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Congratulations to our college student Mr. CHOW Hon Nip Hanniel (周漢聶同學), who has been recently awarded the prestigious HSBC Overseas Scholarship. Hanniel is a Year 2 student majoring in psychology, with excellent academic result and distinguished accomplishments in sports and music. Hanniel is a long distance runner who has represented Hong Kong and is the holder of the 3000m steeplechase and 4x1,500m relay Hong Kong youth record. He has also been awarded the College's Outstanding Athletic Achievements Gold Award this year recognizing his excellent athletic performance.

With the support from this distinguished HSBC Overseas Scholarship amounting to HK\$160,000, Hanniel will spend an academic year as an exchange student in University of California, Los Angeles in 2017/18 academic year. Please click below for more information about this scholarship and Hanniel's achievement: <a href="http://www.cpr.cuhk.edu.hk/en/press\_detail.php?id=2553">http://www.cpr.cuhk.edu.hk/en/press\_detail.php?id=2553</a>

Hanniel is also invited to attend an interview with RTHK Radio 2 - 學界超聲道 on 30th July to share his experience.

Our heartfelt congratulations to Hanniel! (Back to top)

2. College Students Received HSBC Hong Kong Scholarship 2016/17



College students Mr. SO, Wai Lok (蘇瑋樂同學), year 4 biology student, and Mr. LO, Tsz Ming (羅子明同學), year 4 medical student, have been awarded with HSBC Hong Kong Scholarships this year. Each of them has received a scholarship amounted to HK\$50,000, recognizing their academic excellence and their commitment to serving the Hong Kong community. Congratulations to Wai Lok and Tsz Ming!

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3. Summer Camp with CUHKFAA Chan Chun Ha Secondary School 薪火相傳一香港中文大學校友會聯會暑期生活營



The second year of the Summer Camp with CUHKFAA Chan Chun Ha Secondary School (香港中文大學校友會聯會陳震夏中學) welcomed 30 Secondary 5 students to enjoy 3 days 2 nights with our student mentors. Some of them utilized their experiences as mentees of our College Mentorship Programme to design and lead the programmes for the secondary students.

Apart from the exciting games to warm up the atmosphere, students also had the opportunity to better understand their strengths and

weaknesses in the JUPAS mock interview workshop. To enhance students' reflections about the camp, mini-project was introduced to let the students express their aspirations towards university life. Their presentations in video clips, comics and drama impressed the audiences with their creativity and talents.

We were also honoured to have Professor Man-hong Lai (黎萬紅教授), Acting Dean of Students to join the lunch and share with the students. Professor Patrick W.L. Leung (梁永亮教授), Chairman of College Student Counseling and Discipline Committee was very supportive as well by delivering a lecture about psychology, which encouraged students to better understand themselves.

The mutual learning experiences were beneficial to the personal growth of both parties. Secondary students gained better ideas about their characters during the camp and built connections with our student mentors. Meanwhile, our student mentors were able to reflect the choices they have made in the university and re-think their future career.

Our heartfelt thanks again for the student mentors and hope to see the secondary students to join our College soon!

### 4. Farewell Dinner to College Master by Mentors and Mentees



Mr. Philip Li (李永權先生), a mentor of our Mentorship Programme, organized a farewell dinner in honor of our College Master Professor Rance P.L. Lee (院長李沛良教授) on 16<sup>th</sup> July 2017, thanking him for the founding of the College over the last seven years. Two other mentors Mr. Raymond Wong (黃志新先生) and Mr. Tony Leung (梁家棟先生) and a group of mentees from Chung Chi College and Wu Yee Sun College were invited to join the dinner. A souvenir was designed and presented by the mentees to Professor Lee, wishing him a happy life after retirement.

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5. Thankyou/Farewell Dinner to College Master by Wu Yee Sun Charitable Foundation



Dr. Michael Wu (伍步高博士) and members of Wu Yee Sun Charitable Foundation invited our College Master Professor Rance P.L. Lee (院長李沛良教授) to a Thankyou/Farewell dinner on 17<sup>th</sup> July 2017 and presented to him a "Horse Head" sculpture, thanking him for his leadership in founding the College.

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6. College Master Attended the Autograph Session of Dr. Kam-shing Wong at Hong Kong Book Fair



Dr. Kam-shing Wong (黃錦成博士), donor of College's Sunny Passion Programme and Managing Director of Kowloon Watch Co. has published a new book《不二戀情》, in which Dr. Wong shares his view on marriage and love. Our College Master Professor Rance P.L. Lee (院長李沛良教授) attended his autograph session at Hong Kong Book Fair in Hong Kong Exhibition and Convention Centre on 22<sup>nd</sup> July 2017 to show his support to Dr. Wong.

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7. Delegation from Stanford University Bing Overseas Studies Program



Organized by the Office of Academic Links, Professor Ramon Saldivar, T. Robert and Katherine States Burke Family Director of Stanford University Bing Overseas Studies Program and Ms. Irene Kennedy, Executive Director of Stanford University Bing Overseas Studies Program and Associate Vice Provost for Undergraduate Education visited CUHK and the College on 12<sup>th</sup> July. Associate Master Professor Anthony T.C. Chan (副院長陳德章教授) greeted the guests with a few Stanford University alumni working at CUHK. The delegation was impressed by the diversity of space dedicated to student activities such as our Creativity Laboratory and House of Sunny Living.

#### 8. College Introduction at Summer Institute 2017



About 320 local and international students from Summer Institute 2017 attended our college introduction talk on 14<sup>th</sup> July. The college talk presented the uniqueness of CUHK's collegiate system, and introduced the distinctive features of our College including the interesting programmes offered to our college students. Organized by OAL, this Summer Institute offered participants the opportunities to gain insight into adapting the university learning environment as well as to experience the campus residential life. The participants were S.5 students (or their equivalence) from different local secondary and overseas high schools who will apply to universities one or two years later.

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Professor Baoting Zhang (張保亭教授), College member and Member of the College's Health and Spiritual Well-being Committee, will be promoted to Associate Professor at the School of Chinese Medicine from 15<sup>th</sup> August 2017.

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2. Kayak One-star Award Training Course 獨木舟一星訓練課程



Kayaking has become an increasingly popular outdoor sports activity for leisurely paddlers and enthusiasts who seek excitement. You may enjoy the tranquility in the midst of lake while prepare yourself for the adventure in nature. Stay cool in the summer and join the class!

Date: Saturday, 26<sup>th</sup> August Time: 09:00 – 17:00 Venue: CUHK Water Sports Centre Application: https://docs.google.com/forms/d/e/1FAIpQLScVRtCulbunofFZgfX8in\_if8tfhrCRiZD6QVxeofbe2xbV VQ/viewform (Deadline: 31<sup>st</sup> July) Fee: \$190 (\$90 refundable upon completion of the whole activity) Enquiries: Ting 63504227

# 3. 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

| 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

| 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          |

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4. "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!

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5. Scholarships for Academic Excellence 2016/17 年度學業優異獎學金 后直待書院 To recognize college students with outstanding academic performance, the College is pleased to nic Excellence 2016/17 學業優異獎學金 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) 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

> For more details about eligibilities, please go to <u>http://www.wys.cuhk.edu.hk/scholarships.php</u> (College Life & Support > Scholarships & Financial Aid > Sort by Type > Scholarships for Academic Excellence)

Enquiries: Ms. Carol Cheng (<u>carolcheng@cuhk.edu.hk</u> / 3943 3936) or Miss Yolinda Wong (<u>volindawong@cuhk.edu.hk</u> / 3943 3932)

August and awards will be presented in the College Inauguration Assembly in Sep 2017.

6. 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)   |  |
|---------------|---|--|
| Period:       | *Other than the time specified above, please consult College Dean of Students' Office <b>ONE</b> working day prior to the proposed booking time.                  |  |
| Registration: | BEFORE 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 <u>https://goo.gl/AMzk0z</u> ;  |  |
|               | 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<br>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. |  |
| Enquiries:    | Sonia (3943 3937/ soniayu@cuhk.edu.hk)  |  |

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7. 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 19<sup>th</sup> Apr to 14<sup>th</sup> 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 carolcheng@cuhk.edu.hk or Miss Yolinda Wong at volindawong@cuhk.edu.hk



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: <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838</u>

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

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9. 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**.

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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 (<u>soniayu@cuhk.edu.hk</u> / 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  $\checkmark$ 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)

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

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

*\*application documents shall be submitted to DOS Office by the last working day within the application period.* 

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

Enquiries: Katie (<u>katieyu@cuhk.edu.hk</u> / 3943 3935)

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: <u>http://www.wys.cuhk.edu.hk/page.php?name=sports-health-education</u> Application: Please submit application at <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1935668</u> at least 14 working days BEFORE the start date of the activity. We will notify applicants the results within two weeks. Enquiries: Kathy (<u>kathyfong@cuhk.edu.hk</u> / 3943 3942) (Back to top) **Other Activities & Announcements** 其他活動及宣儒事項 **1. Fuji Xerox (Hong Kong) Limited/HKMA Leadership and Management Seminar Series 2017** 

To learn from prestigious management business leaders, join the upcoming seminar of the Fuji Xerox (Hong Kong) Limited/HKMA Leadership and Management Seminar Series 2017. A Launching Ceremony of Professional Managers' Club and Sharing Session by Mr Walter Cheung will also be held in the occasion. Details are as follows:

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| Date:     | Thursday, 17th August 2017  |
|-----------|---|
| Time:     | 3:10pm - 6:30pm (Registration starts at 3:00pm)                       |
| Venue:    | 3/F, Tower 2, South Seas Centre, 75 Mody Road, Tsim Sha Tsui, Kowloon |
| Language: | Cantonese   |

#### **Guests of Honour:**

Ms Lanny Leung, Director and Chief Executive Officer, Hong Kong Wing On Travel Service Limited (永安旅遊董事兼行政總裁梁港蘭女士) Mr Patrick Lee, Chief Executive Officer, Greater China, Inchcape Hong Kong (Inchcape 大中華地區行政總裁李世賢先生) Mr Walter Cheung, Head of Communications and Corporate Sustainability, Hang Seng Bank Limited (恆生銀行傳訊及企業可持續發展總監張樹槐先生)

Quota: 5

Application: <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3626544</u> (Deadline: 1<sup>st</sup> August, 2017) Enquiries: Miss Sonia Yu (3943-3937 / <u>soniayu@cuhk.edu.hk</u>)

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# 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 <u>https://www.oafa.cuhk.edu.hk/oafa\_media/article/scholarships-financial-aid/scholarships/overseas/rhodes-2018-poster.pdf</u>

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#### 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. <u>Eligibility</u>

- 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 1<sup>st</sup> October 2018.

### **Application Procedures**

1. Details of the Scholarship and its application form are obtainable from our website at <u>http://www.oafa.cuhk.edu.hk/</u>

(Scholarships & Financial Aid  $\rightarrow$  Open for Application).

- 2. Applicants should read the Memorandum and Checklist of Supporting Documents carefully and strictly follow the instructions.
- 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</u> <u>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.

# 4. 網上心理健康計劃-《心導遊》

#### (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(<u>http://www.psy.cuhk.edu.hk/tourheart/</u>),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。