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# Sunny Review

## 1. Wu Yee Sun College Alumni Association Career Sharing Session



**伍宜孫書院校友會就業分享會**

日期 | 2020年5月14日 (星期四)  
時間 | 晚上8時30分  
主持人 | 書院副院長李穎俊教授  
書院輔導長潘銘基教授

- ◆ 了解各行各業的運作和工作模式
- ◆ 掌握求職面試的竅門
- ◆ 行業包括法律、銀行、教育、社福、新聞、博彩、保險、自由工作

**講者**

Shek	學院聯務社工
Sam	昆管律師
Sunny	公務員
Pater	數學科教師
Nicholas	宏利分行經理
Nicolle	記者
Joseph	馬會及智冠董事
Fau	銀行管理培訓生
Edna	自由工作者
Bacary	議員辦事處總幹事

登記  分享會只限伍宜孫書院學生參加，並以廣東話進行，透過Zoom作網上直播

Despite the hectic work life of our executive committee members of Wu Yee Sun College Alumni Association (WYSAA), our enthusiastic alumni conducted an online career sharing session on 14<sup>th</sup> May for our fellow students who were looking for job guidance and career advices. Speakers included CHAN, Fun (COMM/2016), CHAN, Nim Him (SEEM/2016), CHEUNG, Lik Hang Sam (LLB/2016), CHIU, Cheuk Yu Edna (ENGE/2016), LI, Tsun Fai

(RMSC/2017), LIU, Ho Sun (GRMD/2016), SHEK, Shun Shing (SOWK/2017), TANG, Kin Tat (CHEM/2016) and WAN, Chin Ching (MATH/2016).

Our young alumni shared their first-hand work experience and industry trends with perspectives. They also talked about employers' expectations in the recruitment process. The session covered different career fields and a number of questions raised by the participants were addressed. A special thanks to our Associate Master, Prof. Annisa C.H. Lee and Dean of Students, Prof. Ming-kay Poon for moderating this sharing session.

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## 2. 你講·我聽 – 投稿展覽

歷經數月抗疫時期，心情難免跌宕，願大家可透過同學分享的心聲，重拾動力。輔導長潘銘基教授亦撰文[疫下得失](#)分享感受，期盼師生再次聚首於美麗的山城之中。

- [面對自己](#)
- [Every Cloud Has a Silver Lining](#)
- [疫情在前，重任在肩](#)
- [深呼吸](#)

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# College Announcements

## 1. 2019/20 Graduating Class Gown Collection and Return Arrangement 2019/20 年度書院畢業生領取及歸還禮袍安排

In view of the stabilizing COVID-19 situation in Hong Kong, the gown collection will be resumed. Graduates, who have completed the form of undertaking and submitted HK\$680 deposit for gown rental, are eligible to collect the gown at the designated period of time as below:

Date: 22<sup>nd</sup> May (Fri) – 24<sup>th</sup> Jun (Wed)  
Time: 9:00 am – 1:00 pm and 2:00 pm – 5:15 pm  
Venue: College Office (G03, G/F., East Block)

All gowns should be returned to the College Office by individual students during the office hours on or before 14<sup>th</sup> July. Details about gown collection and return arrangement is available [here](#).

### Enquiries:

Ms. Cassie Li (3943-3941 / [cassieli@cuhk.edu.hk](mailto:cassieli@cuhk.edu.hk))

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

由於本地新冠肺炎疫情漸趨緩和，書院將安排 2019/20 年度畢業生到書院領取禮袍。凡於網上提交承諾書及繳付按金的畢業班同學，可於以下指定時間領取禮袍 –

日期: 2020 年 5 月 22 日 (星期五) – 2020 年 6 月 24 日 (星期三)  
時間: 上午 9 時至下午 1 時 及 下午 2 時至 5 時 15 分  
地點: 書院院務室 (東座地下 G03 室)

畢業生須於 2020 年 7 月 14 日 (星期二) 或以前，自行於辦公時間內交還畢業袍至書院院務室 (東座地下 G03 室)。有關領取及歸還禮袍的詳情，請查看[此處](#)。

### 查詢

Ms. Cassie Li (3943-3941 / [cassieli@cuhk.edu.hk](mailto:cassieli@cuhk.edu.hk))

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

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## 2. Application for Scholarship for Semester Exchange Programmes 2019/20 (non-College Term-long Exchange Programme)

College students participating in Term-long Exchange Programmes during academic year 2020/21, which are not organized/ coordinated by WYS College, can now apply for the “**Scholarship for Semester Exchange Programmes 2019/20**”. Details are listed below.

### **Eligibility (Need to fulfill all criteria below)**

- full time WYS College undergraduates;
- will go on exchange in academic year **2020/21** (one term/ whole year);
- participating in Term-long Exchange Programmes organized/ coordinated by units **other than WYS College**

*Note: This scholarship is NOT opened to students participating in the Term-long Exchange Programmes organized/ coordinated by WYS College as they have already been awarded this Scholarship. And the scholarship amount has been announced in the offer email sent in February already. No extra application is needed.*

### **Application**

- Application link : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=9275895>
- Application deadline: **31<sup>st</sup> May (Sun)**

Applicants need not attend interview. The application result will be determined by the selection panel according to the application documents submitted and the content on the application form. Since members of the selection panel may not be able to read Chinese, you **MUST complete the application form in ENGLISH**. Those written in Chinese will be not viewed or considered, while incomplete or late application will not be handled.

### **Enquiries:**

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

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

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## 3. Meeting of Catering Services Committee - Next Meeting Date (28<sup>th</sup> May)

The upcoming meeting of Catering Services Committee will be held at 4:00 pm on 28<sup>th</sup> May. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (College Student Union: [wysu@cuhk.edu.hk](mailto:wysu@cuhk.edu.hk); Resident Association: [cohesun.wys.cuhk@gmail.com](mailto:cohesun.wys.cuhk@gmail.com); Non-Resident Association: [ryeesks@gmail.com](mailto:ryeesks@gmail.com)) prior to the meeting. Thank you for your valuable input.

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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 [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) for arrangement.]

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

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

The session is hosted by:

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

Every Sunnie is welcome!

### **Academic Year 2019/20 (Term 2)**

**Date:** Every Monday

**Time:** 2:30 pm – 3:30 pm

**Venue:** Dean of Students Office, Room UG09, Wu Yee Sun College

#### **Enquiries:**

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

Miss Katie Yu (3943 3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

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

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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 [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) for arrangement.
- 2) You may also approach the **University's Wellness and Counselling Centre** at **3943-7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400-2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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

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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. Care and Well-being Fund for Mental Wellness Activities



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

#### Eligibility:

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

### Examples:

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

### Funding Amount per student per activity:

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

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

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

### Enquiries:

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

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## 2. Mingle Fund



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

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

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

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

### Enquiries:

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

Miss Katie Yu (3943 3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

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

Life begins at the end of your comfort zone!

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

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

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

**Maximum Funding Amount:** HK\$20,000

### Eligibility

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

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

**Enquiries:**

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

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

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

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

**Enquiries:**

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

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



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

#### More Diversified and Greater Support!

**Eligibility**

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

**Funding Amount**

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

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

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

**Enquiries:**

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

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# Other Activities & Announcements

## 1. The Voice of History 聲昔再現

跨 歷  
代 史  
共 傳  
融 承

THE VOICE OF HISTORY  
聲昔再現

「聲昔再現」是由一班來自不同學科背景的中大學生，針對以下兩個核心問題而推行的社區計劃。

1. 長幼兩代關係疏遠
2. 社區歷史被遺忘

小學生預配對與區內長者訪談，搜集口述歷史，與長者創作以社區故事為主題的廣播劇，促進跨代共融。在過去兩年，我們先後完成先導計劃「口的緣荷」及續後計劃「聲昔再現」。

**MARKETING FACILITATOR PROGRAM 2020**

對象：1-3年級的中大學生  
計劃時間：2020年6月至8月  
截止報名日期：2020年5月31日（星期日）  
聯絡：阿芝（電話：9303 2770）  
\*表現理想者將有機會獲邀成為PROJECT TEAM成員繼續參與計劃

加入我們

CONTENT MARKETING  
主筆文章撰寫

GRAPHIC DESIGN  
網頁設計/攝影

SOCIAL MEDIA  
管理FB及IG

@voiceofhistoryuhk voice.of.history.cuhk@gmail.com

「聲昔再現」正招募義務 Marketing Facilitator! 「聲昔再現」是由一班來自不同學科背景的中大學生及校友，針對以下兩個核心問題而實行的社區計劃。

1. 長幼兩代關係疏遠
2. 社區歷史被遺忘

「聲昔再現」計劃透過與小學生協作以社區故事為主題的廣播劇，增加社區身分認同。配對學生同區內長者訪談，搜集口述歷史，過程中促進跨代共融。今個暑假，我們會在在網絡上推廣香港社區歷史及跨代共融，達至可持續發展的願景。若您對我們的計劃感興趣，亦希望能在 Marketing 方面發揮所長，請在 5 月 30 日前提交[報名表格](#)。我們非常歡迎您加入「聲昔再現」的團隊！

[活動詳情](#)  
[活動回顧](#)  
[傳媒專訪](#)

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## 2. Re-opening of Learning Garden Study Space

Learning Garden in the University Library has been reopened with increased measures to support social distancing.

The opening hours are as follows:  
**From 27<sup>th</sup> Apr to the end of exams**  
Mon –Fri: 10:00 a.m. – 10:00 p.m.  
Sat: 10:00 a.m. – 6:00 p.m.  
Sun and public holidays: Closed

The book retrieval service has already resumed.



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### 3. Zoom Interview Tips

**Zoom Interview Tips**

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

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

**All You Need to Know about Interviews (with students' interview videos & exercises)**  
[ilc.link/ISDSEx](http://ilc.link/ISDSEx)

**How to Prepare for an Impromptu Speech in a Video Interview**  
[ilc.link/speech](http://ilc.link/speech)

**Speaking Naturally in English**  
[ilc.link/pronunciation](http://ilc.link/pronunciation)

**Tips for Conducting a Video Interview**  
[bit.ly/3bMkipV](http://bit.ly/3bMkipV)

**Mind your Body Language in a Video Interview**  
[bit.ly/2X4PBrt](http://bit.ly/2X4PBrt)

**Expect the Unexpected**  
[bit.ly/3eai3ia](http://bit.ly/3eai3ia)

**Get Familiar with Zoom**  
[bit.ly/3aAox7U](http://bit.ly/3aAox7U)

**Video Interview Tips via Zoom**  
[bit.ly/39Bebia](http://bit.ly/39Bebia)

**Job Preparation Series Workshops**  
[ilc.link/jps](http://ilc.link/jps)

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

With the increasing demand in support for video interviews - further study or job application purposes - among CUHK students in recent months, The Independent Learning Centre (ILC) has put together practical tips and a few electronic independent learning resources. ILC will also begin offering a new interview skills workshop titled "Ace Your In-person and Video Interviews" in May.

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

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

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

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

<https://qrgo.page.link/8XAUX>



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

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

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



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

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

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## 5. Flourishing First Year Programme 心盛計劃 2019-20



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

*How does Flourishing First Year@CUHK work?*

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

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

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

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

**Step 5:** Becoming an Everyday Leader

**Programme Details and List of Workshops:**

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

**Enquiries:**

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

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### <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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### <賽馬會心導遊計劃> 一站式網上自助心理支援平台

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

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

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

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

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

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