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4. [Celebrity Talk \(I\): Through the eyes of your heart 名人講堂\(I\) - 心眼闖世界](#) <This Thu>
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College Activities

1. [Mindful Calligraphy 「書寫靜心」西洋書法體驗工作坊](#)

Mindful Calligraphy

「書寫靜心」西洋書法體驗工作坊

透過西洋書法及靜觀練習，
讓同學提高對身心需要的覺察，
體驗在專注中的寧靜與平安，
學習好好照顧自己。

日期：2 Nov 2020 (Mon)

時間：6:30pm - 8:00pm

語言：粵語

形式：zoom *同學須準備一支鉛筆及數張單行紙

截止報名日期：29 Oct 2020

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

透過西洋書法及靜觀練習，讓同學提高對身心需要的覺察，體驗在專注中的寧靜與平安，學習好好照顧自己。

內容: 介紹西洋書法的基本概念及技巧
西洋書法練習
靜觀練習體驗

導師：Miss Molly Chan
Molly 是香港大學社會工作學系學士及香港中文大學家庭輔導及家庭教育碩士，並修畢英國牛津靜觀中心及香港靜觀中心合辦之靜觀認知治療導師基礎課程。Molly 曾於不同機構(包括東華三院、聖雅各福群會、身心靈平台等)擔任靜觀及禪繞導師及分享者，擅於融合靜觀修習於輔導工作之中。

日期：2nd Nov 2020 (Mon)
時間：6:30pm - 8:00pm
語言：粵語
形式: 活動將以 zoom 進行，於活動開始前 2 天，參加者將會收到活動的連結。

*同學須自行準備一支鉛筆及數張單行紙

報名：
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10931689>

截止報名日期：29th Oct 2020

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

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2. 中醫保健安神系列

伍宜孫書院健康生活委員會
中醫保健安神系列

歡迎報名參加
詳情請查詢：3943 3988

活動詳情：
日期：2020年11月16日 (星期一)
講者：中大中醫學院 鄧保平教授

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

壓力太大，夜晚成日都好多野諗，搞到晚晚都瞓都唔好，黑晒眼圈，有咩辦法可以解決呢？

如果你都想有覺好瞓，那就萬勿錯過 11 月份嘅**中醫保健安神系列**，有我哋專業又資深嘅中醫教你**穴位按摩安神助眠**，必定讓你容光煥發！

活動詳情:

日期：2020 年 11 月 16 日 (星期一)

講者：張保亭教授

(張教授乃中大中醫學院助理院長及註冊中醫師，並於中大中醫專科診所應診，擁有多年中醫臨床和研究經驗)

語言：普通話

第一部份：安神助眠穴位按摩

時間：6:30 - 7:00pm

截止報名日期：11 月 9 日

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10519132>

註：

活動將以 zoom 進行，於活動開始前 3 天，同學將會收到活動的連結。

查詢：

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

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College Announcements

1. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be on leave on 30th Oct (Fri). Professor Sunny K.S. Kwong (鄭啟新教授), Associate College Master, has been appointed as the Acting Master of Wu Yee Sun College on that day.

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2. Virtual Background for download



A few virtual backgrounds are now available for College members and students to download for virtual meetings.

<https://www.wys.cuhk.edu.hk/news-information/downloads/?lang=zh>

We also welcome you to create and design a virtual background using our College as the theme.

If your design is selected, we will upload it onto our College website for interested College students/members to download.

The size requirement for 16:9 background will be:

- (1) 1280 x 720 pixels
- (2) 1920 x 1080 pixels

Deadline for Submission: 30th Oct 2020 (Fri) and please send your design to sammykwan@cuhk.edu.hk

Enquiries:

Ms. Sammy Kwan (sammykwan@cuhk.edu.hk / 3943 9775)

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3. Wu Yee Sun College Sports Teams Tryouts (1st term, 2020-2021) 2020-2021 上學期伍宜孫書院院隊選拔時間表

Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's Rowing	4 th Nov 2020 (Wed)	6:30 pm - 9:00 pm	Grand Stand, HCF	Mr. Ono Lee 3943 3986 onolee@cuhk.edu.hk
Women's Rowing	3 rd Nov 2020 (Tue) & 5 th Nov 2020 (Thu)	6:30 pm - 9:00 pm	Grand Stand, HCF	Mr. Ono Lee 3943 3986 onolee@cuhk.edu.hk

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4. 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!

Online application is now available, simply submit your application through one click -
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10554865>

For details about Rance Lee Award, please check this [link](#).

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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5. 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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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 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 (sammykwan@cuhk.edu.hk / 3943 9775)

Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)

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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 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:

Miss Chillies Tam (chilliestam@cuhk.edu.hk) / 3943 3934)

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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



The poster features the Wu Yee Sun College logo in the top right corner. The main title is 'Self-Motivation Fund for Health and Well-being Activities'. Below the title, a paragraph states: 'Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities and qualification courses in order to bring everyone health, happiness and/or satisfaction.' The poster is divided into two columns. The left column is titled 'Health and Well-being Activities' with a maximum funding amount of \$1,500 or 80% of course fee (whichever is lower). Examples include Healthy Cooking Class, Trial Course on Musical Instruments, Course about Nutrition / Chinese Medicine, Mindfulness Workshop, and Mental Health First Aid Course. The right column is titled 'Qualification Courses for Health and Well-being Instructors' with a maximum funding amount of \$4,000 or 80% of course fee (whichever is lower). Examples include Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course and Art / Music Therapy Instructor Course. At the bottom right, there is a QR code labeled 'Application & Guidelines' and contact information for Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988).

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 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 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

Funding amount : 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

The infographic features a blue and yellow geometric background with the CUHK logo in the top right. It is titled "Self-Motivation Fund for SPORTS Activities" and includes a runner icon. Below the title, it states: "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'".

Category	Max. Funding Amount	Examples
Sports Activities	\$1500 or 80% (whichever is lower)	Standard Chartered Hong Kong Marathon, Oxfam Trailwalker, Spartan Race, Dance Workshop, Yoga Class
Qualification Courses for Sports Coach	\$4000 or 80% (whichever is lower)	Rowing, Rope-skipping, Taekwondo, Orienteering

Enquiries: Miss Chillies Tam (3943-3934/chilliestam@cuhk.edu.hk)

Application & Guidelines:

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".

To enhance support to students, funding amount is increased as follows:

Sports Activities: Max. \$1,000 → **\$1,500**

Funding per student per year: Max. \$2,000 → **\$4,000**

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. Self-Motivation Fund for Green Activities

Self-Motivation Fund for GREEN Activities



Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.



Green Activities

Max. Funding Amount:

\$1500

or 80% (whichever is lower)

Examples:

Eco-cultural Tour,
Upcycling Workshops,
Forest Bath

Qualification Courses for Instructor of Green Activities

Max. Funding Amount:

\$4000

or 80% (whichever is lower)

Examples:

Horticultural Therapists,
Trainer for Organic Farming,
Docent Training on Ecotourism

Application & Guidelines:



Enquiries:

Ms Sonia Yu (3943-3937/soniayu@cuhk.edu.hk)

Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.

Funding Amount:

Green Activities: Max. **\$1,500**

Qualification Courses for Instructors of Green Activities: Max. **\$4,000**

Details: <https://www.wys.cuhk.edu.hk/whole-person-development/green/>

Enquiries:

Ms. Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

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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.

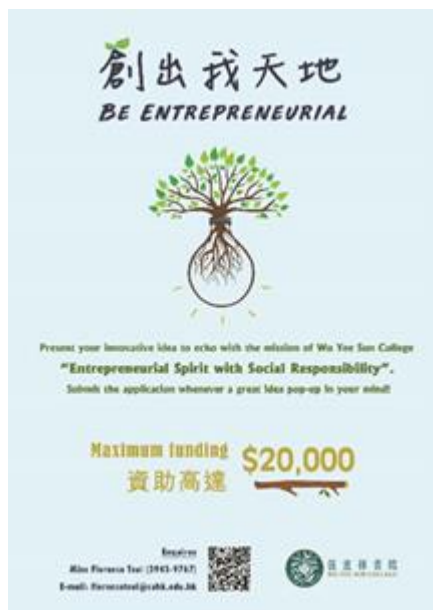
More Details: <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

Enquiries:

Miss Rachel Poon (rachelpoon@cuhk.edu.hk / 3943 3942)

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5. 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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6. 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 Rachel Poon (rachelpoon@cuhk.edu.hk / 3943 3942)

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Other Activities & Announcements

1. Survey about Online Teaching and Learning (For current full-time undergraduates)

In this survey, we would like to investigate the following 6 aspects: (1) Evaluation of students' attitudes of study during online learning; (2) Students' perception about teachers' online performance; (3) Students' challenges and difficulties when attending online learning; (4) Peer support during online learning; (5) Impact of COVID-19 on students' daily lives and (6) Suggestions for the improvement of the future online teaching and learning.

Please click the following link to fill in the survey or SCAN the QR Code to complete the survey:

<https://cloud.itsc.cuhk.edu.hk/mycuform/view.php?id=567869>



This survey will take about 15 minutes to complete. Participation is voluntary. If participants feel uncomfortable when doing the online survey, they have the right to withdraw and discontinue participation.

We sincerely thank for your participation in this study.

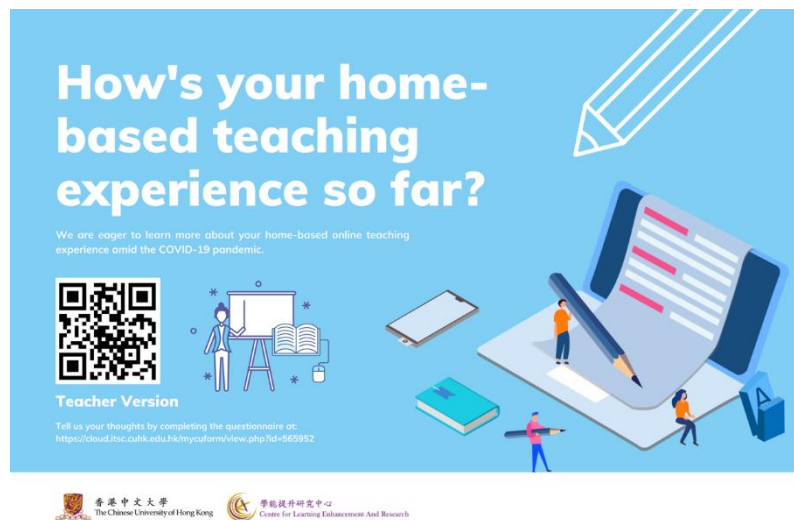
Vivian WY LEE

Associate Professor

Centre for Learning Enhancement And Research [CLEAR]

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2. Survey about Online Teaching and Learning (For teachers)



How's your home-based teaching experience so far?

We are eager to learn more about your home-based online teaching experience amid the COVID-19 pandemic.

Teacher Version

Tell us your thoughts by completing the questionnaire at:
<https://cloud.itsc.cuhk.edu.hk/mycuform/view.php?id=565952>

香港中文大學 The Chinese University of Hong Kong | 學能提升研究中心 Centre for Learning Enhancement And Research

In this survey, we would like to investigate the following 5 aspects: (1) Evaluation of teachers' familiarity with online teaching tools; (2) Evaluation of students' performance after the implementation of online teaching and learning; (3) Teachers' challenges and difficulties when conducting online lessons; (4) Impact of COVID-19 on teachers' daily lives and (5) Suggestions for the improvement of the future online teaching and learning.

Please click the following link to fill in the survey or SCAN the QR Code to complete the survey:

<https://cloud.itsc.cuhk.edu.hk/mycuform/view.php?id=567147>



This survey will take about 15 minutes to complete. Participation is voluntary. If participants feel uncomfortable when doing the online survey, they have the right to withdraw and discontinue participation.

We sincerely thank for your participation in this study.

Vivian WY LEE
Associate Professor
Centre for Learning Enhancement And Research [CLEAR]

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3. 2FA Policy for All CUHK Accounts 大學帳戶雙重認證政策

Please note the arrangement of “2FA for All CUHK Accounts” and take the necessary action:

Policy Summary	<p>Under this policy, all staff, student and project accounts (aka @cuhk.edu.hk and @link.cuhk.edu.hk) must be 2FA protected. You can activate 2FA on your account anytime. The enforcement date is</p> <ul style="list-style-type: none">• Student Accounts: 3rd Nov 2020• Staff and Project Accounts: 2nd Feb 2021
Your Action	<ul style="list-style-type: none">• Enroll your account and designated mobile device via DUO 2FA Self-Service User Portal (https://duo.itsc.cuhk.edu.hk)Or• Purchase a hardware token from ITSC for DUO 2FA
2FA Integrated Applications	<p>When 2FA is activated on your account, your access to the following services will be protected with 2FA.</p> <ul style="list-style-type: none">• Email• CUHK & SSL VPN• Microsoft 365• MyCUHK• CUPIS• Employee Self-Service (ESS)• CUSIS**• UG Admission System**• PG Admission System**(GS Platform (Division)) <p>**Authorized application administrators</p>
DUO 2FA Usage	<p>Visit https://www.itsc.cuhk.edu.hk/all-it/information-security/two-factor-authentication-2fa for</p> <ul style="list-style-type: none">• Mobile or Hardware token Enrollment• User Guides (document and video)• Briefing Sessions

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4. Celebrity Talk (I): Through the eyes of your heart 名人講堂 (I) – 心眼闖世界



(The English version follows the Chinese one.)

名人講堂 (I) – 心眼闖世界

8歲那年，本應充滿歡笑，可是一次藥物敏感，令黃明慧（Jennifer）失去視力。Jennifer沒有因此而自暴自棄，她入讀主流中、小學；及後移民加拿大，攻讀大學取得經濟及心理學雙學士學位、輔導心理學碩士學位，以及教育文憑。近年，她回流香港從事心理輔導和治療服務，曾出任長者安居協會個案管理顧問。為推廣傷健共融，她更與視障友人創立社會企業「Codekey Cookies」售賣點字曲奇。名人講堂將邀請Jennifer於**10月29日下午1時30分至2時30分**，於Zoom舉行分享會，與大家分享她用心眼闖世界的故事。

精彩預告：

<http://bit.ly/PTJW1029>

報名連結：

<http://bit.ly/1029JW>

查詢

電話：3943 1533

電郵：leos@cuhk.edu.hk

Facebook: <https://www.facebook.com/LEOs.online/>

Instagram: https://www.instagram.com/leos_cuhk/

學習輔導主任

學生事務處 學習輔導及文化共融組

Celebrity Talk (I): Through the eyes of your heart

At the age of eight, an age which was supposed to be filled with childhood laughter, Jennifer went blind due to drug allergy. Jennifer did not stop here. Instead, she attended mainstream schools in Hong Kong, emigrated to Canada, obtained a double bachelor's degree in Economics and Psychology, a master degree in Counselling Psychology, and Diploma in Education. Later, she returned to Hong Kong and delve into the field of Psychology & Counselling Service and worked as a Case Management Consultant for the Senior Citizen Home Safety

Association. To promote the social integration of the disabled, Jennifer went further and co-founded a social enterprise 'Codekey Cookies' with her visually impaired friends to sell Braille cookies.

Jennifer will share her story with CUHK students and staff on **29th Oct 2020 from 1:30pm to 2:30pm** on Zoom in Cantonese and partially in English. Please join us.

Promotional Trailer:

<http://bit.ly/PTJW1029>

Online Registration:

<http://bit.ly/1029JW>

Enquiry

Phone: 3943 1533

Email: leos@cuhk.edu.hk

Facebook: <https://www.facebook.com/LEOs.online/>

Instagram: https://www.instagram.com/leos_cuhk/

Learning Enhancement Officers (LEOs)
Learning and Cultural Enhancement Section
Office of Student Affairs

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5. 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
 - 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 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

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



Flourishing First Year @ CUHK 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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7. 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.