






Shaw College  
Student Development Programmes  
2022/23 (2<sup>nd</sup> Term)




Category	Programme Name	Programme Highlights	Date/Period And Time	Language	Details and Enrollment	Deadline
Summer Programme		The programmes cover different natures, including language and cultural learning, meditation, internship and environmental sustainability.	June – August 2023	N/A	Enrollment closed	
First Year Engagement Programme	“Strengths Profile” Self-discovery Workshop	Enhance self-understanding to facilitate academic and career planning	17 Jan (Tue) 6:45-9:45pm 17 Feb (Fri) 6:45-8:45pm	Cantonese/ English	Completed	
Art for life	“Photographing My Vision” Photography workshop	Learn how to take a good photo and how to share your thoughts through the photos taken	11 Feb (Sat) 3pm-5pm 17 Feb (Fri) 7pm-9pm 18 Feb (Sat) 2pm-4pm 25 Feb (Sat) 2pm-5pm 4 Mar (Sat) 2pm-5pm 10 Mar (Fri) 2pm-5pm	Cantonese	Enrollment closed	
Community Service Programme	Caring Heart Community Service Project Scheme	Provide subsidy to support student service projects	Summer break 2022/23 and 1 <sup>st</sup> term 2023/24	N/A		Summer: 8 Mar (Wed)  1 <sup>st</sup> Term 2023/24 : 31 May (Wed)

	SoF Ambassador	Participate in the training to help SEN students reduce impulsive or aggressive behaviors caused by anger, enhance positive emotions and learning effectiveness.	Mar - May	Cantonese, complemented with English	Enrollment closed	
Language and Culture Enhancement Programme	“English Through Cooking” Workshop	Practice English while cooking. Students without cooking experience are also welcome.	6 Apr (Thu) 11 Apr (Tue) 13 Apr (Thu) 11:30am-1:30pm  Students may join any 1 or all sessions.	English		15 Mar (Wed)
	English for Social and Intercultural Communication Workshop	Enhance social English proficiency	13 & 20 Mar (Mon) 7pm-9pm	English	Enrollment closed	
	Survival Cantonese Workshop for Non-Cantonese Speaking Students	Learn survival Cantonese. Fieldwork will be held in the last lesson.	23 Feb (Thu) 2, 16, 23 Mar (Thu) 7pm-9pm	English, Cantonese	Enrollment closed	
	Cantonese Workshop on Presentation Skills for MC	MC skills and script-writing training for Cantonese-speaking students	16 & 23 Mar (Thu) 7pm-9pm	Cantonese		12 Mar (Sun)
Mindfulness Programme	Photography & Meditation Exhibition	Display the photos of the participants in the workshop hosted by Ven. Changlin	9 – 20 Jan Mon – Fri: 9am – 10pm Sat: 9am – 6pm	N/A	Completed	

	Chocolate making with Mindfulness Workshop	Chocolate making and tasting, with mindfulness practice	5 Feb (Sun) 10am-5pm	Cantonese (translation to English/ Mandarin is available)	Completed	
	Film screening	Film screening "Peaceful Warrior" followed by sharing session of Ven. Changlin	2 Mar (Thu) 3:30pm-6:30pm	English (Chinese & English subtitles)	Completed	
	Meditate with Freedom	Learning how to relieve stress from College Head, Professor Freedom Leung	1, 8, 15, 22 & 29 Mar (Wed) 12 & 19 Apr (Wed) 12nn-1pm	English, Cantonese	Enrollment closed	
	One day programme – Life and Death Education	Life reflection from the activities – visit Crematoria and Funeral Social Enterprise	26 Mar (Sun) 10am-5pm	Cantonese		13 Mar (Mon)
<b>Work Experience Programme</b>	Leadership Development Programme – The 7 Habits of Highly Effective People	A better career preparation by learning 7 habits for enhancing personal efficacy	4 & 11 Feb (Sat) 9:30am-5:30pm	Cantonese	Completed	
	One-on-one Career Guidance Session	Myers-Briggs Type Indicator® (MBTI®) x Career for Your Type	March 2023 (The College would schedule appointments with successful registrants)	Cantonese	Enrollment closed	
<b>Make a Wish Scheme</b>		Provide subsidy to realize students' dreams which contribute to the community	Academic year 2022/23	N/A	Enrollment closed	
	New Year Party	Celebration of New Year with people	16 Jan (Mon) 7pm – 9pm	English	Completed	

Cultural Integration Programme		from different nationalities and cultural background				
	Tung Ping Chau Eco Culture Tour	Tour in Tung Ping Chau and make friends with people from different nationalities and cultural background	12 Feb (Sun) 8:30am – 7pm	Cantonese / English	Completed	
	Hong Kong and Chinese History: The Dr Sun Yat-sen Historical Trail	Introduce the history and background of The Dr Sun Yat-sen Historical Trail	25 Mar (Sat) 2:30pm – 5:30pm	Cantonese / English		17 Mar (Fri)
	Lai Chi Wo Cultural & Ecology Tour x [Exercise Well] Hiking with Freedom	Tour in Lai Chi Wo with Freedom, learn more about the cultural background and ecology there	1 Apr (Sat) 8:15am – 5pm	English		21 Mar (Tue)
IT Sharing Sessions	Adobe Photoshop Workshop (Elementary)	Introduce basic Adobe Photoshop skills	13, 20 & 27 Feb (Mon) 7pm – 9pm	Cantonese	Completed	
	Adobe Photoshop Workshop (Advanced)	Introduce advanced Adobe Photoshop skills	20 & 27 Mar (Mon) 7pm – 9:30pm	Cantonese	Enrollment closed	
	Adobe Illustrator Workshop (Elementary)	Introduce basic Adobe Illustrator skills	1 & 8 Mar (Wed) 7pm – 9pm	Cantonese	Enrollment closed	
	Adobe Illustrator Workshop (Advanced)	Introduce advanced Adobe Illustrator skills	15 & 22 Mar (Wed) 7pm – 9pm	Cantonese	Enrollment closed	
	Adobe Premiere	Introduce basic	23 Feb (Thu)	Cantonese	Completed	

	Pro Workshop (Elementary)	Adobe Premiere Pro Skills	7pm – 9pm		
	Adobe Premiere Pro Workshop (Advanced)	Introduce advanced Adobe Premiere Pro skills	2 & 9 Mar (Thu) 7pm – 9pm	Cantonese	Enrollment closed
	Adobe InDesign Workshop (Elementary)	Introduce basic Adobe InDesign skills	6 Feb (Mon) 7pm – 9pm	Cantonese	Completed
	Microsoft Excel Workshop (Elementary)	Introduce basic Microsoft Excel skills	21 Feb (Tue) 7pm – 9pm	Cantonese	Completed
	Canva Workshop (Elementary)	Introduce basic Canva skills	29 Mar (Wed) 7pm – 9pm	Cantonese	Enrollment closed
<b>Sports and Recreation Courses</b>	K-pop Dance		21 & 28 Feb (Tue) 7, 14, 21 & 28 Mar (Tue) 6:30pm – 8pm	Cantonese	Enrollment closed
	Thai Boxing		9, 16 & 23 Feb (Thu) 2, 9, 16, 23 & 30 Mar (Thu) 6:30pm – 8pm	Cantonese	Enrollment closed
	Pilates		16 & 23 Feb (Thu) 2, 9, 16 & 23 Mar (Thu) 7pm – 8:30pm	Cantonese	Enrollment closed
	Tennis		16 & 23 Feb (Thu) 2, 16, 23 & 30 Mar (Thu) 6pm – 8pm	Cantonese	Enrollment closed
	Yoga		20 & 27 Feb (Mon) 6, 13, 20 & 27 Mar (Mon) 6:30pm – 8pm	Cantonese	Enrollment closed
	Golf Elementary Class		15, 22 & 24 Feb 1, 3, *8 Mar (Wed & Fri) 5:30pm – 7:30pm * 4pm – 6pm	Cantonese	Enrollment closed

	Kayak (1-star Award)		2 Apr (Sun) 9:30am – 5pm	Cantonese			10 Mar (Fri)
	Kayak (2-star Award)		16 Apr (Sun) 9:30am – 5pm	Cantonese			17 Mar (Fri)
	Introduction to Sailing Training Course (Level 1)		22&23 Apr (Sat & Sun) 9:30am – 5pm	Cantonese			24 Mar (Fri)