If you have problems viewing CHINESE words in this email, please right click the mouse and choose Encoding and then Unicode (UTF-8).

You can also contact Mr. Chuen Li at chuen li@cuhk.edu.hk or 3943 3989 for technical support.



26 June 2017

# College Announcements 宣佈事項

- 1. Appointment of College Dean of Students 書院輔導長委任
  <New>
- 2. Appointment of College Associate Dean of General Education 書院副通識教育主任委任 <New>
- 3. Re-appointment of College Associate Master and Dean of General Education 書院副院長及通識教育主任續任 <New>
- 4. Appointment of Senior College Tutor 資深書院導師委任 <New>
- 5. Meeting of Scholarships & Financial Aid Committee Next Meeting Date (10th July) <New>
- 6. Summer Opening Hours of College Catering Outlets 書院膳堂 暑期營業時間
- 7. "Meet the Dean" Hours & Lunch Gathering 輔導長時間及午餐 聚會 <updated>
- 8. Scholarships for Academic Excellence 2016/17 年度學業優異獎 學金
- 9. Drum Set and other Music Equipment Available for Booking
- 10. Exchange and Travel Grant/Loan 2016/17
- 11. WYS's Got Talents
- 12. Student Pastoral Care

#### College Funding & Award Schemes (for Year-round Application) 書院資助及變點計劃《全年可供申請》

- 1. Sports for Life Award Scheme 體育運動參與獎勵計劃
- 2. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃
- 3. Global Learning Award Scheme (Winter Round) 寰宇學習獎勵計劃 (冬季)
- 4. Service-learning Project Funding Schem 服務學習項目資助計
- <u>5. Self-Motivation Fund for Sports Activities 「自選遊」體育活</u> 動資助計劃

### Other Activities & Announcements 其他活動及宣佈事項

- 1. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2016/17 (Application Deadline: 30th June 2017) <New>
- 2. The Rhodes Scholarship 2018 for Hong Kong <New>
- 3. The Esther Yewpick Lee Millennium Scholarship 2018
- 4. Targeted Training Programme for Scholarships
- 5. 網上心理健康計劃 《心導遊》



## 1. Appointment of College Dean of Students 書院輔導長委任



Professor Man-hong Lai (黎萬紅教授), Associate Professor at the Department of Educational Administration and Policy has been appointed as College Dean of Students (書院輔導長) for a period of two years from 1<sup>st</sup> August 2017.

# (Back to top)

## 2. Appointment of College Associate Dean of General Education 書院副通識教育主任委任



Professor Albert Lee(李大拔教授), College Fellow, Chairperson of the College Health and Spiritual Well-being Committee and Professor at The Jockey Club School of Public Health and Primary Care, has been appointed as College Associate Dean of General Education (書院副通識教育主任) for a period of two years from 1st August 2017.

# (Back to top)

## 3. Re-appointment of College Associate Master and Dean of General Education 書院副院長及通識教育主任續任



Professor Sunny K.S. Kwong (鄺啟新教授), Director of the University Planning Office and College Fellow, has been re-appointed as College Associate Master (書院副院長) and Dean of General Education (書院通識教育主任) for a further period of one year from 1st August 2017.

## (Back to top)

# 4. Appointment of Senior College Tutor 資深書院導師委任





Professor Francis K.H. Cheung (張國洪教授), Chairperson of the College Catering Services Committee and Ms. Stella M.C. Chan (陳美貞女士), Member of the College Catering Services Committee and Campus Environment Committee, have been appointed as Senior College Tutors (資深書院導師) of Wu Yee Sun College for a period of two years from 1st August 2017.

## (Back to top)

## 5. Meeting of Scholarships & Financial Aid Committee - Next Meeting Date (10th July)

The upcoming meeting of Scholarships & Financial Aid Committee will be held on Monday, 10<sup>th</sup> July 2017 at 3:00pm. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (Student Union: <a href="mailto:reasun.wyssu@gmail.com">reasun.wyssu@gmail.com</a>) prior to the meeting. Thank you for your valuable input.

# (Back to top)

## 6. Summer Opening Hours of College Catering Outlets 書院膳堂暑期營業時間

The summer opening hours of College catering outlets are as follows: 書院膳堂暑期營業時間如下:

## Student Canteen 學生飯堂

- 3000000000000000000000000000000000000	
1/6 - 30/6	
Mon to Sat 星期一至六	0745 - 2045
Sun & Public Holiday	Closed
星期日及公眾假期	暫停營業
12/7 - 26/8	
Mon to Sat 星期一至六	<b>1100</b> - 2045
Sun & Public Holiday	Closed
星期日及公眾假期	暫停營業

# Staff Dining Room 教職員飯堂

1/6 - 30/6 & 12/7 - 26/8	
Mon to Fri 星期一至五	1200 - 1500 &
	1800 - 2045
Weekend & Public Holiday	Closed
周末及公眾假期	暫停營業

All catering outlets at Wu Yee Sun College will be temporarily closed on 1st July 2017 for HKSAR Establishment Day and from 2nd to 11th July 2017 for annual overhaul.

### 7. "Meet the Dean" Hours & Lunch Gathering 輔導長時間 及午餐聚會

"Meet the Dean" Hours & Lunch will be closed during summer vacation. Any students who wish to meet Professor Man-hong Lai (黎萬紅教授), new College Dean of Students and Associate Professor at the Department of Educational Administration and Policy; Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor of Department of Chinese Language and Literature; and Dr. Lancelot W.H. Mui (梅維浩博士), College Associate Dean of Students and Lecturer of The Jockey Club School of Public Health and Primary Care may email Miss Sonia Yu (soniayu@cuhk.edu.hk) or Miss Katie Yu (katieyu@cuhk.edu.hk) for arrangement.

The events will resume next semester with further notice. Enjoy your summer!

### (Back to top)

## 8. Scholarships for Academic Excellence 2016/17 年度學業優異獎學金



To recognize college students with outstanding academic performance, the College is pleased to offer:-

## Master's List - Honor Award

To acknowledge Top College student of each academic programme of each class, with year GPA not less than 3.5 in 2016/17 academic year Quota: One student from each programme of each class will be awarded

Academic Excellence Scholarship - HK\$10,000 (Selection Criteria, Quota and Award Amount

UPDATED)

To acknowledge students with excellent academic performance - Highest 2016/17 Year GPA in

each Faculty (with not less than 3.4)
Ouota: 25 [Arts(3), Business Administration(4), Education(2), Engineering(3), Law(2),

Quota: 25 [Arts(3), Business Administration(4), Education(2), Engineering(3), Law(2), Medicine(4), Science(3), Social Science(4)]

### Academic Improvement Award - HK\$5,000

To recognize Top 3 College students who have shown the greatest improvement in terms of Term 1 & Term 2 GPA of 2016/17 academic year Quota: 3

Application to the above scholarship is NOT required. Scholarship recipients will be notified in August and awards will be presented in the College Inauguration Assembly in Sep 2017.

For more details about eligibilities, please go to <a href="http://www.wys.cuhk.edu.hk/scholarships.php">http://www.wys.cuhk.edu.hk/scholarships.php</a>

(College Life & Support > Scholarships & Financial Aid > Sort by Type > Scholarships for Academic Excellence)

Enquiries: Ms. Carol Cheng (<a href="mailto:carolcheng@cuhk.edu.hk">carolcheng@cuhk.edu.hk</a> / 3943 3936) or Miss Yolinda Wong (<a href="mailto:yolindawong@cuhk.edu.hk">yolindawong@cuhk.edu.hk</a> / 3943 3932)

### 9. Drum Set and other Music Equipment Available for Booking



To promote music atmosphere on campus, the College recently arranged a drum set and other music equipment at College Theatre and made available for booking. You can come for practice, rehearsal or performance! Be a Music Team member and enjoy all the fun!



Booking	Monday 19:00-22:00; Wednesday 14:00-17:00 (except public holidays & special situations)		
U	19.00-22.00, Wednesday 14.00-17.00 (except public notidalys & special situations)		
Period:	*Other than the time specified above, please consult College Dean of Students' Office <b>ONE working day</b> prior to the proposed booking time.		
Registration:	<b>BEFORE</b> submitting booking request to College Dean of Students' Office, applicants must		
	1) be Wu Yee Sun College Students;		
	2) register as a member of Music Team via <a href="https://goo.gl/AMzk0z">https://goo.gl/AMzk0z</a> ;		
	3) attend a briefing about the proper use of music equipment; and		
	4) read through the "Rules & Regulations For Music Equipment" and complete the booking form		
	*For other student bodies' bookings, please follow the rules and procedures stated in the "Rules & Regulations For Music Equipment".		
	The briefings will be organized again in the next semester. If you would like to register as music team member and use the music equipment, please contact Sonia.		
<b>Enquiries:</b>	Sonia (3943 3937/ soniayu@cuhk.edu.hk)		

## (Back to top)

## 10. Exchange and Travel Grant/Loan 2016/17

College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities/exchanges may apply for Exchange and Travel Grant/Loan.

There are different rounds of applications. For programmes/activities held in in Jun - Sep 2017, the application is now open from 19th Apr to 14th Aug 2017.

For programmes/activities held in Aug 2017 - Jan 2018, application will be open from 15th Aug to 14th Dec 2017.

Check out the following link for more information including eligibility: <a href="http://www.wys.cuhk.edu.hk/cms/wp-content/files\_mf/1493026691ExchangeandTravelGrantandLoan2017181st.pdf">http://www.wys.cuhk.edu.hk/cms/wp-content/files\_mf/1493026691ExchangeandTravelGrantandLoan2017181st.pdf</a>

For enquiries, please contact Ms. Carol Cheng at <a href="mailto:carolcheng@cuhk.edu.hk">carolcheng@cuhk.edu.hk</a> or Miss Yolinda Wong at <a href="mailto:yolindawong@cuhk.edu.hk">yolindawong@cuhk.edu.hk</a>

## 11. WYS's Got Talents

Are you interested in or excellent at photography, video-production, art & design, simultaneous interpretation or being the Master of Ceremonies? Or do you have any other talents to showcase?

The College is recruiting all sorts of talents to contribute in various College events including the upcoming College Opening and Anniversary Ceremony, College Forum and Assembly...etc. 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: <a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838</a>

Enquiries: Miss Kathy Fong (3943 3942/ kathyfong@cuhk.edu.hk)

### (Back to top)

### 12. Student Pastoral Care

It is not uncommon for college students like all of you to encounter various academic, emotional, interpersonal or family concerns and difficulties when you adjust to university life or pursue personal growth. You may wish to know the below ways that you can seek support or advice from the College and the University when you face problems:

- 1) You are welcome to speak with our College Dean of Students when you have problems that need resolving. Please call **3943 3942** for arrangement.
- 2) You may also approach the University's Student Counselling and Development Service at 3943 7208 for help.
- 3) A 24-hour Emotional Support Hotline is also launched 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. The hotline number is **5400 2055**.

(Back to top)

College Funding & Award Schemes (for Year- round Application) 書院資助及奨勵計劃(全年可供申請)

1. Sports for Life Award Scheme 體育運動參與獎勵計劃



Wanna move your body and get a prize in the same time?!

Sports for Life Award Scheme aims at motivating students to take part in more College's sports activities and exercising regularly for a healthy life. Students can earn award points for participating in College's sports activities and gain prizes!

**How to join?** You will be enrolled into the Scheme after joining your first sports activity! **What are the prizes?** 30 points for Sports Towel & 40 points for Water Bottle **How to redeem prizes?** Prize redemption will be arranged every semester!

## **Upcoming Sports Activities:**

Please stay tuned for updates

Check your accumulated points at <a href="http://bit.ly/WYSSportsForLife">http://bit.ly/WYSSportsForLife</a>!!

Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

### 2. 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 <u>HERE</u> to find out more information!

Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk)/ 3943 3937)

### (Back to top)

## 3. Global Learning Award Scheme (Winter Round) 寰宇學習獎勵計劃 (冬季)

If you are planning to expand your academic wisdom with support from the scheme, ACT NOW!

The scheme supports Wu Yee Sun College students to take part in or self-initiate academic programmes, such as academic conferences, competitions, field trips and language programmes outside Hong Kong. Last academic year, the scheme has supported students to South India, Belgium, Inner-Mongolia and so on!

Students successfully selected by the Scheme will be awarded the Global Learning Award. The maximum award amount varies for programmes of different length and nature.

	Programme Length	Programme nature	Maximum Award amount	
Short-	Shorter than one	Self-initiated programmes	HK\$8,000 or 100% of particular items (whichever is lower)	
	month	#Participating in organized programmes	HK\$8,000 or 80% of particular items (whichever is lower)	
Long-	One to six months	Self-initiated programmes	HK\$15,000 or 100% of particular items (whichever is lower)	
term		#Participating in organized programmes		

<sup>\*</sup>Programmes organized by the College and Term-long Exchange Programmes will not be considered for this scheme.

The sooner you submit your application, the quicker to receive feedbacks, and more time to improve the contents. Comment from College Exchange Committee members on proposal of self-initiated programmes could be sought by special request. The request shall be made at least month before application deadline together with submission of the completed proposal, budget plan and application form.

Round	Applying for trips taken during (for trips overlapping both rounds, <u>first date</u> of the trip shall determine the application period)	#Application period
Winter	Nov 1st – Apr 30th	May 1st - Oct 31st
Summer	May 1st - Oct 31st	Nov 1st - Apr 30th

<sup>#</sup> application documents shall be submitted to DOS Office by the last  $\underline{working\ day}$  within the application period.

Contact Miss Katie Yu (<u>katieyu@cuhk.edu.hk</u> / 3943 3935) now if you have any ideas in mind. Know more about the <u>details</u> and <u>apply</u> here!

# 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 <u>Service-learning Project Funding Scheme</u> 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: Katie (katieyu@cuhk.edu.hk / 3943 3935)

(Back to top)

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 events or competitions, in order to live up the spirit "Sports for Everyone".

The College will subsidize the **application fee** of sports events/ competitions/ activities organized by organization(s) OTHER THAN College. *Oxfam Trailwalker, Standard Chartered Hong Kong Marathon, Totem Run, or The Nike Cup-Hong Kong Five* are some of the examples.

Funding Amount: \$500 or 80% of application fee (whichever is lower)

Guidelines: http://www.wys.cuhk.edu.hk/page.php?name=sports-health-education

**Application:** Please submit application at <a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1935668">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1935668</a> at least 14 working

days **BEFORE** the start date of the activity. We will notify applicants the results within two weeks.

Enquiries: Kathy (kathyfong@cuhk.edu.hk / 3943 3942)

# 1. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2016/17 (Application Deadline: 30th June 2017)

CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature aims to encourage and recognize the excellence of research, analysis, and writing by the students of CUHK in the use of primary sources and rare materials held by the Hong Kong Literature Collection of The Chinese University of Hong Kong Library (CUHK Library). Applicants can visit the website of CUHK Library for the information on Hong Kong Literature Collection (香港文學特藏) at <a href="http://www.lib.cuhk.edu.hk/tc/collections/spc/theme/hklit">http://www.lib.cuhk.edu.hk/tc/collections/spc/theme/hklit</a>.

### Number and Value of Scholarship

There will be two scholarships of HK\$10,000 each. The scholarship recipients should be able to demonstrate their strong competence in using the Hong Kong Literature Collection for their outstanding research papers on Hong Kong literature and related fields. No award will be granted if there is no suitable candidate.

### **Eligibility**

Applicants must:

- be full-time students taking undergraduate / research postgraduate programmes;
- submit a research paper / thesis / dissertation \* on Hong Kong literature and related fields; and
- submit a statement in 500-800 words, written in either English or Chinese, on how to make use of the Hong Kong Literature Collection for the research paper / thesis / dissertation.
- \* For research paper, thesis and dissertation written in language other than English or Chinese, applicants are required to translate the academic works into either English or Chinese for submission.

### **Selection Criteria**

A panel will meet to review applications and take into account the following during selection:

- 1. The originality, quality of analysis and interpretation of the research paper.
- 2. The excellence of writing style and thoroughness of documentation of the paper.
- 3. The extent and effectiveness of the applicant's use of the Hong Kong Literature Collection in the research.

# **Application Procedures**

Information on the Scholarship and its application form can be downloaded from <a href="http://www.oafa.cuhk.edu.hk/">http://www.oafa.cuhk.edu.hk/</a> (Scholarships & Financial Aid > Open for Application).

Completed application form together with all requisite documents should be submitted **in person** to the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park during office hours (Monday – Friday 8:45 a.m. - 1:00 p.m. and 2:00 p.m. - 5:30 p.m. except Public Holidays) **on or before 30**th **June 2017**. *Late or incomplete applications will NOT be considered*.

For enquiries, please contact sfas@cuhk.edu.hk or 3943 7209.

## (Back to top)

## 2. The Rhodes Scholarship 2018 for Hong Kong

The Rhodes Scholarship is a postgraduate award supporting exceptional students from around the world to study at the University of Oxford. The Rhodes Scholarship Selection Committees seek young women and men of outstanding intellect, character, leadership, and commitment to service, and who demonstrate a strong propensity to emerge as 'leaders for the world's future'.

## Value of the Scholarship

Each year, there is one Rhodes Scholar selected from Hong Kong. The basic tenure of the Scholarship is two years, subject to satisfactory academic performance and personal conduct. At the discretion of the Academic Committee of the Rhodes Trust and the Rhodes Trustees, Scholars may apply for a third year of Scholarship to complete the DPhil. A Rhodes Scholarship covers all University and College fees, University application fee, a living stipend and one economy class airfare to and from Oxford at the beginning and end of tenure.

# **Application Deadline**

30th September 2017 (by 23:59 (Hong Kong time))

For more information, please visit <a href="https://www.oafa.cuhk.edu.hk/oafa\_media/article/scholarships-financial-aid/scholarships/overseas/rhodes-2018-poster.pdf">https://www.oafa.cuhk.edu.hk/oafa\_media/article/scholarships-financial-aid/scholarships/overseas/rhodes-2018-poster.pdf</a>

### 3. The Esther Yewpick Lee Millennium Scholarship 2018

A FULL COVERAGE SCHOLARSHIP FOR FURTHER STUDY AT OXFORD COMMENCING OCTOBER 2018 IS NOW OPEN FOR APPLICATION.

The Esther Yewpick Lee Millennium Scholarship is exclusively offered to CUHK final-year students or alumni, including both undergraduates and postgraduates of degree programmes. The scholar will be sponsored to read for a postgraduate degree or a second Bachelor's degree at the University of Oxford, U.K. commencing October 2018.

### The Fund

The Scholarships, tenable at the University of Oxford, are established with funds from the estate of the late Dr. Esther Yewpick Lee, whose family has had strong connections with and affection for both The Chinese University of Hong Kong (CUHK) and the University of Oxford.

### The Scholarship

One Scholarship for two to three years will be awarded to a degree graduate or final-year student of CUHK. Scholars may read for the Oxford BA in any of the final honour schools, or, if qualified by previous training, may be admitted to read for the advanced degrees of BCL, MLitt, MSc, MSt, MTh, MPhil or DPhil.

However, candidates are strongly advised to apply for programmes of at least two year's duration in order to get the most benefit of studying at Oxford.

### Value of the Scholarship

All amounts due in respect of University and College fees at Oxford, exclusive of board and lodging, will be paid direct to the College concerned. The Scholar will be provided with a return economy class air fare between Hong Kong and London, charges for land transportation between London and Oxford, and an annual personal allowance which is expected to take care of board and lodging and other maintenance costs.

Tenure of other awards in conjunction with this Scholarship is not permitted without the consent of CUHK.

#### Eligibility

- Applicants should be either final-year students in the academic year 2017/18 including both undergraduates and postgraduates of degree programmes, or graduates holding degrees awarded by CUHK.
- Successful candidates must have outstanding academic records and have a respect for humanity, a curious mind, moral
  integrity and a spirit of adventure and reveal the potential to make a contribution to the well-being of the community.
- Candidates must be under the age of 25 years on 1st October 2018.

# **Application Procedures**

- 1. Details of the Scholarship and its application form are obtainable from our website at <a href="http://www.oafa.cuhk.edu.hk/">http://www.oafa.cuhk.edu.hk/</a> (Scholarships & Financial Aid → Open for Application).
- 2. Applicants should read the Memorandum and Checklist of Supporting Documents carefully and strictly follow the instructions.
- 3. Completed application form together with **ALL** the supporting documents must reach the Secretary of The Esther Yewpick Lee Millennium Scholarships Selection Committee, c/o Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park <u>by 5:30 p.m., 4th September 2017 (Hong Kong time)</u>. Late or incomplete applications will not be considered.
- 4. Shortlisted candidates will be invited to attend interviews which will be held during the period from October to November 2017 in Hong Kong. The cost of travel to the interviews will not be reimbursed to the candidates.

Enquiries: Contact Office of Admissions and Financial Aid at 3943 7204 or sfas@cuhk.edu.hk.

## (Back to top)

## 4. Targeted Training Programme for Scholarships

To better equip our students for scholarship applications, the Office of Admissions and Financial Aid will organize a targeted training programme in which students will be given counselling on scholarship application including preparation for curriculum vitae and personal statement. Mock interviews will be arranged for students, and faculty mentors will be assigned to them for coaching.

College students who have interest in this targeted training programme with cumulative GPA of at least 3.3 and are planning to compete for renowned scholarships may send in their 1) SID, 2) Name, 3) Programme, 4) Year of Study, and 5) CGPA to Miss Yolinda Wong at <a href="mailto:yolindawong@cuhk.edu.hk">yolindawong@cuhk.edu.hk</a> on or before 12th July 2017.

The College will nominate suitable applicants to participate in this programme. As the programme is intended to last for a year, priority will be given to Year 3 or above students but not in their final year of study in 2017/18.

### (由香港中文大學心理學系舉辦)



### 簡介:

在忙碌的都市生活中,你有覺得疲累、心情低落,或是不安、焦慮嗎?工作上的責任和重擔,有令你感到負荷不來嗎?你覺得沒有時間,但又想為到自己既心理健康做些什麼?《心導遊》是一個為期八至十個星期的網上心理健康研究計劃。目的旨在提升大眾生活質素及心理健康,並預防廣泛性焦慮症及抑鬱症。在心導遊這個旅程之中,我們會從旁輔助你。希望你在過程之中,學習、練習、以及反思,並預備好去面對充滿未知、驚喜以及挑戰的人生。

### 詳細內容:

- i) 對象:18 歲以上,能閱讀及理解廣東話,具高風險會患上抑鬱症或焦慮症,而未曾確診患上抑鬱症、躁狂抑鬱症、廣泛焦慮症、精神分裂症譜系疾患或有自殺傾向的人士參加。
- ii)《心導遊》包括了三個不同的課程:思緒遊、靜觀遊、知識遊。合資格的人士將會被隨機分派到以上三個課程的其中一個,每個課程為期約六個星期。參加者只需每星期花約半小時,就能提升自己的心理健康或對心理健康的認識。
- iii) 參加者需於課前、第六節課後、完成課程後三個月及九個月後於網上填寫有關精神健康的問卷以檢討計劃成效。
- iv) 為鼓勵參與,首 180 名完成課程及課後各階段評估的參加者,可獲得港幣\$100, 最高合共\$300 的答謝金(答謝金將為現金或同等金額的現金券)。答謝金將於會面評估後派發。

有興趣參加的人士,可於網上登記(<a href="http://www.psy.cuhk.edu.hk/tourheart/">http://www.psy.cuhk.edu.hk/tourheart/</a>),並填寫一份簡單問卷。我們將會預約初步合資格的參加者到香港中文大學進行簡單的會面評估,以確定符合參加條件。

如有查詢,歡迎於辦公時間致電多元文化及全人健康研究室研究助理 黃小姐 3943-4189 或電郵 swywong@psy.cuhk.edu.hk。