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## Sunny Review

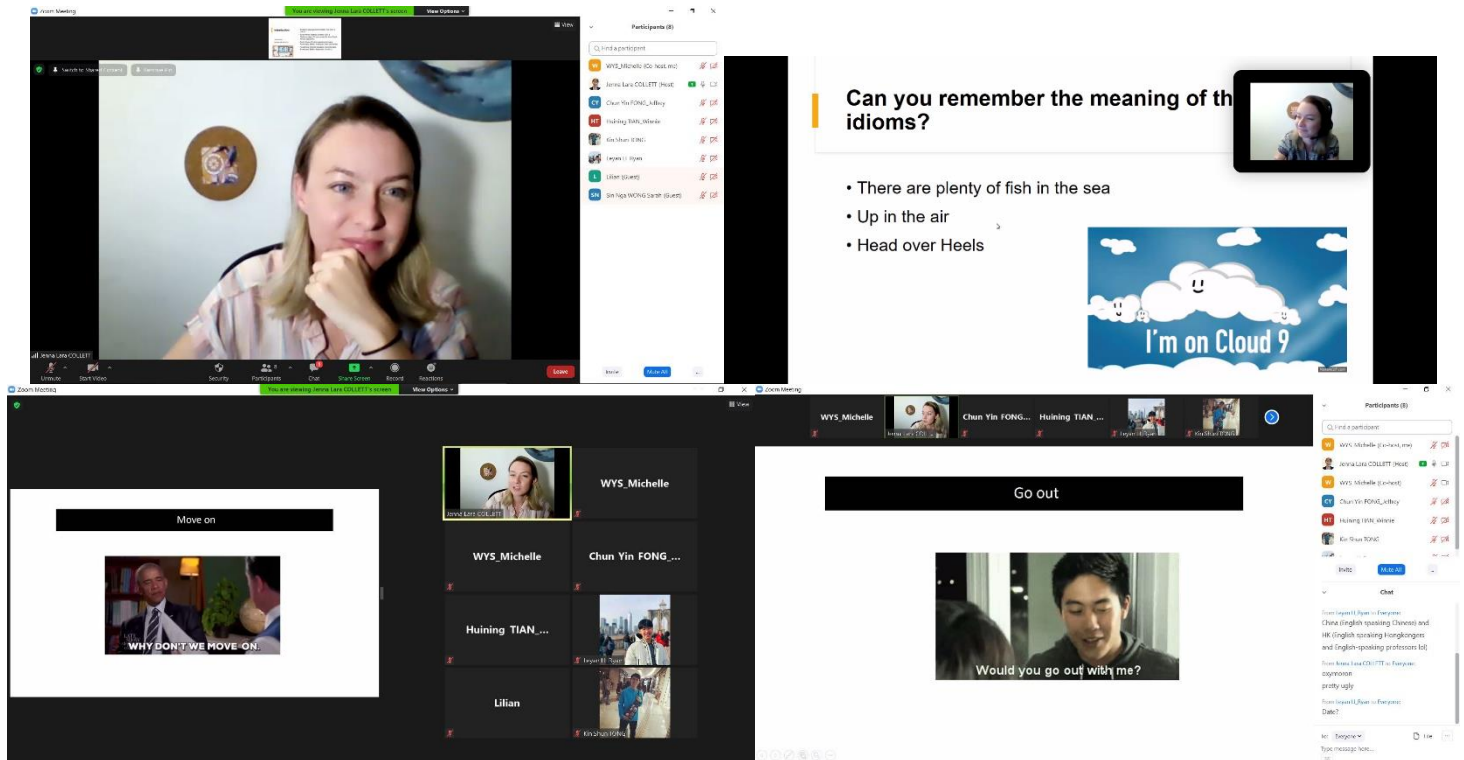
- [1. College Men's Tennis Team Winning 1st Runner-up in Inter-collegiate Competition 書院男子網球隊勇奪亞軍](#)



Congratulations to College Tennis Team (Men) for capturing the 1<sup>st</sup> runner-up in Inter-collegiate Competition held on 1<sup>st</sup> Nov. It's a motivation for the athletes who devoted much time and effort in times of the pandemic. We'd also like to thank College Badminton Team for their brilliant performance in Inter-collegiate Competition on 31<sup>st</sup> Oct. Their strong morale and sportsmanship are exemplary model to other students.

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## 2. Online Social English Workshops



Three sessions of Online Social English Workshops conducted by Ms. Jenna Lara Collett, College Member and Lecturer of English Language Teaching Unit, were held in October. Students learnt more about phrasal verbs and idioms for the language of friendship and dating. Through conversation practice, students are now more confident in expressing themselves orally in English.

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# College Activities

## 1. 中醫保健安神系列



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 pm - 7:00 pm

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](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

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## College Announcements

### 1. 伍宜孫劇社@中大劇賽 2020

The following message (Chinese only) is drafted by "Wu Yee Sun Drama Society":

中大劇賽二零二零

伍宜孫劇社 《給星空的一種禮讚》

🔗 網上直播登記傳送門🔗

<https://www.srrsh.cuhk.edu.hk/zh/中大戲劇比賽-2020>

「天使想停下來喚醒死者，把破碎的世界修補完整。可是.....風暴無可抗拒地把天使刮向他背對著的未來，而他面前的殘垣斷壁卻越堆越高直逼天際。這場風暴就是我們所稱的進步。」

——本雅明，《歷史哲學論綱》

世界末日，身處文明同時間嘅開拓點，我地該遵循人性，抑或追逐神性？文明，又係咪可以人工培植？如果遺忘可以滋養文明，還有多少記憶的理由？

日期：11月8日

時間：11:20 am

（不設現場觀賞，同場亦有醫學生劇社、逸夫劇社演出及座談會）

／製作團隊／

編劇：鄧施樂

導演：鄧朵拉

副導演：劉思顯、鄺沛多

監製：黃穎婕

舞台監督：劉宏智

執行舞台監督：熊后源

助理舞台監督：余晞彤、邱智仁、鄺帆那、劉晉霖

音響設計：林世澤、巫家傑

形象及服裝設計：李敏瑄、張曉晴

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## 2. 存心傳意 Familiar

The following message (Chinese only) is drafted by group students of College Final Year Project :

我哋係一班伍宜孫書院 Year 4 嘅學生👩👨👧👦，做緊一個有關改善親子關係嘅 Final Year Project — 「存心傳意 Familiar」👩👨👧👦💕。

透過更有效嘅溝通同相處模式，我哋希望改善香港大眾嘅親子關係💬👨👧👦，同埋促進家庭和諧，提升家庭幸福感~👩👨👧👦👉

我哋一共推出左 5 個活動同工作坊，其中 3 個活動希望可以搵到更多參加者，增加我哋活動嘅影響力！🐱

活動①「親心直說 Shall We Talk」工作坊👩👨👧👦💕



\* 活動內容：

- ◆ 想鼓勵親子雙方平日有更多的溝通和深入的傾談💬👨👧👦
- ◆ 珍惜當下和身邊人，避免日後留下任何遺憾和感到後悔👩👨👧👦😊



- ◆ 想搵啲鍾意創新體驗式親子工作坊既朋友仔🏠❤
- \* 日期：即日起到 11 月 30 日（可自由選擇其中一日）
- \* 時間：需時~1.5 小時（\*可自由選擇其中一個自己方便既時間）
- \* 人數：最多 4 個家庭（需要父/母/父母+最少其中一位子女共同參加👨👩👧）
- \* 費用：全免
- \* 形式：網上 Zoom 舉行📺
- \* 報名方式：Google Form (<https://forms.gle/rq6cq8RYWeGM3ARDA>)

## 活動② Comment 每週一讚彈👍👎🏠



- \* 日期：即日起到 12 月 31 日
- \* 參加方法:
  - ★ 子女和父母每週安排十五分鐘，就自己和對方當週相處的表現寫下反饋，再討論和檢討🗣️
  - ★ 挑戰後，參加者可通過匿名 Google Form (<https://forms.gle/Re1AXu6jQP49NYWk9>)簡單分享兩人反饋📄
  - ★ 我地會選取部分在社交媒體專頁發佈📢
- （詳情見 IG Page）

## 活動③【隆重推出】「身」火相傳 Instagram Filter



- \* 日期：即日起到 12 月 31 日
- \* 濾鏡連結（條片記住 Tag 返我啦👉）：  
<https://www.instagram.com/ar/350789729592354>
- \* 濾鏡內容：
  - ◆ 呢個 Filter 係我哋嘅心血結晶，入面我哋設計咗🔟個親子一日任務，希望大家可以探索唔同改善親子關係嘅方法🗣️，內容包括：1📄體驗對方生活👨👩、2📄促進溝通👨👩、3📄表達愛意👨👩
- \* 濾鏡玩法：
  - ★ 如果你抽中咗「今日我做 Cooking Mama 👩👧」嘅任務，畫面就會顯示你戴住家庭主婦嘅頭巾👩，而你就要先問吓父母平時煮飯嘅習慣同技巧🗣️👨👩，喺當日幫佢哋煮一餐飯👨👩。

★ 過程中，我哋希望大家可以喺 Story 分享過程同成果 🥰🥰🥰 (唔 show 樣都得㗎 🤪)，記錄返低你嘅感受 🙌，而完成之後記得\*\*\*TAG\*\*\*返我哋 🐱，同埋邀請 2👤位朋友參加 🤍，將家庭溫暖傳畀所有人 🌸🌸🌸！



— 「既然咁有緣做到你屋企人，

即係命中註定我愛你啦！😊」

#估唔到因為呢個 filter 妳覺得我終於大個仔啦

#多謝你



關注「存心傳意 Familiar」🏠：

\* FB：<https://www.facebook.com/familiar.wys/>

\* IG：<https://instagram.com/familiar.wys/>

如有任何疑問🗨，歡迎 dm 聯絡我地既成員👉

如有興趣參加我哋嘅活動同閱覽更多親子相處嘅技巧，請關注我哋嘅 Facebook 同 Instagram 專頁👉👉 (Fb: @familiar.wys IG: @familiar.wys)，謝謝！🙌😊

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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 <sup>th</sup> Nov 2020 (Wed)	6:30 pm - 9:00 pm	Grand Stand, HCF	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>
Women's Rowing	3 <sup>rd</sup> Nov 2020 (Tue) & 5 <sup>th</sup> Nov 2020 (Thu)	6:30 pm - 9:00 pm	Grand Stand, HCF	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>

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### 4. 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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### 5. "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 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](mailto:sammykwan@cuhk.edu.hk) / 3943 9775)

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

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

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## 6. 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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## 7. 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](mailto:chilliestam@cuhk.edu.hk)) / 3943 3934)

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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

**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 and qualification courses in order to bring everyone **health, happiness** and/or **satisfaction**.

**Health and Well-being Activities**  
Max. funding amount :  
**\$1,500**  
or 80% of course fee  
(whichever is lower)

**Examples**  
Healthy Cooking Class  
Trial Course on Musical Instruments  
Course about Nutrition / Chinese Medicine  
Mindfulness Workshop  
Mental Health First Aid Course

**Qualification Courses for Health and Well-being Instructors**  
Max. funding amount :  
**\$4,000**  
or 80% of course fee  
(whichever is lower)

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

Application & Guidelines

Enquiries:  
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](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

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## 2. Self-Motivation Fund for Sports Activities

The infographic is titled "Self-Motivation Fund for SPORTS Activities" and features the CUHK logo. It is divided into two main sections: "Sports Activities" and "Qualification Courses for Sports Coach".

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

At the bottom, there is a QR code for "Application & Guidelines" and contact information for Miss Chillies Tam (3943-3934 / [chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk)).

*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](mailto: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](mailto: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.)

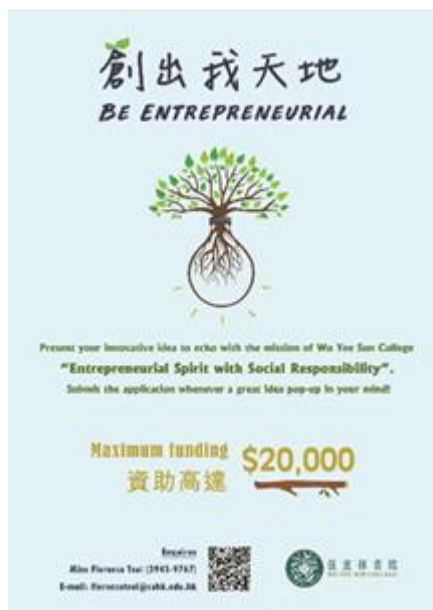
Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

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

### Enquiries:

Miss Rachel Poon ([rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) / 3943 3942)

## 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](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

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

## 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.

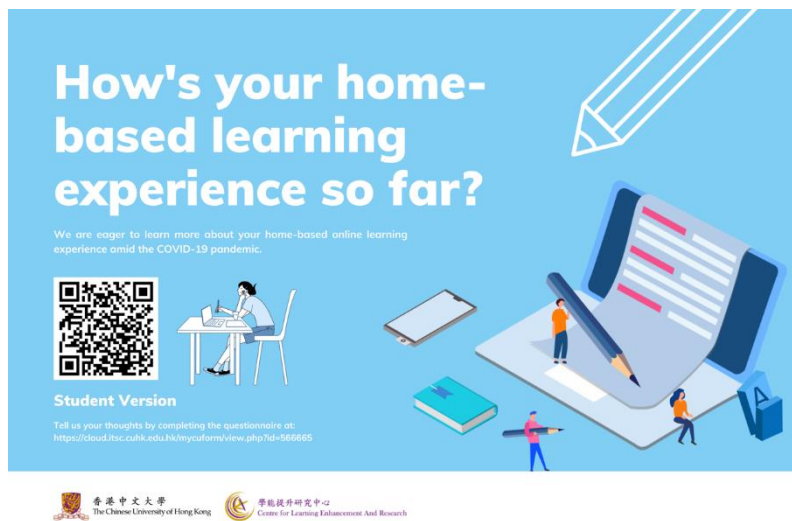
**Enquiries:**

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

Miss Rachel Poon ([rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) / 3943 3942)

## 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. 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:

<b>Policy Summary</b>	<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"> <li>• Student Accounts: 3<sup>rd</sup> Nov 2020</li> <li>• Staff and Project Accounts: 2<sup>nd</sup> Feb 2021</li> </ul>
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<b>Your Action</b>	<ul style="list-style-type: none"> <li>Enroll your account and designated mobile device via DUO 2FA Self-Service User Portal (<a href="https://duo.itsc.cuhk.edu.hk">https://duo.itsc.cuhk.edu.hk</a>)</li> <li>Or</li> <li>Purchase a hardware token from ITSC for DUO 2FA</li> </ul>
<b>2FA Integrated Applications</b>	<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"> <li>Email</li> <li>CUHK &amp; SSL VPN</li> <li>Microsoft 365</li> <li>MyCUHK</li> <li>CUPIS</li> <li>Employee Self-Service (ESS)</li> <li>CUSIS**</li> <li>UG Admission System**</li> <li>PG Admission System**(GS Platform (Division))</li> </ul> <p>**Authorized application administrators</p>
<b>DUO 2FA Usage</b>	<p>Visit <a href="https://www.itsc.cuhk.edu.hk/all-it/information-security/two-factor-authentication-2fa">https://www.itsc.cuhk.edu.hk/all-it/information-security/two-factor-authentication-2fa</a> for</p> <ul style="list-style-type: none"> <li>Mobile or Hardware token Enrollment</li> <li>User Guides (document and video)</li> <li><a href="#">Briefing Sessions</a></li> </ul>
<b>Policy Details</b>	<p><a href="https://www.itsc.cuhk.edu.hk/it-policies/information-security-policies/2fa-policy-for-all-university-accounts">https://www.itsc.cuhk.edu.hk/it-policies/information-security-policies/2fa-policy-for-all-university-accounts</a> (via CUHK Login)</p>

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### 3. 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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#### 4. 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](mailto:osa@cuhk.edu.hk) / 3943 8652)

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#### 5. 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).