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Sunny Review

- College Tour for Participants of the Summer Institute



The CUHK Summer Institute (SI) was organized by the Office of Academic Links (OAL) in July this year. It was a two-week summer programme to provide secondary school students with opportunity to experience campus life. Our College is glad to be invited to arrange a College Visit for the participants.

We once again express our warmest welcome to the participants and wish them all the best in their future endeavors.

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2. Visit of HKFAA Chan Chun Ha Secondary School



The College used to collaborate with CUHKFAA Chan Chun Ha Secondary School (香港中文大學校友會聯會陳震夏中學) to organize summer camp for secondary school students to experience university life, build connection with our college student mentors and learn from each other every summer.

With the precautionary measures against COVID-19, Chan Chun Ha Secondary School made a half-day visit to our college, enjoying a lecture on 'Creativity', presented by Professor Ming-kay Poon (潘銘基教授), College Dean of Students. A number of creative and interesting works of the ancient Chinese poets and people were mentioned in

the lecture. Student mentors also led a campus tour introducing college facilities to the secondary school students and shared some tips for getting a university offer.

Both our student mentors and the secondary students had a great fun day! We hope to see each other in the College soon.

College Announcements

1. Campus Arrangements

Non-residents may return to College **during 9:00 am - 10:30 pm daily starting from 26th Apr 2021**. Please be reminded that **ALL** students must follow below procedures before entering the College. **If students have taken a COVID-19 test, please stay at home until the test result is available.**

1. Tap students' own CU Link to access the main entrance of College buildings
2. Measure body temperature at the counter at College Gallery (*If body temperature is above 37.5 °C, s/he will not be allowed to enter the College*)
3. Fill in the registration form with **complete and accurate information** (e.g. fill in FULL name, not alias) at the same counter
4. Sanitize hands

Please be reminded that NO VISITORS (including WYS non-residents) will be allowed to enter the hostel floors. Students cannot bring in unauthorized persons or allow them to follow behind you to enter the College. Unauthorized persons or illegal residents will jeopardize the accuracy of contact tracing. In order to protect your own health, violations will result in disciplinary actions.

Opening Hour of College Facilities (Revised as at 16th July, 2021)

Learning Commons	9:00 am – 10:30 pm (Daily)
Piano Room	9:00 am – 10:30 pm (Daily)
College Gymnasium* <i>(for authorized users only)</i>	Monday to Friday 9:00 am – 7:00 pm Saturday 9:00 am – 1:00 pm Sunday & Public Holiday CLOSED
Yan Chak Study Room <i>(for non-residents only)</i>	9:00 am – 10:30 pm (Daily)

*Please read through and follow guidelines on the latest arrangement of College Gymnasium via mass email dated 16th Jul 2021. First-time users should bring the valid (i) CU Link Card and (ii) CUHK Fitness Room User Card to College Office (G03) for registration. Please be reminded to wear masks during exercises as well.

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2. Vaccination and Testing Arrangements for Hostel Accommodation in 2021/22

While embracing summer, we are planning for better preparation in the next academic year. The University has issued an announcement recently entitled "[Latest Health Advisories from the University for New Academic Year](#)" to strongly encourage students to receive COVID-19 vaccination at the earliest opportunity and lay out directions on student activities and hostel accommodation arrangements for 2021/22. In alignment with the University policy, we strive to resume normal capacity at hostels while safeguarding the health and wellbeing of all our students and colleagues.

Hostel accommodation presents challenges for physical distancing. Shared spaces can also increase the risk of cross-infections. Student residents are therefore strongly encouraged to get COVID-19 vaccine. Vaccination

bookings could be made via the following link: <https://www.covidvaccine.gov.hk/en/>. Students who have queries on the efficacy and safety of vaccination may refer to the recording of “Information Session on Vaccination and Testing Arrangements” held on 17th May at <https://www.wys.cuhk.edu.hk/news/information-session-on-vaccination-and-testing-arrangements/>. The session was conducted in Cantonese and supplemented by slides in English. You may also consult with your family doctor for medical advice.

To identify infected people who are asymptomatic, student residents who have not been vaccinated against COVID-19 will be required to undergo an entry test before admission to hostel and a COVID-19 test every two weeks afterwards at their own expense. Those who have been fully vaccinated for more than 14 days can be exempted from entry and serial tests. Detailed arrangements will be worked out in due course. Students who have a contraindication to vaccination and encounter financial difficulties to cover the cost of serial test may seek assistance from College.

Whether you are vaccinated or not, all members of College should continue to follow all College preventive and control measures against COVID-19, including mask wearing, social distancing and frequent hand washing.

Stay healthy and positive. We look forward to welcoming you back to the campus in September!

迎接初夏之時，我們亦正積極為新學年做好準備。大學近日發出題為「[大學就新學年發出的健康建議](#)」的電郵，鼓勵同學盡早接種疫苗及闡述 2021/22 年度學生活動及宿舍安排的方向。因應大學最新政策，我們亦期盼在恢復書院宿舍入住人數至原有水平，以及保障所有員生的健康與福祉之間取得平衡。

入住宿舍為維持社交距離帶來挑戰，共用空間亦增加交叉感染風險。因此，我們強烈鼓勵同學接種疫苗。同學可以透過以下連結 <https://www.covidvaccine.gov.hk/zh-HK/> 於網上預約疫苗注射服務。同學若關注疫苗的安全性及功效，可瀏覽以下網址 <https://www.wys.cuhk.edu.hk/news/information-session-on-vaccination-and-testing-arrangements/?lang=zh> 觀看於 5 月 17 日舉行的「接種疫苗及檢測安排簡介會」之錄影片段，會面以粵語進行並輔以英語簡報。你亦可先諮詢家庭醫生的意見。

為識別無症狀感染者，未接種疫苗的宿生在入宿前需要進行新冠病毒檢測，其後每隔兩星期亦要自費接受病毒檢測。至於已經完成接種疫苗超過 14 天的學生則可獲豁免定期檢測。實際檢測安排有待公布。獲醫生證明不適合接種疫苗並因經濟困難而難以負擔定期檢測費用的同學，可向書院尋求協助。

不論你曾否接種疫苗，所有書院成員應繼續遵守書院防疫措施，包括佩戴口罩、保持社交距離及勤洗手。

盼望各位保持身心健康。期待九月書院重聚！

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3. 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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4. “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 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)

Miss KiKi Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

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5. 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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6. 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 / 3943 9775)

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7. 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 infographic is titled "Self-Motivation Fund for Health and Well-being Activities". It features a QR code in the top right corner labeled "Application & Guidelines". The main title is written in a mix of black and pink fonts. Below the title, there are two main sections: "Health and well-being Activities" and "Qualification Courses for Health and well-being Instructors". Each section includes a description, a max. funding amount, and examples. The "Health and well-being Activities" section has a max. funding amount of \$1500 and examples like Healthy Cooking Class and Mindfulness Workshop. The "Qualification Courses for Health and well-being Instructors" section has a max. funding amount of \$3000 and examples like Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course and Art/Music Therapy Instructor Course. At the bottom left, there is the WYS logo and contact information for Miss Phoebe Wu.

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**.

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

 伍宜孫書院
WU YEE SUN COLLEGE

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 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 / 3943 3988)


2. Self-Motivation Fund for Sports Activities

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".

Sports Activities




Max. funding amount
\$1500
OR
Up to 60% of application fee & course fee (whichever is lower)

Examples

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


Qualification Courses for Sports Coach



Max. funding amount
\$3000
OR
Up to 60% of course fee (whichever is lower)

Examples

- Rowing
- Rope-skipping
- Orienteering
- Taekwondo



伍宜孫書院
WU YEE SUN COLLEGE

Enquiries:
MS Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

*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. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

3. Self-Motivation Fund for Green Activities



Self-Motivation Fund for Green Activities

Green Activities

Self-Motivation Fund for Green Activities

encourages students to participate in various kinds of green activities that promotes **sustainability** and **environmental consciousness**



Max. funding amount
\$1500
OR
Up to 60% of
application fee & course fee
(whichever is lower)

Examples

Eco-cultural Tour
Uncycling Workshops
Forest Bath

Qualification Courses for Instructors of Green Activities



伍宜孫書院
WU YEE SUN COLLEGE

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



Max. funding amount
\$3000
OR
Up to 60% of
course fee
(whichever is lower)

Examples

Horticultural Therapists
Trainer for Organic Farming
Docent Training on Ecotourism

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 / 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.

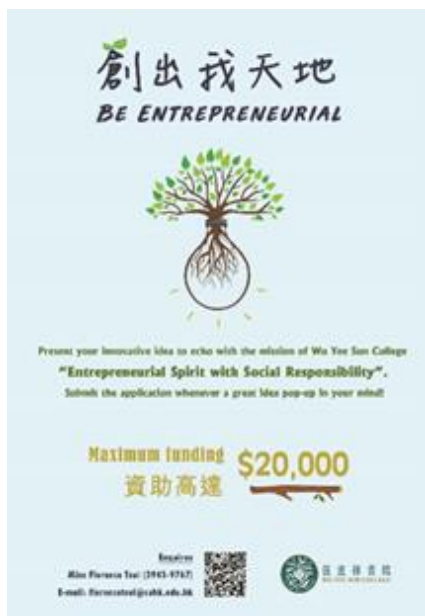
More Details: <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

Enquiries:

Miss 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!**

Online application is now available, simply submit your application through one click

- <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10631420>

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

Enquiries:

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

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

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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 KiKi Chan (kikiwokchan@cuhk.edu.hk / 3943 3935)

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

Other Activities & Announcements

1. Zoom interview Tips from Independent Learning Centre (ILC)

Zoom Interview Tips

With the increasing popularity of video interviews instead of in-person interviews with Zoom, Skype, or other online platforms these days, the Independent Learning Centre is happy to share with you some practical tips and useful independent learning resources.

- Test the technology well in advance**
Make sure you have stable internet connection and that both the camera and microphone work.
- Dress professionally**
Wear attire you would wear to an in-person interview; do not put on the professional top only in case you need to stand up/walk to get or fix something.
- Find a distraction-free space**
Remove any sound and visual distractions; choose a quiet space with no/less echo and a plain background.
- Articulate clearly**
Make sure you are heard clearly by speaking more slowly and building in more variation in tone.
- Maintain eye contact**
Keep your focus and maintain engaging eye contact; avoid looking up and down or to the side even when you are thinking.
- Have application materials with you**
Your CV, application letter and any relevant information can serve as a quick reference.

Job Preparation Series Workshops
ilc.link/jps

Additional Resources:

- All You Need to Know about Interviews (with students' interview videos & exercises) ilc.link/ISDSEx
- Video Interview Tips via Zoom bit.ly/39Bebia
- Introducing Yourself in an Interview indeedhi.re/3zCSv7f
- Tips for Conducting a Video Interview bit.ly/3bMkipV
- Mind your Body Language in a Video Interview bit.ly/2X4PBrt
- Expect the Unexpected bit.ly/3eai3ia
- What Are Your Weaknesses? bit.ly/35TsuYk
- Get Familiar with Zoom bit.ly/3aAox7U

The Independent Learning Centre (852) 3943 8733 ilc-counsell@cuhk.edu.hk

2. AIESEC CUHK <TWINTERNSHIP : 滿足你海外本地都有 intern 做嘅願望>



已經三月啦，寄咗好多份 CV？煩緊唔夠工作經驗？心思思想去外國實習，但又想係香港公司儲經驗？好消息！依家 AIESEC 嘅‘Twinternship’可以一次過滿足你兩個願望！參加 Twinternship 就可以獲得海外 intern 機會，踏出自己舒適圈，體驗外國工作文化，返黎之後仲會直接得到香港初創公司實習面試機會，成功就有海外加本地兩份 intern。即刻實踐返係第一份實習學到嘅嘢，雙重提升你嘅競爭力！

你嘅實習旅途並不孤單，過程中我地會提供專業指導，確保你嘅旅途豐富充實，服務包括：

- 全方位職涯規劃諮詢，幫你搵最適合嘅海外同香港實習
- 撰寫 CV 技巧同面試技巧專業意見，搵工冇難度
- 個人學生夥伴支援實習旅途

AIIESEC 致力於提供不同海外實習同義工機會，開拓同學嘅發展潛能同領導能力。唔好諗啦，快啲[報名參加](#)啦！

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3. The Esther Yewpick Lee Millennium Scholarship 2022

(Application Deadline: 6th Sep 2021 (before 5:30 p.m.))

This Scholarship is EXCLUSIVELY offered to CUHK final-year students or graduates of undergraduate and postgraduate degree programmes. The scholar will be FULLY sponsored for a maximum of 3 years to read for a postgraduate degree or a second bachelor's degree at the University of Oxford, U.K. commencing Oct 2022.

Value of the Scholarship

One Scholarship for two to three years will be awarded to a degree graduate or final-year student of CUHK.

All amounts due in respect of University and College fees at Oxford will be paid direct to the College concerned. The Scholar will be provided with a return economy class airfare between Hong Kong and London, charges for land transportation between London and Oxford, and an annual personal allowance which is expected to take care of board and lodging and other maintenance costs.

Eligibility

- Applicants should be either final-year students in the academic year 2021/22 including both undergraduates and postgraduates of degree programmes, or graduates holding degrees awarded by CUHK.
- Successful candidates must have outstanding academic records and have a respect for humanity, a curious mind, moral integrity and a spirit of adventure and reveal the potential to make a contribution to the well-being of the community.
- Candidates must be under 25 years of age on 1st Oct 2022.

Application Procedures

1. Details of the Scholarship and its application form are obtainable from our website at <http://admission.cuhk.edu.hk/> (Financing Your Studies → Scholarships → Open for Applications).
2. **Applicants should read the Memorandum and Checklist of Supporting Documents carefully and strictly follow the instructions.**
3. Completed application form together with **ALL** the requisite documents should be submitted **online**, unless otherwise specified, **not later than 5:30 p.m., 6th Sep 2021 (Hong Kong time)**. **Late or incomplete applications will not be considered.**

Enquiries

Office of Admissions and Financial Aid (3943 7204 / sfas@cuhk.edu.hk)

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4. Online Survey for Full-time Year One Undergraduate Students

The Centre for Learning Enhancement and Research would like to investigate the impacts of online or blended learning (Mixed Mode) on the First-year University students under the COVID-19 pandemic. Year one Undergraduate students are invited to complete the following survey:

(Facilitating Blended Learning (Mixed Mode) Research on First-year University Students)

<https://cloud.itsc.cuhk.edu.hk/mycuform/view.php?id=1000628>

All the information will be kept confidential for research in teaching and learning purposes. The survey has obtained approval for ethics clearance from the Survey and Behavioral Research Ethics Committee of CUHK for collecting data involving human participants. Ethics Reference No: SBRE-20-667.

The duration of the survey will be from now onwards up to the end of July 2021.

Enquiries:

Ms. Jesse Lee (jesselee@cuhk.edu.hk / 3943 6460)

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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**”.

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.