The Sunny Weekly

14th Sep 2020



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Sunny Review

1. Online College Inauguration Assembly for Term 1, 2020/21

The College Inauguration Assembly 2020/21 was held last Friday as a fresh start for the new academic year. Owing to the COVID-19 pandemic, the Assembly was held online via ZOOM. The ceremony commenced with the College Anthem, and College Master Professor Anthony T.C. Chan (陳德章教授) shared with fellow students how the College supports students in realizing their dreams and the essence of perseverance during the process. He also referred to the encouraging stories of three Sunnies and their Sunny Moments in achieving their goals.



After the sharing from College Master, Dean of Students Professor Ming-kay Poon (潘銘基教授) discussed with students the meaning of being a university student and urged students to explore and live for their own passion.



Miss Miko H.Y. Tse 謝愷忻 (Chinese Language Studies and Chinese Language Education/5), representative from 蹟 蹟復識識, shared the self-initiated programme which aims at introducing local heritage conservation to secondary students through its boardgame. Miss Tracy L.K. Wong 黃莉娟 (Nursing/5) then went through the journey of Volunteering Education (VED), an organization initiated by College students introducing long-term and in-depth education programmes in Southeast Asia.

We look forward to meeting with fellow Sunnies on campus soon to share more about their upcoming plans and targets for the year.

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College Activities



1. Sunny Living Week

Feeling soooooo dull staying at home, watching TV dramas and playing video games all day? Want to live a sunny, healthy and meaningful life like before? Don't miss the chance to join the online activities during Sunny Living Week from 5-9 Oct. The Week aims to strengthen your body, mind and spirit and instill positive energy by complimenting three dimensions of "Health and Spiritual Well-being", "Sports for Life" and "Go Green and Lead the Society". It hopes that students can stay strong and positive to overcome unexpected difficulties at all times and get started the journey of Sunny Living for different challenges in the future.

日日宅在家中,唔喺煲劇,就喺打機,人都頹廢晒?想重拾陽光活力的自己,宅出健康,宅出意義?那就萬勿錯過書院於 Sunny Living Week 為你精心炮製嘅多項網上活動,藉着透過三大元素: 身心健康、終身運動,以及綠色生活,旨於提升同學精神健康,讓同學強健體魄,並為同學注入正能量,希望同學可以時刻積極面對逆境,並於往後生活中繼續貫徹 Sunny Living 的精神。

Date & Time	Activity
5 - 9 Oct	Virtual Eco-Cultural Tour 虛擬生態文化遊
(Mon – Fri)	Stay tuned at College YouTube Channel!
5 Oct (Mon)	Music Sharing by College Master 院長音樂分享
12:30 pm – 1:00 pm	Live on College Facebook, don't miss it!!!
6 Oct (Tue)	Yoga at Home 家居瑜伽
7:00 pm – 8:00 pm	
7 Oct (Wed)	Beeswax Food Wrap Workshop 蜂蠟保鮮布製作 (Details)
6:30 pm – 8:00 pm	
8 Oct (Thu)	Virtual Forest Bath 虛擬森林浴 (<u>Details</u>)
3:00 pm – 5:00 pm	
9 Oct (Fri)	Boost Your Immunity : Light Food Making Workshop
11:45 am – 1:15 pm	抗疫有營輕食製作 (Details)

Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10125437

Enquiries:

Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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2. Online Social English Workshops 網上社交英語工作坊



Can you understand the following conversation?

"How was your date with Sam? Are you guys going out?"

"No, afterward I sent him a text and he *blueticked* me. Then he *ghosted*!"

"Oh no! Well, there are plenty of other fish in the sea."

"Good, because I have bigger fish to fry!"

If you want to learn more about:

The Language of Friendship and Dating; Social Networking and Memes; Informal Language and Idioms; Improvisation and building Confidence; and Popular Culture, Join our Social English Workshops!

Instructor: Ms. Jenna Lara COLLETT

Ms. Jenna COLLETT is a Lecturer at the English Language Teaching Unit. She obtained her Masters in English Literature from Rhodes University. Originally from South Africa, Ms. Collett has lived and taught in South Korea and Hong Kong. She has taught courses in English Literature, English for Academic and Specific Purposes, and Conversational English for ten years.

Date: 15 Oct, 22 Oct & 29 Oct (Thu)

Time: 6:30 pm – 8:00 pm

The workshops will be conducted via ZOOM. Participants will

receive the ZOOM link 3 days before the workshops.

Registration:

https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=9959569

Deadline: 7th Oct 2020 (Wed)

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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College Announcements

1. The "Sunny" Award & Admission Scholarship for Outstanding Artistic Achievements 2020/21 – Now Open for Application



The "Sunny" Award - HK\$15,000 / HK\$10,000

Recognize College freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility

Online Application: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10402717

Admission Scholarship for Outstanding Artistic Achievements - HK\$8,000

Acknowledge College freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music

Online Application: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10402162

Both scholarships are eligible for freshmen who placed Wu Yee Sun College as their 1st College Preference.

Application Deadline: 5th Oct 2020 (Mon)

More details: http://www.wys.cuhk.edu.hk/scholarships.php

Enquiries:

Ms. Karen Yiu (karenyiu@cuhk.edu.hk / 3943 3936)

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2. College Student Grant/Loan 2020/21 - Application Now Open (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2020/21. There will be two rounds of applications: the September round is open to Non-Freshmen ONLY while the January round will be open to Freshmen ONLY. Students who have financial difficulties are reminded to first apply for Government financial aid (Tertiary Student Financial Scheme).

Application is now open for non-freshmen until 12th Oct 2020 (Mon). Please download the application form from the following link and submit the completed form with supporting documents via email to Ms. Karen Yiu (karenyiu@cuhk.edu.hk) or in person to the College Office (G03, G/F, East Block) before the deadline.

Application Form: https://www.wys.cuhk.edu.hk/cms/wp-content/uploads/2020/09/Student-Grant-and-Loan-202021_NF.pdf

Enquiries:

Ms. Karen Yiu (karenyiu@cuhk.edu.hk / 3943 3936)

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3. Fee payment for Full-time Undergraduate Students, 1st Term, 2020/21

Students who have financial difficulties and would wish to defer payment on tuition and/or hostel fee, please submit application form together with supporting documents via email to cassieli@cuhk.edu.hk on or before 23rd Sep 2020 (Wed). Late applications and incomplete forms will not be processed.

Application Form: https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1599553836WYS_FeeDeferment_202021_T1_Form.pdf

Enquiries:

Ms. Cassie Li (cassieli@cuhk.edu.hk / 3943 3941)

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4. Meeting of Sunny Sports Committee - Next Meeting Date 18th Sep

The upcoming meeting of Sunny Sports Committee will be held on 18th Sep 2020 (Fri) at 11:00 am. College students can approach the corresponding student members through the College Student Union (www.wyssa@gmail.com) if there are any suggestions or comments. Thank you for your valuable input.

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5. Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman 2020/21



Acknowledge local freshmen of respective faculty with Level 5** in 2 subjects or above in HKDSE and proven leadership in social services or shown talents in creativity or innovation.

- Distinguished Arts Freshman
- Distinguished Business Freshman
- Distinguished Education Freshman
- Distinguished Engineering Freshman
- Distinguished Law Freshman
- Distinguished Medical Freshman
- Distinguished Science Freshman
- Distinguished Social Science Freshman

Award Amount: HK\$25,000 - HK\$50,000 per recipient

Eligibility: Local freshmen admitted via JUPAS stream who placed Wu Yee Sun College as their 1st College

Preference

Online Application: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10042692

Deadline: 20th Sep 2020 (Sun)

Enquiries:

Ms. Karen Yiu (karenyiu@cuhk.edu.hk / 3943 3936)

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Call for enrollment of Rance Lee Award



Creativity (創意) and Sunny Living (陽光生活) are two of the College's core values. If you are health-conscious and a green living supporter, grab this chance to promote your creative idea!

Rance Lee Award aims at encouraging the integration of creativity and Sunny living in the following 3 areas:

- Rance Lee Award for creativity in promoting **health and well-being**
- Rance Lee award for creativity in promoting **lifetime sports**
- Rance Lee award for creativity in promoting green life

Unleash your creativity and submit your application with a one-page executive summary on or before 27th Oct 2020 (Tue) by 5:00 pm. Grab the chance to win HK\$10,000 to promote Sunny Living!

Check out the details through this <u>link</u>.

Eligibility: All WYS students can apply individually or in group comprising at least 50% of WYS students

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988) Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)

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7. 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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8. "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 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!

Enquiries:

Ms. Sammy Kwan (<u>sammykwan@cuhk.edu.hk</u> / 3943 9775) Miss Katie Yu (<u>katieyu@cuhk.edu.hk</u> / 3943 3935) Miss Florence Tsui (<u>florencetsui@cuhk.edu.hk</u> / 3943 9767)

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9. 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 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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10. 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 (chilliestam@cuhk.edu.hk) / 3943 3934)

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11. 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 <u>application form</u>, and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

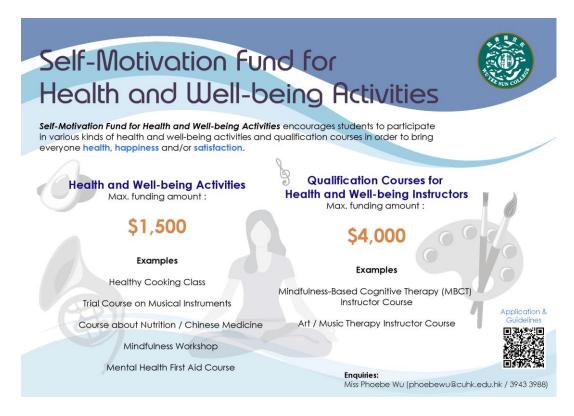
想跟書院同學保持聯繫?想擴闊人際網絡?想回饋書院?透過伍宜孫書院校友會,你可以將學生時代的關係延續下去。終生會籍只需 500 元。現時申請,更可獲贈一套四支環保飲管(先到先得,送完即止)。

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



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 bring everyone **health**, **happiness** and/or **satisfaction**.

Eligibility:

For Wu Yee Sun College students who participate in health and well-being activities <u>organized by organization(s)</u> <u>other than the College.</u>

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 80% of total 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

<u>Funding amount</u>: maximum \$4000 or 80% of course fee (whichever is lower)

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

Application: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10447493

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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2. 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 / 3943 3934)

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3. 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.

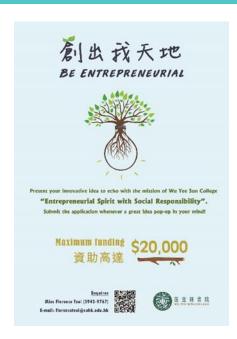
More Details: https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/

Enquiries:

Miss Rachel Poon (<u>rachelpoon@cuhk.edu.hk</u> / 3943 3942) Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935)

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



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!**

Check out the details through this link.

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988) Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)

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5. 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 (katieyu@cuhk.edu.hk / 3943 3935)

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Other Activities & Announcements

1. 2020 OnePass (CWEM) Password Expiration Date

Please note the arrangement of OnePass (CWEM) password expiry this year and take the necessary action:

Summary	According to OnePass (CWEM) Password Policy, the expiry date of every OnePass (CWEM) password is aligned with a specific date. The Coming Expiry Date of OnePass (CWEM) Password: 13th Oct 2020 (Tue) This expiry date applies to all student, staff, student organization, department and project accounts, unless the password has been changed on or after 1st Jul 2020.
Your Action	Please change your password before it expires: 1. Click Change Current/Expired Password on OnePass or CUHK Login Page OR 2. Click Change OnePass (CWEM) Password in MyCUHK
After Password Expiry	You cannot access Central IT services including email, Office 365, MyCUHK, CUSIS, CUPIS, WiFi, VPN, etc. with "Incorrect ID / Password" or "Password Expired" prompted.

	You can still change your password through the above.
Enquiry	ITSC Service Desk o http://servicedesk.itsc.cuhk.edu.hk o 3943 8845

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2. Student Development Portfolio - Animation Trailer 學生發展組合 — 動畫短片



The *Student Development Portfolio* (*SDP*) is a university-wide electronic platform for capturing and presenting students' Experiential Learning Activities (ELA) under the whole-person development framework namely I CARE. It provides students with an inventory of the informal learning opportunities on offer and facilitate their planning of a fruitful university life. University units can also make use of the *SDP* to facilitate students' enrolment for ELA and generate basic statistics for future planning of ELA.

The major functions of *SDP*, which are for students, include:

- 1. Viewing of ELA offered by various units of the University
- 2. Updating and maintaining participation records
- 3. Producing the ELA Report to showcase learning achievements

All full-time undergraduate students and representatives of the University units using SDP can login the system www.cuhk.edu.hk/sdp with their Student ID and Staff ID respectively. OnePass (CWEM) Password is required.

Affected by the recent development of COVID-19, the face-to-face *SDP* briefing sessions which had been held in the colleges in the past, cannot take place this academic year. As such, the I·CARE Centre for Whole-person Development has produced an animation trailer to be played on various online platforms, social media and digital display boards to introduce the *SDP* to students particularly freshmen. To have an immediate viewing of the trailer, please visit the *SDP* website www.sdp.cuhk.edu.hk where you can also obtain more relevant information.

The undergraduate students are now invited to answer two simple questions at bit.ly/2F5zDrd after watching the aforesaid trailer. The right one will be given a lovely A5-sized canva zipped bag. Priority of the receipt of this souvenir will be given to freshmen. While stocks last.

Explore the SDP now!

Enquiries:

Ms. Vicky Hui (vickyhui@cuhk.edu.hk / 3943 3714)

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3. Tertiary Student Finance Scheme – Publicly-funded Programmes (TSFS) 2020-21 Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2020-21

Please note that the application forms for the captioned Schemes from new students should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through "SFO E-link – My Applications" online platform at http://ess.wfsfaa.gov.hk on or before 25th Sep 2020. After submission of the online form, applicants will be required to submit the declaration and supporting documents by online uploading, by post or in person to SFO's office. Applicants may also submit the documents to the collection box at Room 1206, 12/F, Yasumoto International Academic Park form 8:45 am to 1:00 pm and 2:00 pm to 5:30 pm, Monday to Friday (except public holidays) during 14th Sep to 5th Oct 2020. Students can visit the website at http://admission.cuhk.edu.hk for application details.

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4. CUHK Independent Learning Centre (ILC)

Here are some workshop highlights for academic year 2020/21 which is organized by CUHK Independent Learning Centre (ILC). You are welcome to visit the ILC website (https://www.ilc.cuhk.edu.hk/EN/) for a short ILC video for their major work and services or check out their new link on "Tips for Successful Online Learning @ CUHK". You may also go to: https://bit.ly/32MAMvF to see the workshop series posters.

- 1. University Study Skills Series this series is particularly useful for incoming UG students
 - o Study Skills in English at University Level
 - o Academic Reading: Strategies for Success
 - Ace Your Oral Presentations
 - o Discussion Skills and Current Affairs
 - o Saying What you Mean: English Pronunciation for Cantonese and Mandarin Speakers
 - o Listening to Learn: Academic Listening and Note-Taking Skills
 - o Building a Bigger and Better Vocabulary

2. Writing Series

- Academic Essays
- Research Papers
- o 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
 - o Ace Your In-person and Video Job Interviews
 - Standing Out in a Group Interview
 - Interview Practice and Self Reflection

4. CRE/ JRE Series

- o Preparing for the CRE Use of English
- o Tips and Strategies in Tackling the JRE
- o JRE Writing Practice (Practice writing for the JRE under exam conditions)
- o Feedback on JRE Writing Practice (Discuss exam strategy and student writing)

5. Exam Preparation Series

- o Taking the IELTS Challenge: Reading & Writing
- o Taking the IELTS Challenge: Speaking & Listening
- o Mastering the TOEFL: Reading and Listening
- o Mastering the TOEFL: Speaking and Writing

Students who think they will benefit from having a one-to-one meeting with the teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session. The schedule

can be found at: https://www.ilc.cuhk.edu.hk/EN/consultation.aspx. Besides, the ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support students. Details are available at: https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx.

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5. McDonnell Academy Photo Contest

The McDonnell Academy invites photo submissions to its Photo Contest on the theme of 'Hope and Resilience Around the World' from any of the Academy's partner universities. The aim of the contest is to share images of how people around the globe are adapting to and thriving amidst today's challenges and crises, and what gives them strength and hope for the future. Photo submissions that speak to where people around the world are finding hope and strength in these uncertain times, how they are rebuilding their communities, and reinventing themselves in light of current global challenges such as the COVID-19 pandemic are encouraged.

Eligibility

- Open to any current undergraduate or graduate student, faculty, or staff member at CUHK.
- Entries must include a photo title, a brief description (max. 100 words) of what the photo depicts, and the location where it was taken. The description must include the story, moment, or concept the photo captures and how it relates to the theme.
- Photos must be in digital form.
- There is a limit of up to 3 photo submissions per participant.

Selection

- A panel of judges will assess photos based on their artistic merit as well as content relevance to the theme.
- Finalists' photos will be displayed on <u>global.wustl.edu</u>, and the winners will be announced live during the Global Town Hall (an introductory virtual event of the <u>International Symposium</u> comprising a panel of academics and senior experts) on 8th Oct 2020.
- The prizes are:1st place: US\$8002nd place: US\$400

Interested parties should <u>submit their work online by 15th Sep 2020</u>, and send the details (for students: name, CUID, major, college; for faculty/staff: name, office/dept) to Ms. Yiho Lee (<u>yiholee@cuhk.edu.hk</u>) at the Office of Academic Links for necessary follow-up.

For more information on the competition, eligibility and submission requirements, please refer to https://global.wustl.edu/mcdonnell-academy/international-symposium-2/mcdonnell-academy-photo-contest/.

For enquiries, please contact the organizer directly at global@wustl.edu.

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6. HKMA Youth Development Scheme



HKMA has organized the following seminar for students to join in September. Under the threat of pandemic, the seminars will be conducted **online** and **free of charge**. Quota limited. Tickets will be provided on first-come-first-serve basis. Details are as below:

Date: 24th Sep 2020 (Thu) Time: 4:00 pm - 5:30 pm

Language: Cantonese

Format: Online Live Broadcast

Should you be interested in this seminar, please send e-mail to <u>florencetsui@cuhk.edu.hk</u> on or before 16th Sep, stating your personal details including **your SID**, **name**, **major**, **year**, **phone number and contact e-mail**.

Remarks: Students are also encouraged to join **HKMA Student Membership free-of-charge**, which is open for post-secondary college full-time students who are interested in management. Applications could be made here.

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7. AIESEC in CUHK | Members Recruitment Talk

[AIESEC is recruiting!]

AIESEC in CUHK 黎緊會搞五場 Recruitment Talk, 當中會介紹喺每個 department 入面可以學到啲咩,呢年喺唔同情況下會有啲咩活動搞,同埋了解下 AIESEC 有咩特別之處!

聽完仲可以報名成為我地嘅 Member 添!

AIESEC in CUHK is going to organize five sessions of Recruitment Talk soon! By joining it, you can know more about the skills that you can learn by joining different departments in AIESEC as well as what makes our organization unique. You will also get a chance to sign up for becoming a member of AIESEC in CUHK!

心動不如行動!快啲報名參加啦!

What are you waiting for? Sign up now! Link: https://bit.ly/CUHKrecruitment

AIESEC in CUHK Recruitment Talk

Date: $15^{th} / 17^{th} / 19^{th} / 21^{st} / 23^{rd}$ Sep (choose one)

Time: 7:00 pm - 8:30 pm

Format: Zoom

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8. Flourishing First Year Programme 心盛計劃 2020-21



Flourishing First Year@CUHK is a tailor-made programme for all NEW students. A series of workshops are provided for supporting you to flourish and grow from failures.

How does Flourishing First Year@CUHK work?

- **Step 1:** All new students are eligible for receiving information about upcoming activities/workshops and have the priority in enrolling in these activities/workshops
- **Step 2:** Enroll in the workshop and get our welcoming gift in your first workshop (on a first-come-first-serve basis)
- **Step 3:** Be a flourishing learner!
- **Step 4:** Get your reward! (coffee making workshop/pottery class; on a first-come-first-serve basis)
- **Step 5:** Complete all workshops from PERMA (Positive Emotions, Engagement, Relationship, Meaning, Accomplishment)

Programme Details and List of Workshops:

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

Enquiries:

Office of Student Affairs (osa@cuhk.edu.hk / 3943 8652)

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9. 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.