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## Sunny Review

### 1. 莫思一步停：中文學習的世界



本學期書院誠邀了補習名師林溢欣先生，舉辦一連五堂的「莫思一步停：中文學習的世界」。課程於上星期二完滿結束，林先生透過不同情境，分享學習中文的方法，並反思學習中文過程中面對的情況，進而探討語言在現今社會的轉變和價值。

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## College Activities

### 1. 李沛良師友計劃 - 夜話 Night Talk

**李沛良師友計劃之**  
**夜話**  
職涯方向盤

大學畢業之後，就要投身社會，在學期間應如何裝備自己？  
人脈網絡有幾重要？

李沛良師友計劃特意舉行夜話，分享建立人脈網絡的重要性，並邀得人力資源顧問有限公司傲天的聯合創辦人及董事總經理馬家文先生親臨，分享如何寫履歷表、見工或轉工的問題、薪酬趨勢及職場故事等。書院校友亦會現身說法，分享個人職涯經驗。透過簡單輕鬆的對話，助你規劃職涯方向。

**活動詳情**

日期：2021年11月25日（星期四）  
時間：晚上7:30 地點：書院藝廊 語言：粵語

嘉賓：傲天顧問有限公司的聯合創辦人及董事總經理 馬家文先生  
主持：中國誠信（亞太）信用評級有限公司主席及師友計劃導師 李永權先生

校友分享：詹應富先生 - 現於恒生投資管理有限公司任職助理基金經理（股票），善於2014-15年度參加書院師友計劃  
陳念謙先生 - 現於香港賽馬會任職見習受薪董事，書院校友會幹事會成員

查詢：Miss Elsus Yeung (3943-3934 / elsusyeung@cuhk.edu.hk)

截止日期 11月22日

報名

李沛良師友計劃特意舉行夜話，以職涯方向盤為題，分享建立人脈網絡的重要性。在學期間，建立人脈就是裝備自己進入職場，並以人脈網絡解難。

是次活動更邀得人力資源顧問有限公司傲天的聯合創辦人及董事總經理馬家文先生、師友計劃導師及校友親臨分享，詳見海報。

Rance Lee Mentorship Programme organized a Night Talk featuring the importance of social networking, which is multifunctional that helps for job hunting.


Mr. Jason Ma, Co-Founder/Managing Director of Motiva Consulting Ltd will share with participants his experiences and knowledge in helping job-searchers to write CV, adopt the appropriate manner at interview, get the right move of job and talk about the common HR issues in a company as well as the current salary trend in different industries.

Our College alumni will also share their personal experiences in their workplaces and how important social networking is.

Date: 25 Nov, 2021 (Thu)  
Time: 7:30pm  
Venue: College Gallery  
Language: Cantonese  
Guest: Mr. Jason Ma, Co-Founder/Managing Director of Motiva Consulting Ltd  
Host: Mr. Philip Li, Chairperson of China Chengxin (Asia Pacific) Credit Ratings Company Limited and mentor of Rance Lee Mentorship Programme  
Alumni: Mr. Ivan Jim, Assistant Investment Manager (Equities), Hang Seng Investment Management Ltd; Took part in Rance Lee Mentorship Programme in 2014-15  
Mr. Joseph Chan, Cadet Stipendiary Steward, The Hong Kong Jockey Club; Current Executive Members of Wu Yee Sun College Alumni Association  
Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13641745>  
Deadline: 22 November, 2021  
Enquiries: Miss Elsus Yeung (3943-3934 / [elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk))

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## 2. Fitness Consultation Sessions 健身訓練諮詢



Fitness Trainers are at our college's Gymnasium!

Need guidance for keep-fit plan or proper use of fitness equipment?

Mark your calendar!

**Instructor**  
Mr. John CHAN  
(every Tuesday)

**FITNESS CONSULTATION**

**DATE** (EVERY TUE)  
SEP 14, 21  
NOV 30  
7:00-9:00P.M.

OCT 5, 12, 19  
NOV 9, 16, 23  
7:00-8:00P.M.

**Venue** college gymnasium

**Target** Wu Yee Sun students and staff  
(no prior application is required)

Enquiries: Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk); 3943 3934)

Fitness Trainers are at our College's Gymnasium! Need guidance for keep-fit plan or proper use of fitness equipment? Mark your calendar!

**Date (Every Tue) :**

Nov 30

Time: 7:00-9:00pm

**Date (Every Tue) :**

Nov 9, 16, 23

Time: 7:00-8:00pm

**Venue:** College Gymnasium

**Instructor:** Mr. John Chan

No prior applications required! Kick-start your workout plan now!

**Enquiries:**

Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk)/ 3943 3942)

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## College Announcements

### 1. New College Members 新增書院成員

The following CUHK staff members have recently joined Wu Yee Sun College as teacher affiliate. Warm welcome from all the Sunnies!

	<p>Professor Louis H.S. LAU 柳浩城教授 Assistant Professor (Clinical), Department of Medicine &amp; Therapeutics <i>MBChB, MRCP (UK), FHKCP, FHKAM (Medicine)</i></p> <p>Prof. Lau graduated from Faculty of Medicine, The Chinese University of Hong Kong in 2012. He joined the Department of Medicine and Therapeutics in Prince of Wales Hospital after graduation. He obtained his specialist registration in Gastroenterology and Hepatology in 2019. He is currently serving as Assistant Professor in The Chinese University of Hong Kong.</p> <p>Prof. Lau has special research interests in advanced endoscopy and gastrointestinal bleeding. He was nominated as Distinguished Young Fellow of the Hong Kong Academy of Medicine. He received the Gold Medal of Best Thesis Award and the Distinguished Research Paper Award from the Hong Kong College of Physicians. He also received the Early Career Investigator Award from the American Gastroenterological Association.</p>
	<p>Dr. Terry C.F. YIP 葉卓風博士 Assistant Professor, Department of Medicine &amp; Therapeutics <i>BSc, MPhil, PhD (CUHK); MHKASLD</i></p> <p>Dr. Terry Yip graduated from CUHK in 2014 with First Class Honor in B.Sc. in Statistics. He obtained his M.Phil. in Risk Management Science and PhD in Medical Sciences from CUHK in 2016 and 2019 respectively.</p> <p>Dr. Yip's main research interest is risk prediction in patients with chronic liver diseases including chronic hepatitis B and non-alcoholic fatty liver disease utilizing</p>

electronic healthcare database. He studies different subpopulations of chronic hepatitis B including patients with resolved chronic hepatitis B and patients on antiviral therapy. He has over 90 publications in peer-reviewed journals including Journal of Hepatology, Gut, Gastroenterology, and Hepatology.

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## 2. Re-opening of Learning Commons

To facilitate students' learning, Learning Commons (except Discussion Room 102A) will further re-open from **26 Nov onwards**.

Please also note the important remarks as follows:

- **College non-residents** can access College facilities **from 9:00am to 10:30pm**. All College facilities are restricted to **WYS students only** unless prior approval has been sought from the College.
- Access to hostel floors is restricted to College residents only
- Please be reminded again to comply with College Prevention and Control Measures against COVID-19, including but not limited to measuring body temperature upon entering the College building. If body temperature is above 37.5 °C, s/he will not be allowed to enter into College.
- The opening hours and maximum capacity of College facilities can be referred at <https://www.wys.cuhk.edu.hk/about-us/campus/>.

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## 3. Reminders to Residents of WYS College (2021-22)

### Application for Hostel Withdrawal after First Term

Hostel places are normally assigned to students for both first and second semesters. However, if for any reason you would like to withdraw from the hostel after the First Term, please submit an online form at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13641051> by **22 November 2021 (Monday)** for Wardens' approval. The check-out deadline for this term is 12:00nn, Wednesday, 29 December 2021.

### Hostel Fee of Second Term

Debit note of the hostel fee of Second Term will be issued through CUSIS (<https://cusis.cuhk.edu.hk/>) around mid-January 2022. Please check it in due course.

### Winter Break Arrangement

Many of you may not reside at the hostel during winter break. While you may keep most of your properties in your hostel room, please be reminded **NOT** to leave behind any valuable belongings when you are away.

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## 4. Temporary Closure of College Facilities

Please note that some college facilities will be temporarily closed at the following timeslots for celebration events of College Anniversary.

Date	Time	Venue	Purpose
22-24 Nov 2021 (Mon - Wed)	2:00pm - 11:00pm	All facilities of 1/F, including corridor	Haunted House and Adventure

We are sorry for the inconvenience caused.

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## 5. Temporary Closure of College Gym

College Gym will be closed at the following timeslot for College events.

Nov		
Nov 23 (Tue)	8 pm – 9 pm	Fitness Training Workshop

We are sorry for the inconvenience caused.

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## 6. “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](mailto: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 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](mailto:sammykwan@cuhk.edu.hk) / 3943 9775)

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

Miss KiKi Chan ([kikiwokchan@cuhk.edu.hk](mailto:kikiwokchan@cuhk.edu.hk) / 3943 3935)

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## 7. 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](mailto: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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## 8. 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:**

Ms. Sammy Kwan ([sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk)) / 3943 9775)

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## 9. 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

Application & Guidelines : 

# 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 in order to strengthen your **physical health** and **mental wellness**.



**伍宜孫書院**  
WU YEE SUN COLLEGE

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

Health and well-being Activities



Max. funding amount

\$1500

OR

Up to 60% of application fee & course fee (whichever is lower)

**Examples**

Healthy Cooking Class  
Course about Nutrition / Chinese Medicine  
Mindfulness Workshop  
Mental Health First Aid Course

Qualification Courses for Health and Well-being Instructors



Max. funding amount

\$3000

OR

Up to 60% of course fee (whichever is lower)

**Examples**

Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course  
Art/Music Therapy Instructor Course

*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 strengthen your **physical health** and **mental wellness**.

### 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 Up to 60% of 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 **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look at the **guidelines** and the **reflection template** to start your healthy life now!!!

**Application** : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

### Enquiries:

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

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## 2. Self-Motivation Fund for Sports Activities

**[Application for Phase I is closed as the fund has been used up. Students can submit your application for Phase II starting from 10 January 2022 for activities held on or after 1 February 2022]**



Application & Guidelines : 

# 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".



伍宜孫書院  
WU YEE SUN COLLEGE

Enquiries:  
MS ELSUS YEUNG (elsusyeung@cuhk.edu.hk / 3943 3934)

Sports Activities



Max. funding amount

\$1500

OR

Up to 60% of application fee & course fee (whichever is lower)

Qualification Courses for Sports Coach



Max. funding amount

\$3000

OR

Up to 60% of course fee (whichever is lower)

Examples

Standard Chartered Hong Kong Marathon  
Oxfam Trailwalker  
Spartan Race  
Yoga Class, Dance Workshop

Examples

Rowing  
Rope-skipping  
Orienteering  
Taekwondo

*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".*

**Funding Amount:**

Sports Activities: Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

Qualification courses for sports coach: Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look on the [guidelines](#) and [report template](#), and challenge yourself with different activities.

**Application** : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

**Enquiries:**


Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk) / 3943 3934)

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### 3. Self-Motivation Fund for Green Activities



# Self-Motivation Fund for Green Activities

<p><b>Self-Motivation Fund for Green Activities</b> encourages students to participate in various kinds of green activities that promotes <b>sustainability</b> and <b>environmental consciousness</b></p>	<p>Green Activities</p>		<p>Max. funding amount <b>\$1500</b> OR Up to 60% of application fee &amp; course fee (whichever is lower)</p>	<p><b>Examples</b> Eco-cultural Tour Uncycling Workshops Forest Bath</p>
<p> <b>伍宜孫書院</b> WU YEE SUN COLLEGE Enquiries: Ms Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)</p>	<p>Qualification Courses for Instructors of Green Activities</p>		<p>Max. funding amount <b>\$3000</b> OR Up to 60% of course fee (whichever is lower)</p>	<p><b>Examples</b> Horticultural Therapists Trainer for Organic Farming Docent Training on Ecotourism</p>

*Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities and qualification courses for instructors of green activities that promote sustainability and environmental consciousness.*

### Funding Amount:

Green Activities: Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

Qualification courses for instructors of green activities: Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look on the [guidelines](#) and [reflection template](#), and challenge yourself with different activities.

**Application** : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

### Enquiries:

Ms. Sonia Yu ([soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) / 39433937)

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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.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

**Enquiries:**  
Miss Kiki Chan ([kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

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

**創出我天地**  
**Be Entrepreneurial!**

Present your innovative idea to echo with the mission of Wu Yee Sun College  
"Entrepreneurial Spirit with Social Responsibility".  
Just submit the application whenever a great idea pop-up in your mind!

資助高達 **\$20,000**  
MAXIMUM FUNDING

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

伍宜孫書院  
WU YEE SUN COLLEGE

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=13638278>

Check out the details through this [link](#).

**Enquiries:**  
Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)  
Miss Florence Tsui ([florecetsui@cuhk.edu.hk](mailto:florecetsui@cuhk.edu.hk) / 3943 9767)

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



The poster features the logo of Wu Yee Sun College (伍宜孫書院) and the motto 'Serve to Learn, Learn to Serve'. The main title is 'SERVICE-LEARNING PROJECT FUNDING SCHEME' with the Chinese translation '伍宜孫書院服務學習項目資助計劃'. The central illustration shows a globe made of puzzle pieces with various icons of people engaged in service-learning activities. Below the illustration, five key points are listed with corresponding icons: 1. 'Initiate your Service-Learning Project (Can co-operate with other organizations) 策劃自己的服務學習計劃 (可與其他機構合作)'; 2. 'Can be individual or group application 可以個人或小組形式申請'; 3. 'No restriction on programme destination or length 計劃地點、時長不限'; 4. 'Year-round application 全年開放申請'; 5. 'Subsidy amount: maximum HKD80,000 資助金額: 上限港幣80,000元'. A QR code is provided for more details, and contact information for Kiki Chan is at the bottom.

伍宜孫書院  
WU YEE SUN COLLEGE

Serve to Learn  
Learn to Serve

### SERVICE-LEARNING PROJECT FUNDING SCHEME

伍宜孫書院服務學習項目資助計劃

- Initiate your Service-Learning Project  
(Can co-operate with other organizations)  
策劃自己的服務學習計劃 (可與其他機構合作)
- Can be individual or group application  
可以個人或小組形式申請
- No restriction on programme destination or length  
計劃地點、時長不限
- Year-round application  
全年開放申請
- Subsidy amount: maximum HKD80,000  
資助金額: 上限港幣80,000元

More details:



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

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](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

## 7. Global Learning Award Scheme



The Global Learning Award Scheme (GLAS) aims to encourage students to initiate or participate in non-local academic or experiential learning programmes with the main purpose of LEARNING. Applicants will be awarded the “Global Learning Award” and receive the award amount after completing all post-trip requirements on time.

Students can apply funding for the self-initiating trips, overseas programmes, and virtual programmes. For further details, Please refer to college website for application guidelines.

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 1 – Apr 30	May 1 – Nov 30

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638945>

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## 8. Internationalization Activity Fund



If you are interested in organizing activities to promote cross-cultural integration, we support you to kick-start your plan!

The **Internationalization Activity Fund** aims to support students or student bodies to organize college- or hostel-level extracurricular activities which promote internationalization and inter-cultural exchange opportunities among members of the WYS community.

### Eligibility

1. All registered WYS student associations will be eligible for applying for financial support from the Fund.
2. Local and non-local student bodies/students are also encouraged to apply for the funding to organize activities for promoting campus integration and cohesion.
3. At least 70% participants should be local undergraduate students.

### Examples

- Experience of Clothing, Dining, Living & Transport in Hong Kong
- Hong Kong Sightseeing Tram Tour
- Thanksgiving Festival Celebration
- Korean Night

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

**Guidelines & Application:** <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=internationalization-activity-fund-2>

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## Other Activities & Announcements

### 1. Multicultural Counselling Service for Non-local Students

## Multicultural Counselling Service For Non-Local Students

**INDIVIDUAL COUNSELLING SERVICES**  
By native Putonghua speaking counsellors and native English speaking counsellors

**LANGUAGES**  
Apart from Putonghua and English, counselling in other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi might also be available

**SESSIONS**  
6 counselling sessions (may be extended according to service needs)

**LOCATION**  
St John's Cathedral Counselling Service in Central  
[www.sjcshk.com](http://www.sjcshk.com)

**TIME PERIOD**  
September 2021 to May 2022

**SERVICE TARGET**  
All CUHK full-time non-local students

**ENROLLMENT & ENQUIRIES**  
Please visit our website for details




Office of Student Affairs  
The Chinese University of Hong Kong

To strengthen counselling support to non-local students, Wellness and Counselling Centre is launching a pilot programme to provide multicultural counselling service to non-local students. The service will be provided by native Putonghua or English speaking counsellors from an external counselling service provider, St. John's Cathedral Counselling Service (<https://www.sjcshk.com/>). Subject to the availability of their counsellors, counselling sessions might also be conducted in other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi. For more details, please visit: <https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service> for more information.

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## 2. CUHK Independent Learning Centre (ILC)

Independent Learning Centre (ILC) has in store to support student learning in the First Semester of 2021-2022 via our **face-to-face** and **Zoom** sessions.

For the **new incoming students** who are not familiar with the ILC, I would recommend them to visit the ILC website (<https://www.ilc.cuhk.edu.hk/EN/>) for a short ILC video for our major work and services.

For **international students** who are interested in having better communication with the CUHK staff and students of other nationalities, this Interacting Across Cultures (IAC) online learning series should be very useful (<https://ilc.link/IAC>).

While the ILC workshops mainly target UG students, we also offer special postgraduate workshops with the University Library collaboratively. For details, please visit the ILC website regularly: <https://www.ilc.cuhk.edu.hk/EN/workshops.aspx>

Here are some ILC workshop highlights for the new academic year 2021-2022:

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 Success 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

To see the workshop series posters, please go to: <https://bit.ly/3Dz0zZy>

Students who think they will benefit from having a one-to-one meeting with our teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session, and our schedule can be found here: <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>

The ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support our students. Details are available at: <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>

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### 3. 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](mailto:info.wys@cuhk.edu.hk).