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Sunny Review

- The 88th Congregation for the Conferment of Bachelor's Degrees
The 5th Graduation Ceremony of Wu Yee Sun College



The 88th Congregation for the Conferment of Bachelor's Degrees was held on 19th Nov (Thu) at 4:30 pm in Sir Run Run Shaw Hall. As the pandemic situation remained volatile, the University had decided to move the ceremony online. At the virtual ceremony, College Master Professor Anthony T.C. Chan (陳德章教授) congratulated all the graduates entering a new chapter of their lives and encouraged them to equip themselves to be ready for upcoming challenges. Professor Mai-har Sham (岑美霞教授), Pro-Vice-Chancellor of CUHK, presided at the Congregation and conferred all the Bachelor's degrees. The College wish to meet all the graduates on campus again in the near future.

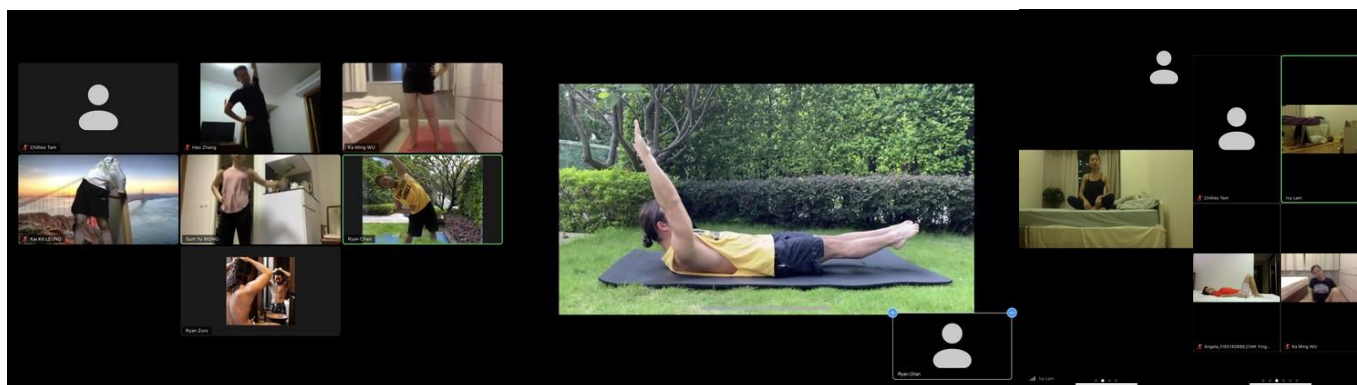
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2. College Forum: How many earth have you overdrafted? – Development of agriculture and city for a sustainable future
 碌爆地球 – 農業與城市的可持續發展 (Speaker: Dr. Ronald Yu 余浚維博士)

The College Forum entitled “How many earth have you overdrafted? – Development of agriculture and city for a sustainable future” was conducted by Dr. Ronald Yu (余浚維博士), Agricultural Scientist, CSIRO Australia, last Friday. Dr. Yu introduced how human activities have affected the environment, and ways to reduce pollution and “remove” pollution by circular economy.

We were grateful to have Dr. Esther Wong (黃穎瑜博士), Lecturer, General Education Foundation Programme and College member, moderating the Forum.

3. Mindful Yoga & Fitness Training



It was not easy to stay at home for such a long time. Our yoga and fitness trainers have led classes to show students how they could work out in a small space. With a yoga-mat-size space, participants gave a peaceful moment to communicate only with their body and mind. Some poses can be even done on bed. Participants who challenged themselves in training core muscles or body movement, followed the videos taped by trainers to learn the moves. They also had live interactions with trainers for more fitness advice! You could always find a way to exercise. Keep up the healthy routine!

4. 中醫保健安神系列



中大中醫學院助理院長及註冊中醫師張保亭教授於 11 月 16 日為書院舉辦了兩項網上中醫保健工作坊。張教授首先在安神助眠穴位按摩時示範於頭面、手掌和上肢內側進行推拿按摩，以助寧心安睡及舒緩情緒。張教授然後在清肝明目茶包製作時講解各藥材的功效，同學根據張教授的指示，在家學習沖泡藥茶的方法，以達致清肝明目及養心安神之效。

College Announcements

1. WYS Term-long Exchange Programme 2021/22 - Open for Application



The College Term-long Exchange Programme 2021/22 is now open for application, the application deadline is **7th Dec 2020**. If you are interested in applying exchange, please refer to the College website (<https://www.wys.cuhk.edu.hk/whole-person-development/exchange/>) for details and apply online (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11152290>).

In 2021-22, the college is offering exchange in 4 institutes, please see below detailed list of exchange institutes.

Note: 1 FTE means one full year or two terms

REGION	COUNTRY	HOST INSTITUTE	Quota (FTE)
America	Canada	Mount Allison University	1.0
	The United States	St. Edward's University	1.5
Asia	China	Zhejiang University	0.5
	South Korea	Korea University	2.0

Enquiries:

Miss Kiki Chan (3943 3935 / kikiwkchan@cuhk.edu.hk)

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

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

The College Term-long Exchange Programme 2021/22 is now open for application. If you want to know more about the College Exchange Programme, attend the Term-long Exchange Programme Introduction Session tomorrow night!

Date: 24th Nov 2020 (Tue)

Time: 6:45 pm - 8:30 pm

Join Zoom Meeting:

<https://cuhk.zoom.us/j/93059846674?pwd=LzBoSE9WUCs5U2NtWTV4VFFvWXFuUT09>

Meeting ID: 930 5984 6674

Passcode: 275133

3. 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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4. 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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5. “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 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 / 3943 9775)

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

Miss KiKi Chan (kikiwokchan@cuhk.edu.hk / 3943 3935)

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6. 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 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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7. 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) / 3943 3934)

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8. 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 / 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 / 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 / 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.)

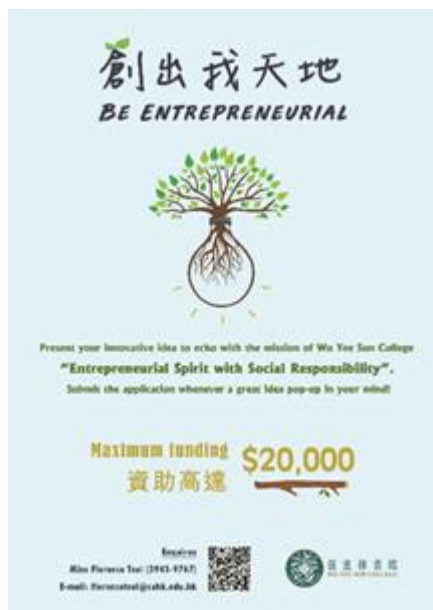
Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

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

Enquiries:

Miss Rachel Poon (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 / 3943 9767)

Miss Phoebe Wu (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 (kikiwkchan@cuhk.edu.hk / 3943 3935)

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

Other Activities & Announcements

1. HKMA Youth Development Scheme

HKMA has organized the following seminars for students to join in December. Under the threat of pandemic, seminars will be conducted online and free of charge. Quota limited. Tickets will be provided on first-come-first-serve basis. Details are as below:

(MMP-ADM-2020-B-P)

60 HKMA GS1 Hong Kong

創新轉型: 解構疫市下的餐飲業契機 研討會

新冠肺炎在全球爆發，各行各業因疫情持續蔓延而深受影響，餐飲業更是首當其衝。然而，疫情亦催生出新的消費模式及加速業界的數碼轉型。在「疫」市之下，餐飲業商家如何應對及創新？香港管理專業協會與香港貨品編碼協會邀得三位專家，為企業分析市場變化，大談新常态下的營業契機。

演講嘉賓

常務董事
黃鳳鳴女士
OpenRice

首席營運總監
林漢強博士
GS1 Hong Kong

高級資訊科技總監
馬慶和先生
Meiwa's

借力 O2O 餐飲科技
疫市突圍

抓緊後疫情時代契機
數碼轉型提升效率

「疫」市轉型
突破傳統的智慧交易
與數碼化營運

活動詳情

2020年12月2日(星期三)
下午三時至五時

香港管理專業協會
馬振玉慈善基金管理發展中心
香港灣仔告士打道66號
華克大廈2樓201室

廣東話

HKMA會員: \$120
非會員: \$180

另設線上直播

「Learn and Grow」進修資助
30% 費用減免

立即報名

報名: Sindy Siu 2774 8515 / sindysiu@hkma.org.hk

www.hkma.org.hk The Hong Kong Management Association
香港管理專業協會

Date: 2nd Dec 2020 (Wed)
Time: 3:00 pm – 5:00 pm
Language: Cantonese
Format: Online Live Broadcast

SINO INNO LAB

信和創意研發室 虛擬導覽團

信和創意研發室展示逾70項發明和技術，推動40多項技術應用，旨在支持香港創科生態系統，締結業界夥伴合作，培育創新文化並創建知識網絡。

香港管理專業協會人才資源管理社於疫情間特別聯同信和創意研發室舉辦是次網上虛擬導覽團讓會員及有興趣人士了解更多！

2020年12月2日(星期三)
| 2:15-3:30 PM
| 費用全免

歡迎立即報名!

Date: 2nd Dec 2020 (Wed)
Time: 2:15 pm – 3:30 pm
Language: Cantonese
Format: Online Live Broadcast

Should you be interested in this seminar, please send e-mail to rachelpoon@cuhk.edu.hk on or before 26th Nov, stating your personal details including **your SID, name, major, year, phone number and contact e-mail**.

Remarks: Students are also encouraged to join **HKMA Student Membership free-of-charge**, which is open for post-secondary college full-time students who are interested in management. Applications could be made [here](#).

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2. “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, 30th Nov 2020**. Interested students are required to register online at: 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, 26th 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.

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

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3. 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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4. 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:

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

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5. 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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6. 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 / 3943 8652)

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7. 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.