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College Activities

1. [Zentangle Workshop 靜觀禪繞體驗工作坊](#)



你有多久沒有純粹的、不為什麼的，好好安坐下來？
你會否希望透過禪繞與靜觀，來一趟「心的瑜伽」？

一齊來透過禪繞 (Zentangle) 及 靜觀 (Mindfulness) 練習，在忙碌的生活中來個心靈小旅行，並發揮你的獨特性，體驗慢生活之美。

內容：

- 介紹禪繞(Zentangle)的基本概念及元素
- 親身體驗禪繞及靜觀練習
- 靜觀練習於日常生活的運用
- 靜心分享 及 在家練習

導師：Miss Molly Chan

Molly 是美國禪繞認證導師，她亦是香港大學社會工作學系學士及香港中文大學家庭輔導及家庭教育碩士，並修畢英國牛津靜觀中心及香港靜觀中心合辦之靜觀認知治療導師基礎課程。Molly 曾於不同機構(包括東華三院、聖雅各福群會、身心靈平台等)擔任靜觀及禪繞導師及分享者，擅於融合靜觀修習於輔導工作之中。

日期：21/1/2021 (Thu)

時間：8:00 pm - 9:30 pm

語言：粵語

形式：活動將以 zoom 進行，於活動開始前 2 天，參加者將會收到活動的連結。

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11279154>

截止報名日期：19/1/2021

*同學須準備一支鉛筆、一支黑色墨水筆及一張白色 A4 紙

查詢：

Phoeb Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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College Announcements

1. Featured story of WYS Alumnus - Mr. Colbert Hung



Taking a proactive role and following his passion, Mr. Colbert Hung Tsung Yi 洪從譯 (LAWS / Class of 2020) had a fruitful experience for the past five-year studies in CUHK. Coming alone from Taiwan to Hong Kong, Colbert Hung treasured a lot the tremendous learning opportunities. He was also the recipient of 2019/20 WYS Award. Let's take a look on his story featured on [the latest issue of CUHK alumni Magazine](#).

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2. Reaching Out Award (外展體驗獎) 2020/21 - Now open for application

Wu Yee Sun College full-time undergraduate students are now invited to apply for the Reaching Out Award 2020/21 (ROA) offered by the HKSAR Government.

The award, in the amount of HK\$10,000 for each successful applicant, aims to support students in participating in events/competitions (e.g. conferences/ forums/ workshops/ seminars/ training camps/ competitions/ service projects etc.), internships or placements (credit-bearing/ non-credit bearing), field/study trips or courses (e.g. foreign language immersion programmes/ academic exchange programmes etc.) which are conducted outside Hong Kong in 2020/21 academic year (1st Sep 2020 - 31st Aug 2021).

Learn more about the selection criteria, supporting documents required and application procedures here: <https://www.wys.cuhk.edu.hk/news/reaching-out-award-202021-now-open-for-application/>

Application Deadline: 8th Feb 2021, 5:30 pm

Enquiries:

Miss Stephy Leung (stephyleung@cuhk.edu.hk / 3943 9773)

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3. Rance Lee Award 2020/21 - Finalists Shortlisted

The final presentation of Rance Lee Award was held on 6th Jan 2021 (Wed). We are pleased to announce that THREE teams have been shortlisted in the area of (a) Health and Well-being, (b) Lifetime Sports and (c) Green Life. The shortlisted finalists are as below:

Area	Team	Project Idea
Health and Well-being	Social Consulting Immersion Program 社會顧問實踐計劃	The project aims to provide an opportunity for students to investigate social issues and suggest sustainable & feasible solutions from the perspective of a social consultant; and to enable students to gain practical social consulting skills and pave their way to pursue a purposeful career through trials and exploration.
Lifetime Sports	Heart Yoga 心瑜伽	Through collaborating with the community organizations, the project aims to promote yoga to the

		general public, especially the housewife in relative low income family. Yoga can help to relief muscle tension and release stress, which is a kind of sports good for both physical and mental health.
Green Life	VegeGo 有素得計	The project aims to promote the trend of vegetarianism though education and sales. The team would like to arise the public interest and call for their actions to take vegetarian food so as to take the social responsibility and establish a sustainable lifestyle.

The award winning teams will have to implement their ideas in the coming six months.

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4. Open Recruitment for WYS International Team Members

Can't travel abroad due to the pandemic? Want to meet friends from different regions? Interested in understanding different cultures? Here is your chance, the College International Team is recruiting new members!

The team will organize 1-2 activities per semester to foster interaction between local and international students. If you are keen on interacting with students from regions that are different from yours, and willing to know more about other cultures, come join the International team. Register [HERE](#) by **1st Feb 2021**. A meeting for all applicants will be arranged to discuss the plan of the International Team after the recruitment period. **All local and international students are most welcome to be a team member!**

Enquiry:

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

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5. FINAL CALL for enrollment of Sunny Passion Programme 2020-21



Living Up to Wu Yee Sun College's Core Value - "Creativity", "Entrepreneurship" and "Social Responsibility" - Apply NOW!

Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. You are invited to apply this programme individually or in group with at least 50% of Wu Yee Sun College students, competing for Gold, Silver and Bronze Award. Winners will get HK\$10,000, HK\$6,000 and HK\$4,000 respectively to implement, promote or demonstrate their project ideas to the others!

Just submit (1) the application form together with (2) ONE A4 page Business Model Canvas by **5:00 pm, 25th Jan 2021** through one of the following channels –

1. E-mail the softcopy of the documents to Miss Phoebe Wu (phoebewu@cuhk.edu.hk) and/or Miss Florence Tsui (florecetsui@cuhk.edu.hk); **OR**
2. Click the following link (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11282626>) and complete the online application form; **OR**
3. Send the original hard copy of the documents to the College Office, Wu Yee Sun College in person

Express your ingenious creativity and make our society a better one! Please refer to the College website for details. Application form and Business Model Canvas are available through this link:

<https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=sunny>

Enquiries:

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

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

實踐書院精神，發揮創意，回饋社會，並貫徹企業家理念，請即申請愛陽光計劃！

愛陽光計劃鼓勵學生承擔社會責任，並支持他們以創新思維，實踐理想。現誠邀你以個人或團隊名義參與此項計劃。參賽者將競逐金、銀、銅獎，分別贏取港幣\$10,000，港幣\$6,000及港幣\$4,000，以實踐、推廣及體現有關創意思維。若以團隊名義申請，團隊內務必要有 50% 成員為伍宜孫書院學生。

凡有意遞交申請者，請於 **2021 年 1 月 25 日下午 5 時或以前**，透過以下方法遞交 (1) 申請表及 (2) 商業模式圖 (BUSINESS MODEL CANVAS)，以完成申請程序。

1. 電郵電版本文件致 Miss Phoebe Wu (phoebewu@cuhk.edu.hk) 及/或 Miss Florence Tsui (florecetsui@cuhk.edu.hk); **或**
2. 按以下連結(<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11282626>)以填寫網上申請表; **或**
3. 親身遞交列印文件致書院院務室

發揮無盡創意天賦，攜手締造美好社會！詳情請參閱書院網站。同時，你可於以下連結下載報名表格及商業模式圖 (BUSINESS MODEL CANVAS) -

<https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?lang=zh&scheme=sunny>

查詢:

胡小姐 (phoebewu@cuhk.edu.hk / 3943 3988)

徐小姐 (florecetsui@cuhk.edu.hk / 3943 9767)

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6. 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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7. “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 (florencetsui@cuhk.edu.hk / 3943 9767)

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

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8. 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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9. 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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10. 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



The poster features a blue and white color scheme with the WYS Sun College logo in the top right corner. It is divided into two main sections. The left section, titled 'Health and Well-being Activities', lists a maximum funding amount of \$1,500 or 80% of the course fee, whichever is lower. Examples include a Healthy Cooking Class, a Trial Course on Musical Instruments, a Course about Nutrition / Chinese Medicine, a Mindfulness Workshop, and a Mental Health First Aid Course. The right section, titled 'Qualification Courses for Health and Well-being Instructors', lists a maximum funding amount of \$4,000 or 80% of the course fee, whichever is lower. Examples include Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course and Art / Music Therapy Instructor Course. At the bottom right, there is a QR code for 'Application & Guidelines' and contact information for Miss Phoebe Wu.

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

The infographic features a blue and yellow geometric background with the CUHK logo in the top right. It is titled 'Self-Motivation Fund for SPORTS Activities' and includes a sub-header: '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"'. It is divided into two main sections: 'Sports Activities' with a dumbbell icon, listing a max funding of \$1500 or 80% (whichever is lower), and 'Qualification Courses for Sports Coach' with a coach icon, listing a max funding of \$4000 or 80% (whichever is lower). Both sections provide examples of activities. A QR code for 'Application & Guidelines' and contact information for Miss Chillies Tam are also included.

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:	Qualification Courses for Instructor of Green Activities Max. Funding Amount:
\$1500 or 80% (whichever is lower)	\$4000 or 80% (whichever is lower)
Examples: Eco-cultural Tour, Upcycling Workshops, Forest Bath	Examples: Horticultural Therapists, Trainer for Organic Farming, Docent Training on Ecotourism
	Enquiries: Ms Sonia Yu (3943-3937/ soniayu@cuhk.edu.hk)

Application & Guidelines:



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.

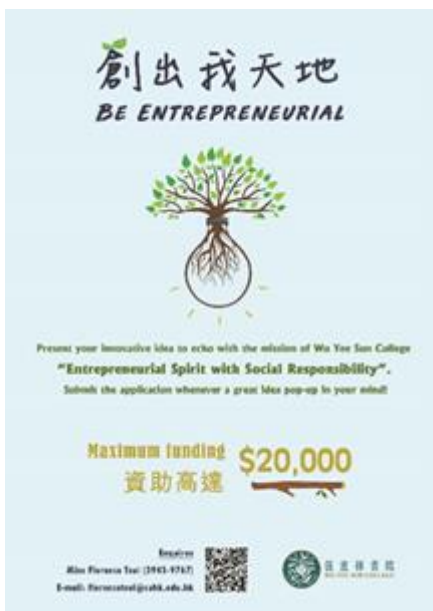
More Details: <https://www.wyys.cuhk.edu.hk/college-life-support/funding-scheme/>

Enquiries:

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

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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)

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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)

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Other Activities & Announcements

1. Online Financial Literacy Seminar (金融理財知識網上講座)

In order to promote financial literacy and encourage students to develop good financial management habits, our students are now invited by the Investor and Financial Education Council, a subsidiary of the Securities and Futures Commission, to conduct an online financial literacy seminar on 28th Jan 2021 (Thu).

Details:

Online Financial Literacy Seminar (金融理財知識網上講座)

(Registration Deadline: 25th Jan 2021)

Personal Finance and Investment 個人理財及投資

Investor and Financial Education Council 投資者及理財教育委員會

Language: Cantonese (廣東話主講)

Content 內容

1. Personal financial management
(個人財務管理)
2. Financial planning
(理財策劃)
3. Introduction to Hong Kong stock market and Initial Public Offering
(簡介香港股票市場及首次公開招股)
4. Understanding trading channels of different investment products
(了解各類投資產品的交易渠道)
5. Investment strategies and risk management
(投資策略及風險管理)

Date: 28th Jan 2021 (Thu)

Time: 4:30 pm – 6:00 pm

Platform: Zoom

Note: Investor and Financial Education Council is a subsidiary of the Securities and Futures Commission.

附註：投資者及理財教育委員會是證券及期貨事務監察委員會（證監會）的附屬機構。

Reservation

1. To register for the seminar, please complete and submit on or before 25th Jan 2021 an online registration form which is available at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11733895>
2. The online seminar link will be sent to successful registrants by email on or before 27th Jan 2021.

Enquiry:

Scholarships and Financial Aid Section, Office of Admissions and Financial Aid

(sfas@cuhk.edu.hk / 3943 7205 or 3943 1898)

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2. APPLY NOW! Outlier 2021 CSV Innovation Challenge (AIESEC in CUHK)



OUTLIER
HARNESSING YOUTH POWER
 to hack profitable and socially impactful solutions

Join Outlier 2021 Creating Shared Value Challenge in a group of four to five to create impactful business ideas to address social needs! Be the beacon of yourself and the society for the sake of our better Home Kong!

THE THREE CASE TRACKS

- Youth Development
- Diversity & Inclusion
- Technology for Healthcare

REWARDS

- CASH PRIZE**
 Champion \$15,000
 1st Runner-Up \$10,000
 2nd Runner-Up \$5,000
- INTERNSHIP OPPORTUNITIES**
 5 confirmed positions at **New World Development**
 5 confirmed positions at **Sun Life Financial**

APPLICATION DEADLINE
15th JAN 2021

DATE & FORMAT
JAN 30-31 & FEB 7
 Zoom

FOR MORE INFORMATION

- outlier_csv
- Outlier CSV Challenge

Apply at outlier.aiesec.hk

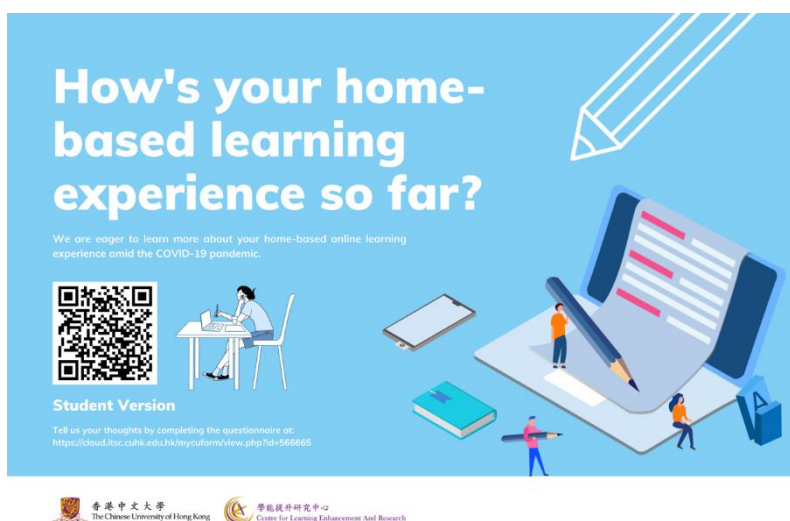
Organizer: AIESEC HK
 Case Track Partners: 新世界發展有限公司 (New World Development Company Limited), Sun Life, aws

We are back with the **Outlier 2021 CSV Innovation Challenge**, the biggest and most lucrative case competition in Hong Kong, engaging 250+ university students to hack socially impactful business models. This year, we are proud to join forces with **New World Development, Sun Life Financial and Amazon Web Services** as our three case track partners. Winning teams from the Challenge will earn **lucrative cash prizes, get internship opportunities with our partners and receive funding** to actualize their business models!

To **KNOW MORE** about the Challenge and **APPLY**, please visit: outlier.aiesec.hk.

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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.