

College Activities 書院活動

1. 洽蕙藝文計劃 "疫下春來 - 利漢楨教授作品展"

College Announcements 宣佈事項

- 1. New College Members 新增書院成員 <New>
- 2. CUHK Convocation Outstanding Community Service Award Call for Application < New >
- 3. Sunny Passion Programme 2021/22 <New>
- 4. Dorsett Young Entrepreneur Scholarship 2021/22 < New >
- 5. Extended Opening Hour of Yan Chak Study Room [6-23 Dec 2021] < New>
- 6. Suspension of Dine-in Service at WYS Student Canteen during lunchtime on 17 Dec 2021 < New >
- 7. Rance Lee Mentorship Programme Open for Enrollment
- 8. Complimentary Fruit at College Student Canteen 書院學生飯堂免費送水果
- 9. 嘆啡咩樹下 Coffee Tasting December
- 10. "Meet the Dean" Hours 輔導長時間
- 11. Student Pastoral Care
- 12. WYS's Got Talents Photography, Poster Design, MC and a lot more!
- 13. Membership Recruitment WYS Alumni Association 伍宜孫書院校友會會員招募友

College Funding & Award Schemes (Year-round Application) 書院資助及獎勵計劃 (全年可供申請)

- 1. Self-Motivation Fund for Health and Well-being Activities
- 2. Self-Motivation Fund for Sports Activities
- 3. Self-Motivation Fund for Green Activities
- 4. Mingle Fund
- <u>5. Be Entrepreneurial! Funding Scheme 創出我天地!</u> 資助計劃
- 6. Service-learning Project Funding Scheme 服務學習
- 項目資助計劃
- 7. Global Learning Award Scheme
- 8. Internationalization Activity Fund

College Activities

Other Activities & Announcements 其他活動及宣佈事項

- 1. Multicultural Counselling Service for Non-local Students
- 2. CUHK Independent Learning Centre (ILC)
- 3. Community Resources for Emotional Support

1. 洽蕙藝文計劃 "疫下春來 - 利漢楨教授作品展"



疫下春來——利漢楨教授作品展 "Even in Pandemic, Spring Comes" An Art Exhibition by Professor Hon-ching LEE

29.11 - 15.12.2021



開放時間 星期一至五 上午儿時至下午五時 星期六 上午九時至、午一時 星期口及公眾假期休息



Exhibition Venue
Lobby Gallery
Chung Chi College Admin, Bldg.

Opening Hours

Monday to Friday 9 a.m. - 5 p.m. Saturday 9 a.m. - 1 p.m. Closed on Sunday & Public holidays





治蔥麵文計劃 op Wai Art & Cultural Programme











香港中文大學 The Chinese University of Hong Kong

「疫下春來」展覽是由崇基學院、聯合書院、伍宜孫書院主辦,並由中國文化研究所的文物館合辦。是次展覽是 2021-22 年度洽蕙藝文計劃之一,展出一系列利漢楨教授最新的創作。

全球疫情反覆,利教授卻善用餘閒,創作一系列新的藝術作品,簡單以紙、木及金屬等作為創作媒介,引領觀眾從平和安逸的角度,面對現況。

請於十二月十五日(星期三)或之前,親臨崇基學院行政樓大堂展覽廳欣賞。

開放時間:

星期一至五 上午九時至下午五時 星期六 上午九時至下午一時 星期日及公眾假期休息

如有查詢,請電 3943-9767 或電郵 florencetsui@cuhk.edu.hk 與徐小姐聯絡。

Hop Wai Art & Cultural Programme Even in Pandemic, Spring Comes – An Art Exhibition by Professor Hon-ching LEE

The "Even in Pandemic, Spring Comes" Exhibition is jointly organized by Chung Chi College, United College, Wu Yee Sun College, and co-organized by Institute of Chinese Studies Art Museum. This exhibition is part of the Hop Wai Art & Cultural Programme 2021-22 featuring a list of art pieces created by Professor Hon-ching Lee which have never been exhibited before.

Despite the unstable situation of a global pandemic, Prof. H.C Lee has made use of his leisure time to create a new series of art-pieces. Using paper, wood and metal as the creative medium, Prof Lee's art works lead us to perceive things from a new angle with a calm and peaceful mind under the pandemic.

The exhibition is open until **15**th **December, 2021 (Wednesday)**. Come and enjoy the exhibition staged at Lobby Gallery, Chung Chi College Admin Bldg. during the opening hours – Monday to Friday 9am – 5pm

Saturday 9am - 1pm

Closed on Sunday & Public Holidays

For enquiries, please contact Miss Florence Tsui at 3943-9767 or e-mail <u>florencetsui@cuhk.edu.hk</u>

(Back to top)

College Announcements

1. New College Members 新增書院成員

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



Ms. Sara S.N. SIN 單雪寧醫師 Teaching Assistant, School of Chinese Medicine BChiMed(CUHK)

Ms. Sin acquired her Bachelor of Chinese Medicine from The Chinese University of Hong Kong in 2021. She is currently a Registered Chinese Medicine Practitioner and serving as Teaching Assistant in the School of Chinese Medicine, The Chinese University of Hong Kong. Her academic interest spans from acupuncture, gynaecology to Eastern philosophy.



Dr. Chelsea S.H. SUN 孫思涵博士 Assistant Lecturer, CUHK Centre for Bioethics BA (Univ. of Cal., San Diego); MA (Brown Univ.); PhD (City Univ. of HK)

Dr. Chelsea SUN is an Assistant Lecturer at CUHK Centre for Bioethics, Faculty of Medicine. She received her PhD in Public Policy from City University of Hong Kong, MA in Urban Education Policy from Brown University, and BA in Economics from University of California, San Diego. Her research interests include bioethics, healthcare ethics and policy, end-of-life care, family relations, and education policy.

(Back to top)

2. CUHK Convocation Outstanding Community Service Award - Call for Application

CUHK Convocation Outstanding Community Service Award was established by CUHK Convocation in 2003. The award is granted to undergraduates with outstanding performances, to encourage more diversity of student development, and to reflect the support and caring from CUHK alumni toward students. Each award values at HK\$10,000.

Please see below for selection criteria:

- Full-time Year 2 or above undergraduate students of any disciplines
- Have records of active and enthusiastic participation and promotion of community services
- Have outstanding contribution to the community

Have demonstrated outstanding leadership and organizational abilities

The College will nominate ONE candidate to compete for the Award. You are cordially invited to apply for the Award through self-nomination and be made via the <u>online form</u>. The deadline will be <u>19 Dec 2021, 11:59pm</u>. Students' self-nomination will be channeled to Service-Learning Committee for consideration.

For further details of the Award, you may refer to the <u>website</u> of CUHK Convocation. Please feel free to contact Ms Alice Kam at <u>akam@cuhk.edu.hk</u> or Miss Kiki Chan at <u>kikiwkchan@cuhk.edu.hk</u> should you have any queries.

(Back to top)

3. Sunny Passion Programme 2021/22



Living Up to the College's Core Value - Creativity, Entrepreneurship and Social responsibility - Apply Sunny Passion Programme 2021

Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. You are invited to apply this programme individually or in group with at least 50% of Wu Yee Sun College students, competing for Gold, Silver and Bronze Award. Winners will get HK\$10,000, HK\$6,000 and HK\$4,000 respectively to implement, promote or demonstrate their project ideas to the others!

Just submit (1) the application form together with (2) ONE A4 page Business Model Canvas by 5:00 pm, 25th Jan 2022 through one of the following channels –

- 1. e-mail the softcopy of the documents to Miss Phoebe Wu (phoebewu@cuhk.edu.hk) and/or Miss Florence Tsui (florencetsui@cuhk.edu.hk); *OR*
- 2. click the following link (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13641629) and complete the online application form ; *OR*
- 3. Send the original hard copy of the documents to the <u>College Office, Wu Yee Sun College</u> in person

Express your ingenious creativity and make our society a better one! Please refer to the College website for details. Application form and Business Model Canvas are available through this link: https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=sunny

For inquiry, please feel free to contact Miss Phoebe Wu at 3943-3988 (e-mail: phoebewu@cuhk.edu.hk) or Miss Florence Tsui at 3943-9767 (florencetsui@cuhk.edu.hk)

(Back to top)

4. Dorsett Young Entrepreneur Scholarship 2021/22



Kick Start Your Own Business and Rocket to Success - Apply Dorsett Young Entrepreneur Scholarship NOW!

Dorsett Young Entrepreneur Scholarship (DYES) is an award offered by Dorsett Hospitality International Limited. The awardees will be offered up to HK\$80,000, which is subjected to the total number of applications, with 2-4 quota per year.

DYES aims at providing students, who are year 2 or above and preferably have exposure to Mainland China, an opportunity to demonstrate entrepreneurial talents with innovative ideas to set-up their own business, targeting Hong Kong and/or the Mainland China market. You can submit your application individually or in a group comprised of at least 50% WYS students.

Should you be interested in developing your own business, submit the application form together with ONE page Summary and ONE page Business Model Canvas by 5:00p.m., 24th January, 2022 through one of the following channels –

1. e-mail the softcopy of the documents to Miss Phoebe Wu (phoebewu@cuhk.edu.hk) and/or Miss Florence Tsui (florencetsui@cuhk.edu.hk); *OR*

- 2. click the following link (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13643317) and complete the online application form ; *OR*
- 3. Send the original hard copy of the documents to the College Office, Wu Yee Sun College in person

Please check out the details through the website https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?lang=zh&scheme=dorsett-young-entrepreneur-scholarship and download the documents for further details.

For inquiry, please feel free to contact Miss Phoebe Wu at 3943-3988 or Miss Florence Tsui at 3943-9767 or e-mail: florencetsui@cuhk.edu.hk

(Back to top)

5. Extended Opening Hour of Yan Chak Study Room [6-23 Dec 2021]

To facilitate students' learning during examination period, the opening hour of **Yan Chak Study Room** will be extended to 8:00am – 2:00am during 6 – 23 December 2021. It will be closed at 10:30pm on 23 December 2021 and resumed normal opening hour (9:00am – 10:30pm) from 24 December 2021 onwards.

Please also note the important remarks as follows:

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

(Back to top)

6. Suspension of Dine-in Service at WYS Student Canteen during lunchtime on 17 Dec 2021 伍宜孫書院學生飯堂於 2021 年 12 月 17 日午市暫停堂食服務

Due to College event, dine-in service at Wu Yee Sun College Student Canteen will be suspended during lunchtime (12:00nn – 2:00pm) on 17 Dec 2021. Only take-away service will be provided. We are sorry for the inconvenience caused.

(Back to top)

7. Rance Lee Mentorship Programme - Open for Enrollment



With the initiation of our CUHK alumnus Mr. Sai-Yung Lau and the generous funding support of our CUHK alumni Mr. Albert Wu and Mr. Philip Li, this programme has been restructured.

The group-to-group mentor-mentee model, which is comprised of senior mentors, alumni mentors and student mentees, will be adopted. With the support of alumni mentors, a new element of this programme, it is believed that the bonding within a group or among WYS members will be stronger.

This programme aims to promote <u>a multi-functional social networking</u> for

- Providing practical advice and assistance
- Sharing information and interests
- Nurturing close friendship and emotional support

This programme offers a lifelong membership for all the participants. It is now open for enrollment. Should you be interested in it, please click this <u>link</u> to register.

For details, please check out College website

https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/

For enquiries, please contact Miss Florence Tsui at 3943-9767 or e-mail florencetsui@cuhk.edu.hk

(Back to top)

8. Complimentary Fruit at College Student Canteen 書院學生飯堂免費送水果

To show support to students before examination, the caterer will offer complimentary fruit to Wu Yee Sun College students who purchase any meal (drinks excluded) starting from 29 November 2021 (Monday to Friday; Dinner session only) at the Wu Yee Sun College Student Canteen. Please present your CU Link Card as verification. Offers limited to 40 fruits per day. While stock lasts, first-come, first-served.

(Back to top)

9. 嘆啡咩樹下 Coffee Tasting December



#咩樹將會在 12 月連續三星期推出手沖咖啡品嚐時段。

每節特別精選一款公平貿易咖啡豆,分享咖啡豆的來源、特質,以及沖泡方式,還有品嚐其風味。 希望大家都能夠忙裡偷閒,放鬆心情,加加油。

主題與日期如下:

8/12 (細味公平 • 洪都拉斯)

9/12 (細味公平 • 埃塞俄比亞耶卡雪夫)

16/12 (珈琲公義·坦桑尼亞)

23/12 (Maubere Mountain Coffee Project • 東帝汶)

時間:下午3時至4時

費用:每節\$60

歡迎預先親臨咩樹咖啡館報名,或 PM 咩樹的 IG / facebook,方便事前準備,現場參加亦可。

Lookup Coffee offers you a series of hand drip coffee tasting sections in this December.

In each section, we will introduce the selected fairtrade coffee beans and their origin, share the pour over method and the coffee's tasting characteristics.

Hope you can join us and take a break from the busy day.

Theme and date:

8/12 (Fair Taste: Honduras)

9/12 (Fair Taste : Ethiopia Yirgacheffe)

16/12 (Coffee Justice: Tanzania)

23/12 (Maubere Mountain Coffee Project : East Timor)

<u>Time</u>: 3pm - 4pm <u>Fee</u>: \$60 / section

Registration in advance at Café counter or contact us via IG / facebook. Walk-ins are also welcomed.

10. "Meet the Dean" Hours 輔導長時間

"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 (<u>sammykwan@cuhk.edu.hk</u> / 3943 9775) Miss Florence Tsui (<u>florencetsui@cuhk.edu.hk</u> / 3943 9767) Miss KiKi Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

(Back to top)

11. 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.

(Back to top)

12. 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 Support
- --- 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 Elsus Yeung (<u>elsusyeung@cuhk.edu.hk/</u> 3943 3934) Ms. Sammy Kwan (<u>sammykwan@cuhk.edu.hk</u>) / 3943 9775)

(Back to top)

13. 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。

(Back to top)

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

Eligibility:

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

<u>Funding amount</u>: 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)

(Back to top)

2. Self-Motivation Fund for Sports Activities

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



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:

<u>Sports Activities:</u> Maximum \$1500 or Up to 60% of application fee and course fee (whichever is lower) Qualification courses for sports coach: Maximum \$3000 or Up to 60% of course fee (whichever is lower)

Take a look on the guidelines and report template, and challenge yourself with different activities.

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

Enquiries:

Ms. Elsus Yeung (elsusyeung@cuhk.edu.hk / 3943 3934)

(Back to top)

3. Self-Motivation Fund for Green Activities



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:

<u>Green Activities:</u> Maximum \$1500 or Up to 60% of application fee and course fee (whichever is lower) <u>Qualification courses for instructors of green activities:</u> Maximum \$3000 or Up to 60% of course fee (whichever is lower)

Take a look on the <u>guidelines</u> and <u>reflection template</u>, 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)

(Back to top)

4. Mingle Fund



Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College.

The Fund mainly supports daily and social activities with the participation of Both local students and international / incoming exchange students (i.e. there should be at least one local student AND at least one international / incoming exchange student.)

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

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

Enquiries:

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

(Back to top)

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=13638278

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

Enquiries:

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

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/3943 3935)

(Back to top)

7. Global Learning Award Scheme



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

Students can apply funding for the self-initiating trips, overseas programmes, and virtual programmes.

For further details, Please refer to college website for application guidelines.

Round	Applying for trips taken during	Application period
	(for trips overlapping both rounds, <u>first date</u> of the trip shall determine the application period)	
Winter	Nov 1 - Apr 30	May 1 – Nov 30

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

(Back to top)

8. Internationalization Activity Fund



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

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

Eligibility

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

Examples

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

Funding Amount: Maximum \$20,000

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

(Back to top)

Other Activities & Announcements

1. Multicultural Counselling Service for Non-local Students



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

(Back to top)

2. CUHK Independent Learning Centre (ILC)

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

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

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

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

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

- 1. **University Study Skills Series** this series is particularly useful for incoming UG students
 - Study Skills in English at University Level
 - Academic Reading: Strategies for Success
 - Ace Your Oral Presentations

- Discussion Skills and Current Affairs
- 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 Success Series

- o Academic Essays
- o Research Papers
- o Reflective Journals
- o 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
 - o Standing Out in a Group Interview
 - o Interview Practice and Self Reflection

4. CRE/ JRE Series

- o Preparing for the CRE Use of English
- Tips and Strategies in Tackling the JRE
- o 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
- o Taking the IELTS Challenge: Speaking & Listening
- Mastering the TOEFL: Reading and Listening
- Mastering the TOEFL: Speaking and Writing

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

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

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

(Back to top)

3. Community Resources for Emotional Support

<Samaritan Befrienders HK>

Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

24-hour Hotline: 2389 2222

Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead

Suicide Crisis Intervention Centre: 2341 7227 for appointment

Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services

Family Helpline: 2319 1177

Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis

(Back to top)

To unsubscribe, please email us at $\underline{info.wys@cuhk.edu.hk}$.