1804黃小姐
索取報名表格	1. 親臨范克廉樓一樓學生事務處學生服務中心； 2. 各書院輔導處； 3. 於學生輔導及發展組網頁下載： http://www.cuhk.edu.hk/osa/scds
截止報名日期	2009年10月31日

學生臨時溫習區

大學三三四學制所需的校園發展項目，於本年內將會全面展開。其中崇基校園附近將有多項大型建築工程，或會影響校園的寧靜環境。為此，校方特別為學生安排一個臨時的學生溫習區，讓學生有多一個地方溫習、討論或研究功課。第一個學生臨時溫習區設於利黃瑤璧樓一樓門廳，並已於今年九月一日正式啟用。這門廳連接室外一個平台花園，以往多用作校內各種活動集會的茶點招待區。

學生溫習區設有多款型式不同的檯椅擺設，提供手提電腦的供電插蘇、無線上網設施及飲品售賣機。學生可自由進出及使用這溫習區，亦應守紀律，保持地方寧靜，整齊及清潔。

學生溫習區的開放時間為星期一至星期五早上八時至晚上九時三十分，星期六早上九時至晚上六時，星期日及公眾假期停止開放。如有大型活動在溫習區開放期間於此門廳舉行，物業管理處會預先張貼通告，有關查詢，請致電2609 6462。



學生溫習區使用守則

1. 請保持寧靜及地方清潔。
2. 嚴禁進餐及飲用含酒精之飲品。
3. 請勿擅自將任何傢俬搬離溫習區，如有調動，請於離開前將傢俬及設施放回原處。
4. 請小心看管私人財物，離開時將所有私人物品帶走。
5. 不得躺臥於檯椅上。
6. 嚴禁在溫習區內進行其他活動。

校內巴士服務

保安及交通事務處

校內有數種巴士為同學及職員們提供服務，服務簡介如下：

1. a) 校巴服務

中大的校巴提供校內服務予教職員及學生（按香港道路交通法例只可接載上述人士）。教職員及學生專用校車不收費。

b) 校外人士專用巴士

租用校外巴士接載訪校人士暫不收費。

c) 維修保養

中大的校巴每年均需由運輸署年檢一次，始獲發給行車證；交通組亦會安排校巴在修車廠進行每年不少於4次的保養維修工作；修車技工於每週均會依次檢查校巴的煞車碟及車胎；按照法例，司機必須於開車前為校巴作例行安全檢查，如發現任何問題，司機不應駕駛該車並應要求盡早進行維修。

2. 穿梭小巴

租用承辦商小巴，提供校內服務予宿舍住戶及訪客。每程收費\$4.50（或可向司機購買每本10張共\$41.00乘車券）。

3. 復康巴

提供校內服務予有需要的同學，該同學需要經大學保健處處長推薦乘搭。



New Excitements

Caring for Your Campus Life with Facility Enhancement

Student Activities and Amenities Section, OSA

It is one of the visions of OSA to provide comfortable, enriching and inspiring amenities for our university community, especially our students, to enjoy campus life joyfully and relaxingly. This summer, several new looks of facilities have been introduced in answer to the needs of our students and staff. Below are two major enhancements.

University Bookstore – A Comfort Zone

With the recent make-over, the University Bookstore is no longer a place with the sole purpose of textbook supply but a comfort zone for reading. The new glassy window display and store entrance, together with the heightened ceiling, provide a comfortable and inviting atmosphere for everyone to hang out for a break from the busy campus life. Better use of space allows more book varieties of academic references as well as leisure readings. To offer cultural services to users, new elements such as the new reading corner and community message board were added to broaden their experience. Come, book lovers!



University Bookstore

LG, John Fulton Centre, Central Campus

Tel: (852) 2603 6760

Opening Hours:

9:00 am - 7:00 pm (Mon - Fri)

9:00 am - 1:30 pm (Sat)

University Swimming Pool – A Resort on Campus

The University Swimming Pool has undergone a large-scale renovation to allow the university community to have a more enjoyable swimming experience. Major changes include removal of the diving platform to fit the needs of the majority of swimmers. Now that there are two shallow ends of 1.35m depth, the beginners can practice with ease. For the walls and the bottom of the pool, mosaic tiles were replaced with more durable ceramic ones. To enhance the safety, a glass screen in front of the spectator stand had been put up. In addition, the use of non-slippery hardwood decking is not only steadfast, but also creates a relaxing style for the pool to make it “a resort on campus”. Try it out!



To obtain more information of the University Swimming Pool, please visit the following website:
http://www.cuhk.edu.hk/osa/stu_act_swim.htm

Phone Campaign 2009 raised HK\$3 million for students!

Office of Institutional Advancement

Have you ever imagined a language laboratory in the Department of Translation at New Asia College could become a call room? This summer, 43 students joined the four-week Phone Campaign organized by the Office of Institutional Advancement (OIA) and became CUHK ambassadors. They called up thousands of alumni to share the recent development of CUHK and invited them to support their alma mater.

“I want to improve my communication skills,” said an ambassador, while another ambassador shared, “I want to learn how to deal with rejections.” Though each of them had various motivations, they all had one ultimate goal: to strengthen the bonding between the alumni and their alma mater and raise donation for CUHK.

Tears and laughters filled every calling session. An ambassador nearly burst into tears when an alumnus expressed interest in setting up a named scholarship. “Although the setting up of the scholarship was called off at the end, he gave me a lot of advice for my career development.”

“Every dollar of donation will be spent for the benefit of students. We hope in time we will build a culture of CUHK alumni supporting the development and needs of our students,” said Ricky Cheng, Director of the OIA. Through the generous support of the alumni and the effort of student ambassadors, over HK\$3 million was raised to set up student scholarships and bursaries fund, support student exchange programmes, student activities and improve student facilities.



About Phone Campaign

Phone Campaign is one of the annual programmes held by OIA. Through the campaign, the student ambassadors not only became more skillful in communicating but also had better understanding about the development of the University. If you are interested in becoming part of the meaningful campaign that will provide you with a summer job, learning opportunities and a chance to contribute to CUHK, you are welcome to join Phone Campaign next year! Call Ms Olivia Cheung at 2609 7309 for more information.

Action!

Embark on a life changing experience – take part in the CUHK student exchange programme

Office of Academic Links

Going on student exchange is a life changing experience. The experience you gain will be one of the most rewarding features of your university career. Not only will you acquire new skills, knowledge and experience while on exchange, but you will also discover yourself and acquire a renewed sense of intellectual energy and focus. There are many benefits of going on student exchange. You can master a second language, experience a different learning environment, explore a foreign culture, develop networks for your future career and build independence.

Learn about student exchange programmes available at CUHK, what opportunities are available, how to apply and how other students have benefited from the programmes in the past. A series of briefing sessions will be held in October. Staff from the Office of Academic Links (OAL) and past participants will be ready to answer your questions.

To find out more about student exchange programmes:

- Read information from <http://www.cuhk.edu.hk/oal>
- Attend a Student Exchange Briefing Session held in October. Keep an eye out for the details in your email.
- Talk to a Study Abroad Advisor at OAL (Lady Ho Tung Hall, Clinic Road).
- Email us at iasp@cuhk.edu.hk
- Call OAL on 2609 7597

What have they experienced?



“My exchange experience at Macquarie University in Sydney has been very gratifying. These five months away from my friends, family and hometown have allowed me to understand myself and explore my potentials. These experiences taught me that being independent actually meant being responsible for myself, by myself. I also experienced personal growth. This exchange has been one of the most worthwhile experiences in my life.”

FU Hoi Man Mandy, Year 3, English
Exchange University: Macquarie University, Australia
Exchange period: 1st term of 2008-09

“During exchange at University of Massachusetts, Amherst in USA, I am delighted to learn that I can achieve something which seems impossible. The exchange experience has also an important influence on my personal growth. Despite frustration and loneliness at the beginning, I have learnt to be more independent and confident when facing challenges. I treasure the experience very much and the exposure to this big world does help me understand my strengths and weaknesses.”

Fong Hiu Ying Hilda, Year 4, Journalism and Communication
Exchange University: University of Massachusetts Amherst, USA
Exchange period: 1st term of 2008-09



政府資助專上課程學生資助計劃2009/10

新生報名日期：9月16至18日

遞交申請表地點：大學本部富爾敦樓103室

「資助專上課程學生資助計劃」(TSFS) 及免入息審查貸款計劃 (NLS)的申請人，必須於政府學生資助辦事處網頁 <http://www.sfaa.gov.hk> 下載申請書(電子表格)，以電腦輸入申請資料，然後列印已完成輸入的電子表格，連同有關證明文件經本校交回政府學生資助辦事處。

查詢電話: 2150 6000

大學助學金及貸款計劃

遞交申請表詳情如下:

	日期	地點
全日制本科生	9月21日至23日	所屬書院輔導處
全日制研究生	9月24日至25日	入學及學生資助處獎學金及經濟援助組(碧秋樓332室)

此項計劃旨在補充政府的資助計劃，同學須先向政府申請「資助專上課程學生資助計劃」。申請表格可於2009年9月1日起於入學及學生資助處網頁<http://www.cuhk.edu.hk/adm/sfas> 下載。

查詢電話: 2609 7205

聯合書院品德教育韻文創作比賽

為宣揚正面的價值觀及態度，聯合書院學生身心健康工作小組決定舉辦韻文創作比賽，以期在校園提升同學的關注。比賽分中文及英文兩組，歡迎所有書院學生參加，有關詳情請瀏覽比賽網頁 www.cuhk.edu.hk/uc/moraledu。參加者請將設計作品於2009年9月25日或以前，電郵至 ucmoraledu@cuhk.edu.hk。每位參加者於每一組別最多可提交兩個設計，如書院收到超過此數目的設計，只會評審最先收到的兩個設計。大會亦設獎項，贈予有最多參賽作品的宿舍或走讀生舍堂。查詢請與書院輔導處林偉源先生或何惠芬女士聯絡，電話2609 7570。

New Logo Design Wanted --

CUSIS

Logo Design Competition

Have you ever thought that your design can be appreciated by more than 150,000 students, staff members and alumni of CUHK? Here is the chance for you to complete this great job!

With the introduction of CUSIS (Chinese University Student Information System) by mid-2010, we are pleased to announce a competition to design a new logo of CUSIS to mark a new milestone of the University's information system development. The most outstanding design will be featured in the new University portal page – MyCUHK and all CUSIS publicity works. The winner will get a Lenovo Netbook and souvenirs will also be given to the 1st and 2nd runners-up.

The competition is open for all students of CUHK. If you are interested in this competition, please submit your design and statement of concept/theme on or before 16 October 2009. Please be reminded that your design must feature the name CUSIS and multiple designs may be submitted.

For detailed information of the competition, please visit <http://www.cuhk.edu.hk/cusis>.

Stay tuned

Career Planning and Development Centre, OSA For enquiry: Tel. 2609 7202 cpdc@cuhk.edu.hk
Please note that the following schedule is subject to change. Students may refer to our website: <https://www.cuhk.edu.hk/osa/aps/seminar/ibform.htm> for the most updated information.

Recruitment Talk	Organizer / speaker	Date
HSBC	CPDC	18 Sep 2009
KPMG	CPDC	21 Sep 2009
Deloitte Touche Tohmatsu	CPDC	22 Sep 2009
BNP Paribas	CPDC	23 Sep 2009
Hang Seng Bank	CPDC	24 Sep 2009
HKSAR (Executive Officer)	CPDC	25 Sep 2009
HKSAR (Administrative Officer)	CPDC	25 Sep 2009
Citi	CPDC	28 Sep 2009
DBS Bank (Hong Kong) Limited	CPDC	29 Sep 2009
Hong Kong Police Force	CPDC	30 Sep 2009
UBS	CPDC	30 Sep 2009
Royal Bank of Scotland	CPDC	05 Oct 2009
Bain & Co	CPDC	05 Oct 2009
John Swire & Son	CPDC	06 Oct 2009
McKinsey & Co Inc	CPDC	08 Oct 2009
Standard Chartered bank	CPDC	09 Oct 2009
Credit Suisse	CPDC	12 Oct 2009
Nomura	CPDC	13 Oct 2009
Ernst & Young	CPDC	14 Oct 2009
Boston Consulting Group	CPDC	15 Oct 2009
NWS Holdings Ltd	CPDC	15 Oct 2009
Morgan Stanley	CPDC	20 Oct 2009
Cathay Pacific (Cadet Pilot)	CPDC	21 Oct 2009
PCCW	CPDC	22 Oct 2009
Sino Group	CPDC	27 Oct 2009
Shui On Development Ltd (China)	CPDC	27 Oct 2009
The Dairy Farm Co Ltd (Mannings)	CPDC	29 Oct 2009

Guidance Programme	Organizer / speaker	Date
Proactive Job Hunting-Are You Ready?	Mr. Stan Ho, Fitch Ratings	17 Sep 2009
Briefing Session for Project CG!	CosmoGirl	25 Sep 2009
Career Seminar - Commercial Banking	HSBC	26 Sep 2009
Preparing for the Working World - Workshop on Social Etiquette & Introduction	International Image Consultant	28 Sep 2009
Enhancing Self-awareness in Developing a Personal Career Plan	Mr. Raymond Yu, Talents Consulting Limited	29 Sep 2009
Career Seminar- Aviation Industry	Aviation Association	30 Sep 2009
Preparing for the Working World - Workshop on Hair Style for Interview (for male only)	Mr. Kim Chow, Hair Stylist	Oct 2009
Seminar on Ethics @ Work - ICAC	ICAC	Oct 2009
Mock Interview Workshop	HR professionals from various industries	Oct 2009
Roadmap to a Certification Auditor	SGS	Oct 2009
Youth Education on Mandatory Provident Fund Schemes	MPFA	Oct 2009
CEO Talk - HSBC	Mr. Peter Wong, HSBC	Oct 2009
Seminar - Labour Law	The Hong Kong Federation of Trade Unions	Oct 2009
Preparing for the Working World - Workshop on Hair Style for Interview (for female only)	Mr. Kim Chow, Hair Stylist	Oct 2009
Seminar on Teaching Profession - Introduction of Postgraduate Diploma Programme in Education	Faculty of Education, CUHK	Oct 2009
Practice on Ability Tests	CPDC and Department of Psychology	Oct 2009
Individual Counselling Session - Personal Image and Interview Skills	International Image Consultant	Oct 2009

Incoming Students Section, OSA For enquiry: Tel. 2609 7945 isso@cuhk.edu.hk (General enquiry) / 2696 1533 leos@cuhk.edu.hk (Learning enhancement)

Events	Organizer / speaker	Date
"Cultural Blog"- Radio Programme on CU Campus Radio	Incoming Students Section	Sep - Nov 2009
Cultural Diversity Programmes	Incoming Students Section	Oct - Nov 2009
Learning Enhancement Workshops	Incoming Students Section	Oct - Nov 2009

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

Events	Organizer / speaker	Date
Workshops for Year 1 Medical Students	SCDS	17 Sep 2009, 8 Oct 2009
Talk on "Adjustment in CUHK" for CC Year 1 Students	SCDS	18 Sep 2009
Workshop for Year 1 Psychology Students	SCDS	21 Sep 2009
Talk on "Adjustment in CUHK" for UC Year 1 Students	SCDS	25 Sep 2009
Talk on "Adjustment in CUHK" for NA Year 1 Students	SCDS	2 Oct 2009