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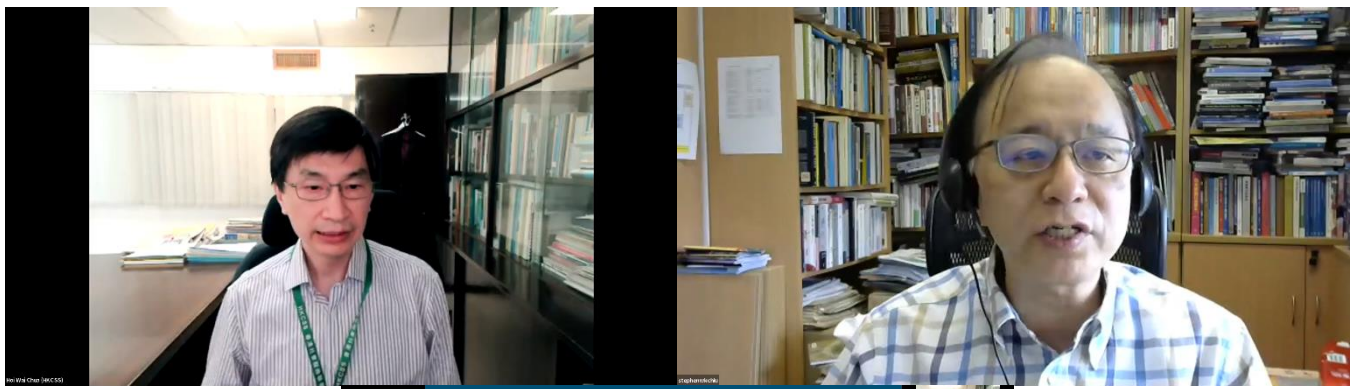
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# Sunny Review

- College Forum: Social Innovation and HKCSS (Speaker: Mr. Hoi-wai Chua 蔡海偉先生)



**Hong Kong Council of Social Service**

Hong Kong Council of Social Service (HKCSS)  
 • a federation of social service agencies of Hong Kong

**Establishment (1947)**

- with the aim to plan and coordinate large scale relief works and social welfare after the Second World War
- In 1951, we became a statutory body under the ordinance, chapter 1057

**Today (2020)**

- HKCSS represents more than 490 Agency Members
- provides quality social welfare service through our 3,000 operating units in Hong Kong

The College Forum entitled "Social Innovation and HKCSS" was conducted by Mr. Hoi-wai Chua (蔡海偉先生), Chief Executive of the Hong Kong Council of Social Service (HKCSS), last Friday. Mr. Chua introduced the mission of HKCSS, and some social innovative projects initiated by CUHK alumni. He then discussed with the challenges HKCSS faces, and how the youth could engage in social innovation.

We were grateful to have Professor Stephen W.K. Chiu (趙永佳教授), Chair Professor of Sociology; Associate Dean (International Engagement), Faculty of Liberal Arts and Social Sciences, The Education University of Hong Kong; Senior College Tutor, Wu Yee Sun College, moderating the Forum.

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## 2. 網上小說創作工作坊

為期三堂的「網上小說創作工作坊」於上星期三結束。同學在香港青年作家梁莉姿小姐指導下，透過閱讀不同地方的文學作品、課堂討論及寫作練習，學習小說創作的技巧。課程完結後，同學的寫作能力及創作力都得以提升。

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## College Activities

### 1. 1-min Sports Challenge <Presented by College Sports Association>

<以下內容由書院體育學會撰寫 The following message is drafted by College Sports Association>

SPORTS THE SPORTS ASSOCIATION ASSOCIATION

15 PUSH-UPS/20 SIT-UPS /45 SECS PLANKING

POST ON INSTAGRAM WITH #WYSSPORTCHALLENGE AND TAG @WYS.SPORTS.ASSO

1-min Sports Challenge

\*FOR WYS STUDENTS ONLY\*

COLLECT LIKES 9TH - 16TH NOV RESULTS ON 17TH NOV FINISH ALL 3 AND TAG 3 FRIENDS FOR CHANCE TO BIG PRIZE!

BIG PRIZE: AIRPODS 2 (MOST LIKES) PARTICIPATION (AT LEAST 1 ITEM) SPORT DRINKS POWDER + RESISTANCE BAND

開學之後日日都留喺屋企上 online lesson, 相信大家少咗好多時間做運動。就算係幾健康嘅身體, 如果唔 keep 住做運動都有腰酸背痛嘅一日! 我地 sports asso 就喺呢到 challenge 大家做 15 下 push-up/20 下 sit-up/45 秒 plank, 然後放上 ig hashtag #wyssportschallenge 再 tag 埋我地 ig: @wys.sports.asso。達到一定 like 數就可以返嚟宜孫擺小禮物。做齊三樣仲有機會攞走運動耳機 airpod2! 活動 11 月 9 號開始, 11 月 16 號點算 like 數, 千祈唔好錯過吖!

When is your last time doing sports?

With a long period of online lesson time, do you find fewer chances transiting around the campus?

We would like to invite you to live healthier by doing sports even when staying at home. As a challenge, do simple workouts like push-up, sit-up, or plank, together with your friends. Share your video of doing work out on Instagram with hashtag #wyssportschallenge. Try to win a gift with numbers of likes! Rules are as follows:

1. Participants are required to finish 15 push-ups, 20 sit-ups or hold a plank for 45s in a video.
2. Hashtag #wyssportschallenge and tag @wys.sports.asso in the video posted on Instagram\*.
3. Participants completing all three types of workouts and tagging 3 friends on the post as a challenge are qualified for the BIG prize\*\*.
4. Participant should be qualified and gets the most likes in the challenge post in order to win the big prize\*\*.

\*The Instagram account should be set as public in order to participate in the challenge.

\*\*1x set of Apple AirPods 2 will be given as the big prize.

Event starting from 9<sup>th</sup> Nov, numbers of likes will be counted on 16<sup>th</sup> Nov! Come and join us!

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## College Announcements

### 1. WYS Term-long Exchange Programme 2021/22 Introduction Session

Application for WYS Term-long Exchange Programme 2021/22 will begin on 19<sup>th</sup> Nov 2020 (Thu). If you want to know more about the College exchange programme, join the **Term-long Exchange Programme Introduction Session**.

Below list the event details.

Date: 24<sup>th</sup> Nov 2020 (Tue)

Time: 6:45 pm - 8:30 pm

Format: Online via Zoom

Registration (A Zoom meeting link will be provided to registered participants):

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11253506>

Registration deadline: 22<sup>nd</sup> Nov 2020 (Sun)

**Enquiries:**

Miss Rachel Poon ([rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) / 3943 3942)

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## 2. 存心傳意 Familiar

The following message (Chinese only) is drafted by group students of College Final Year Project :

我哋係一班伍宜孫書院 Year 4 嘅學生🎓💡，做緊一個有關改善親子關係嘅 Final Year Project — 「存心傳意 Familiar」👪👩👦👧。

透過更有效嘅溝通同相處模式，我哋希望改善香港大眾嘅親子關係🗣️👂，同埋促進家庭和諧，提升家庭幸福感~👪👩👦👧👉

我哋一共推出左 5 個活動同工作坊，其中 3 個活動希望可以搵到更多參加者，增加我哋活動嘅影響力！🐱

活動①「親心直說 Shall We Talk」工作坊🗣️❤️



\* 活動內容：

- ◆ 想鼓勵親子雙方平日有更多的溝通和深入的傾談🗣️👂
  - ◆ 珍惜當下和身邊人，避免日後留下任何遺憾和感到後悔😔😔
  - ◆ 想搵啲鍾意創新體驗式親子工作坊既朋友仔🏠❤
- \* 日期：即日起到 11 月 30 日（可自由選擇其中一日）
- \* 時間：需時~1.5 小時（\*可自由選擇其中一個自己方便既時間）
- \* 人數：最多 4 個家庭（需要父/母/父母+最少其中一位子女共同參加👪👩👦👧）
- \* 費用：全免
- \* 形式：網上 Zoom 舉行📺
- \* 報名方式：Google Form (<https://forms.gle/rq6cq8RYWeGM3ARDA>)

## 活動② Comment 每週一讚彈 🗨️👍🗨️🏠



\* 日期：即日起到 12 月 31 日

\* 參加方法:

- ★ 子女和父母每週安排十五分鐘，就自己和對方當週相處的表現寫下反饋，再討論和檢討 🗨️🗨️
- ★ 挑戰後，參加者可通過匿名 Google Form (<https://forms.gle/Re1AXu6jQP49NYWk9>) 簡單分享兩人反饋 🗨️📄
- ★ 我地會選取部分在社交媒體專頁發佈 🗨️🔊 (詳情見 IG Page)

## 活動③【隆重推出】「身」火相傳 Instagram Filter



\* 日期：即日起到 12 月 31 日

\* 濾鏡連結（條片記住 Tag 返我哋🐱）：

<https://www.instagram.com/ar/350789729592354>

\* 濾鏡內容：

◆ 呢個 Filter 係我哋嘅心血結晶，入面我哋設計咗 10 個親子一日任務，希望大家可以探索唔同改善親子關係嘅方法 🗨️🗨️，內容包括：1 🗨️ 體驗對方生活 🗨️、2 🗨️ 促進溝通 🗨️、3 🗨️ 表達愛意 🗨️

\* 濾鏡玩法：

★ 如果你抽中咗「今日我做 Cooking Mama 🍳👩」嘅任務，畫面就會顯示你戴住家庭主婦嘅頭巾 🧢，而你就要先問吓父母平時煮飯嘅習慣同技巧 🗨️🗨️，喺當日幫佢哋煮一餐飯 🍳🍲。

★ 過程中，我哋希望大家可以喺 Story 分享過程同成果 🗨️🗨️🗨️（唔 show 樣都得㗎 🗨️），記錄返低你嘅感受 🗨️，而完成之後記得\*\*\*TAG\*\*\*返我哋 🐱，同埋邀請 2 🗨️ 位朋友參加 🗨️，將家庭溫暖傳畀所有人 🗨️🗨️🗨️！

♥️🗨️🗨️🗨️♥️

— 「既然咁有緣做到你屋企人，

即係命中註定我愛你啦！🗨️」

#估唔到因為呢個 filter 妳覺得我終於大個仔啦

#多謝你



關注「存心傳意 Familiar」🏠：

\* FB：<https://www.facebook.com/familiar.wys/>

\* IG：<https://instagram.com/familiar.wys/>

如有任何疑問，歡迎 dm 聯絡我地既成員！

如有興趣參加我哋嘅活動同閱覽更多親子相處嘅技巧，請關注我哋嘅 Facebook 同 Instagram 專頁👉👉 (Fb: @familiar.wys IG: @familiar.wys)，謝謝！👨👩👧👦

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### 3. 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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### 4. "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 [sammykwan@cuhk.edu.hk](mailto:sammykwan@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!

#### Enquiries:

Ms. Sammy Kwan ([sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) / 3943 9775)

Miss Florence Tsui ([florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk) / 3943 9767)

Miss KiKi Chan ([kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

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### 5. 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 [sammykwan@cuhk.edu.hk](mailto:sammykwan@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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## 6. 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 ([chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk)) / 3943 3934)

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## 7. 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. Self-Motivation Fund for Health and Well-being Activities



**Self-Motivation Fund for Health and Well-being Activities**

*Self-Motivation Fund for Health and Well-being Activities* encourages students to participate in various kinds of health and well-being activities and qualification courses in order to bring everyone **health, happiness** and/or **satisfaction**.

**Health and Well-being Activities**  
Max. funding amount :  
**\$1,500**  
or 80% of course fee  
(whichever is lower)

**Examples**  
Healthy Cooking Class  
Trial Course on Musical Instruments  
Course about Nutrition / Chinese Medicine  
Mindfulness Workshop  
Mental Health First Aid Course

**Qualification Courses for Health and Well-being Instructors**  
Max. funding amount :  
**\$4,000**  
or 80% of course fee  
(whichever is lower)

**Examples**  
Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course  
Art / Music Therapy Instructor Course

Application & Guidelines

Enquiries:  
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

*Self-Motivation Fund for Health and Well-being Activities* encourages students to participate in various kinds of health and well-being activities in order to bring everyone **health, happiness** and/or **satisfaction**.

**Eligibility:**

For Wu Yee Sun College students who participate in health and well-being activities organized by organization(s) other than the College.

**There are two categories of activities you can apply :**

**(i) Health and Well-being Activities**

**Examples :**

Healthy Cooking Class, Trial Course on Musical Instruments, Course about Nutrition or Chinese Medicine, Mindfulness Workshop, Mental Health First Aid Course

Funding amount : maximum **\$1500** or 80% of total application fee and course fee (whichever is lower)

**(ii) Qualification Courses for Health and Well-being Instructors**

**Examples :**

Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art or Music Therapy Instructor Course

Funding amount : maximum **\$4000** or 80% of course fee (whichever is lower)

Take a look at the **guidelines** and the **reflection template** and start your healthy life now!!!

**Application** : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10447493>

**Enquiries:**

Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

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**2. Self-Motivation Fund for Sports Activities**



**Self-Motivation Fund for SPORTS Activities**

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

**Sports Activities**  
Max. Funding Amount:  
**\$1500**  
or 80% (whichever is lower)

**Examples:**  
Standard Chartered Hong Kong Marathon,  
Oxfam Trailwalker,  
Spartan Race,  
Dance Workshop,  
Yoga Class

**Qualification Courses for Sports Coach**  
Max. Funding Amount:  
**\$4000**  
or 80% (whichever is lower)

**Examples:**  
Rowing,  
Rope-skipping,  
Taekwondo,  
Orienteering

**Application & Guidelines:**

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

*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".*

To enhance support to students, funding amount is increased as follows:

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

Funding per student per year: Max. \$2,000 → **\$4,000**

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

**Enquiries:**

Miss Chillies Tam ([chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk) / 3943 3934)

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### 3. Self-Motivation Fund for Green Activities

# Self-Motivation Fund for GREEN Activities



Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.



## Green Activities

Max. Funding Amount:

**\$1500**

or 80% (whichever is lower)

**Examples:**  
Eco-cultural Tour,  
Upcycling Workshops,  
Forest Bath

## Qualification Courses for Instructor of Green Activities

Max. Funding Amount:

**\$4000**

or 80% (whichever is lower)

**Examples:**  
Horticultural Therapists,  
Trainer for Organic Farming,  
Docent Training on Ecotourism

Application & Guidelines:



**Enquiries:**

Ms Sonia Yu (3943-3937/soniayu@cuhk.edu.hk)

*Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.*

### Funding Amount:

Green Activities: Max. **\$1,500**

Qualification Courses for Instructors of Green Activities: Max. **\$4,000**

**Details:** <https://www.wys.cuhk.edu.hk/whole-person-development/green/>

### Enquiries:

Ms. Sonia Yu ([soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) / 3943 3937)

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## 4. 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.)

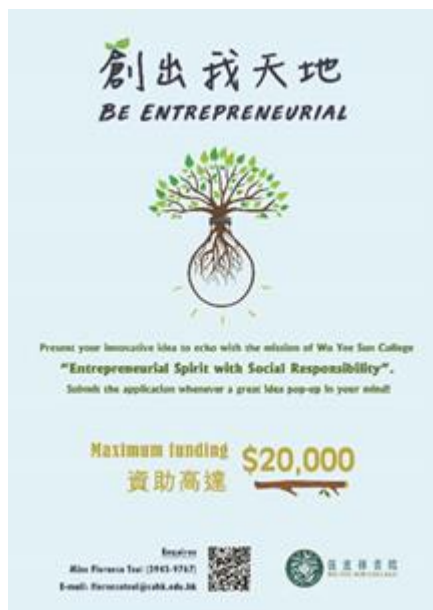
Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

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

### Enquiries:

Miss Rachel Poon ([rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) / 3943 3942)

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



Grab the chance, be creative!

**Be Entrepreneurial! Funding Scheme** supports students to implement various short-term projects fulfilling college's core values of **creativity, entrepreneurial spirit, and social responsibility**.

All undergraduate students, regardless of discipline and year of study, are welcome to submit application all year round. **The maximum funding amount is up to HK\$20,000!**

**Online application is now available, simply submit your application through one click**

- <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10631420>

Check out the details through this [link](#).

### **Enquiries:**

Miss Florence Tsui ([florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk) / 3943 9767)

Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

## 6. 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 KiKi Chan ([kikiwokchan@cuhk.edu.hk](mailto:kikiwokchan@cuhk.edu.hk) / 3943 3935)

Miss Rachel Poon ([rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) / 3943 3942)

## Other Activities & Announcements

### 1. "My Green Space" Student Competition 2020-21

The Hong Kong Green Building Council (HKGBC) cordially invites all the students from Wu Yee Sun College, CUHK to participate in the **"My Green Space" Student Competition 2020-21**.

The Hong Kong Green Building Council Limited (HKGBC) is a non-profit, member led organisation established in 2009 with the vision to help save the planet and improve the wellbeing of the people of Hong Kong by transforming the city into a greener built environment. The Founding Members of HKGBC include the Construction Industry Council (CIC), the Business Environment Council (BEC), the BEAM Society Limited (BSL) and the Professional Green Building Council (PGBC). Its mission is to lead market transformation by advocating green policies to the Government; introducing green building practices to all stakeholders; setting design, construction and management standards for the building profession; and promoting green living to the people of Hong Kong.

The HKGBC strives to enhance public understanding and awareness towards green buildings and has established “My Green Space” Student Competition (Previous Name: “My Green Space” Green Building Competition for Schools) since 2011. The Competition has received overwhelming response from students in the past years. The HKGBC launches the Competition again in 2020-21 to educate the younger generation about green building knowledge, and nurture green building pioneers.

The theme of the Competition for this year is “The Wellbeing of Us – Build a better place for People and Environment”. Students are encouraged to use new or existing building(s) as fundamentals and inject green building elements in their designs, making better places for people and environment.

The registration deadline of the Competition is **6:00 pm, 30<sup>th</sup> Nov 2020**. Interested students are required to register online at: [http://competition.hkgbc.org.hk/en/about\\_competition\\_registration.php](http://competition.hkgbc.org.hk/en/about_competition_registration.php) before the deadline. Applicants will receive confirmation email with Entry Number upon successful registration. Registration is on a first-come-first-served basis. After registration, participating students will be invited to join the online Green Building Tours cum Workshops in early December to enhance their understanding on green buildings. The students are then required to submit their entries on or before **6:00 pm, 26<sup>th</sup> Feb 2021**. A wide range of entry formats are accepted.

For further details of the Competition, please download the promotional materials of the Competition [here](#) or visit the website at [www.hkgbc.org.hk/studentcompetition](http://www.hkgbc.org.hk/studentcompetition).

Please contact the HKGBC Secretariat at 3994 8835 for any enquiries.

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## 2. Survey about Online Teaching and Learning (For current full-time undergraduates)

**How's your home-based learning experience so far?**

We are eager to learn more about your home-based online learning experience amid the COVID-19 pandemic.

**Student Version**

Tell us your thoughts by completing the questionnaire at:  
<https://cloud.itsc.cuhk.edu.hk/mycuform/view.php?id=567869>

香港中文大學 The Chinese University of Hong Kong  
學能提升研究中心 Centre for Learning Enhancement and Research

In this survey, we would like to investigate the following 6 aspects: (1) Evaluation of students’ attitudes of study during online learning; (2) Students’ perception about teachers’ online performance; (3) Students’ challenges and difficulties when attending online learning; (4) Peer support during online learning; (5) Impact of COVID-19 on students’ daily lives and (6) Suggestions for the improvement of the future online teaching and learning.

Please click the following link to fill in the survey or SCAN the QR Code to complete the survey:  
<https://cloud.itsc.cuhk.edu.hk/mycuform/view.php?id=567869>



This survey will take about 15 minutes to complete. Participation is voluntary. If participants feel uncomfortable when doing the online survey, they have the right to withdraw and discontinue participation.

We sincerely thank for your participation in this study.

Vivian WY LEE  
Associate Professor  
Centre for Learning Enhancement And Research [CLEAR]

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### 3. 2FA Policy for All CUHK Accounts 大學帳戶雙重認證政策

Please note the arrangement of “2FA for All CUHK Accounts” and take the necessary action:

<b>Policy Summary</b>	Under this policy, all staff, student and project accounts (aka @cuhk.edu.hk and @link.cuhk.edu.hk) must be 2FA protected. You can activate 2FA on your account anytime. The enforcement date is <ul style="list-style-type: none"><li>• Student Accounts: 3<sup>rd</sup> Nov 2020</li><li>• Staff and Project Accounts: 2<sup>nd</sup> Feb 2021</li></ul>
<b>Your Action</b>	<ul style="list-style-type: none"><li>• Enroll your account and designated mobile device via DUO 2FA Self-Service User Portal (<a href="https://duo.itsc.cuhk.edu.hk">https://duo.itsc.cuhk.edu.hk</a>)</li><li>Or</li><li>• Purchase a hardware token from ITSC for DUO 2FA</li></ul>
<b>2FA Integrated Applications</b>	When 2FA is activated on your account, your access to the following services will be protected with 2FA. <ul style="list-style-type: none"><li>• Email</li><li>• CUHK &amp; SSL VPN</li><li>• Microsoft 365</li><li>• MyCUHK</li><li>• CUPIS</li><li>• Employee Self-Service (ESS)</li><li>• CUSIS**</li><li>• UG Admission System**</li><li>• PG Admission System**(GS Platform (Division))</li></ul> **Authorized application administrators
<b>DUO 2FA Usage</b>	Visit <a href="https://www.itsc.cuhk.edu.hk/all-it/information-security/two-factor-authentication-2fa">https://www.itsc.cuhk.edu.hk/all-it/information-security/two-factor-authentication-2fa</a> for <ul style="list-style-type: none"><li>• Mobile or Hardware token Enrollment</li><li>• User Guides (document and video)</li><li>• <a href="#">Briefing Sessions</a></li></ul>

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## 4. CUHK Independent Learning Centre (ILC)

Here are some workshop highlights for academic year 2020/21 which is organized by CUHK Independent Learning Centre (ILC). You are welcome to visit the ILC website (<https://www.ilc.cuhk.edu.hk/EN/>) for a short ILC video for their major work and services or check out their new link on “**Tips for Successful Online Learning @ CUHK**”. You may also go to: <https://bit.ly/32MAMvF> to see the workshop series posters.

1. **University Study Skills Series** – this series is particularly useful for incoming UG students
  - Study Skills in English at University Level
  - Academic Reading: Strategies for Success
  - Ace Your Oral Presentations
  - Discussion Skills and Current Affairs
  - Saying What you Mean: English Pronunciation for Cantonese and Mandarin Speakers
  - Listening to Learn: Academic Listening and Note-Taking Skills
  - Building a Bigger and Better Vocabulary
2. **Writing Series**
  - Academic Essays
  - Research Papers
  - Reflective Journals
  - Personal Essays
3. **Job Preparation Series** – this series is particularly useful for graduating students and students who are interested in applying for exchange/ internship opportunities
  - Writing Impressive Resumes
  - Writing Impressive Application Letters
  - Ace Your In-person and Video Job Interviews
  - Standing Out in a Group Interview
  - Interview Practice and Self Reflection
4. **CRE/JRE Series**
  - Preparing for the CRE – Use of English
  - Tips and Strategies in Tackling the JRE
  - JRE Writing Practice (Practice writing for the JRE under exam conditions)
  - Feedback on JRE Writing Practice (Discuss exam strategy and student writing)
5. **Exam Preparation Series**
  - Taking the IELTS Challenge: Reading & Writing
  - Taking the IELTS Challenge: Speaking & Listening
  - Mastering the TOEFL: Reading and Listening
  - Mastering the TOEFL: Speaking and Writing

Students who think they will benefit from having a one-to-one meeting with the teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session. The schedule can be found at: <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>. Besides, the ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support students. Details are available at: <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>.

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## 5. Flourishing First Year Programme 心盛計劃 2020-21



# Flourishing First Year @ CUHK 2020-21

Flourishing First Year@CUHK is a tailor-made programme for all NEW students. A series of workshops are provided for supporting you to flourish and grow from failures.

## *How does Flourishing First Year@CUHK work?*

**Step 1:** All new students are eligible for receiving information about upcoming activities/workshops and have the priority in enrolling in these activities/workshops

**Step 2:** Enroll in the workshop and get our welcoming gift in your first workshop (on a first-come-first-serve basis)

**Step 3:** Be a flourishing learner!

**Step 4:** Get your reward! (coffee making workshop/pottery class; on a first-come-first-serve basis)

**Step 5:** Complete all workshops from PERMA (Positive Emotions, Engagement, Relationship, Meaning, Accomplishment)

## **Programme Details and List of Workshops:**

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

## **Enquiries:**

Office of Student Affairs ([osa@cuhk.edu.hk](mailto:osa@cuhk.edu.hk) / 3943 8652)

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## 6. Community Resources for Emotional Support

### <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*

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To unsubscribe, please email us at [info.wys@cuhk.edu.hk](mailto:info.wys@cuhk.edu.hk).