



香港城市大學

City University of Hong Kong

Innovating into the Future

GE1601 – Whole-Person Development

Course Details



Abstract

This course is designed to provide students with a wide array of dimensions ranging from national education and national security education, leadership with compassion and empathy, social responsibility, good citizenship, sustainability awareness, positive education and psychological well-being, as well as personal characteristics. All incoming Year 1 and Advanced Standing I students at CityUHK are required to complete this course during their first year.

Item	CILOs	Weighting (%)	A1	A2	A3
1	Reflect knowledge, skills, and attitudes relevant to the national history, culture, and societal values	40	✓	✓	✓
2	Adapt in the university environment, including taking charge of their own studies and personal development	30	✓	✓	
3	Identify and set personal and academic goals and plans	30	✓	✓	✓
	Total	100			

A1: Attitude

Develop an attitude of discovery/ innovation/ creativity, as demonstrated by students possessing a strong sense of curiosity, asking questions actively, challenging assumptions or engaging in inquiry together with teachers.

A2: Ability

Develop the ability/ skill needed to discover/ innovate/ create, as demonstrated by students possessing critical thinking skills to assess ideas, acquiring research skills, synthesizing knowledge across disciplines or applying academic knowledge to real-life problems.

A3: Accomplishments

Demonstrate accomplishment of discovery/ innovation/ creativity through producing/ constructing creative works/ new artefacts, effective solutions to real-life problems or new processes.

Keyword Syllabus

Topic	Details	Content and Assessment
National education	• Rule of law and national security • Constitution of the PRC • Basic law (including one country two systems) • Article 23 legislation, NSL, its constitutional importance • NSL crimes: secession, subversion, terrorist activities, and collusion • Other NS crimes in domestic legislation	Watch pre-recorded lectures and complete a quiz
	A visit to a national education institute	Conduct a face-to-face visit and complete a quiz
Competency development	Complete at least <u>2</u> out of the following 6 areas: • Professional industry exploration • Leadership competency • Life skills workshop series • Physical fitness course • Recognised talks on competency • Community Engagement / Service-Learning	A combination of pre-recorded lectures, physical activities, online assessments, and guided reflection
Academic Advising and Study Plan	Arrange two meetings with the academic advisor and submit a study plan	Face-to-face meetings and submission of study plan

Reading List



Compulsory Readings

1. Balkis, M., Duru, S., & Duru, E. (2024). Academic procrastination and fear of failure: The role of irrational/ rational academic beliefs. *Psychology in the Schools*, 61, 2376–2387. <https://doi.org/10.1002/pits.23171>
2. Knaus, B. (2002). Beat Procrastination Now! - REBT Network: Albert Ellis | Rational Emotive Behavior Therapy. <https://www.rebtnetwork.org/essays/pro1.html>
3. Rashid, T., & Anjum, A. (2008). 340 Ways to Use VIA Character Strengths. https://www.tayyabrashid.com/pdf/via_strengths.pdf
4. Constitution of the People's Republic of China. <https://www.basiclaw.gov.hk/en/constitution/index.html>
5. The Basic Law of the Hong Kong Special Administrative Region of the People's Republic of China. https://www.basiclaw.gov.hk/filemanager/content/en/files/basiclawtext/basiclaw_full_text.pdf
6. The Law of the People's Republic of China on Safeguarding National Security in the Hong Kong Special Administrative Region. <https://www.gld.gov.hk/egazette/pdf/20202448e/egn2020244872.pdf>
7. Safeguarding National Security Ordinance. <https://www.legco.gov.hk/yr2024/english/ord/2024ord006-e.pdf>
8. Rockström, J., Steffen, W., Noone, K. et al. (2009). A safe operating space for humanity. *Nature*, 461, 472–475. <https://www.nature.com/articles/461472a>
9. Will Steffen et al. (2015). Planetary boundaries: Guiding human development on a changing planet. *Science*, 347, 1259855. <https://doi.org/10.1126/science.1259855>

Additional Readings

1. Covey, S. R. (1989). *The 7 habits of highly effective people: Powerful lessons in personal change*. Simon & Schuster
2. Chen, H. (2019). *An introduction to the Chinese legal system* (Fifth edition.). LexisNexis.
3. Chen, H., & Yap, P. J. (2023). *The constitutional system of the Hong Kong SAR: a contextual analysis* (First edition.). Hart Publishing.
4. Gittings, D. (2016). *Introduction to the Hong Kong Basic Law*. Hong Kong University Press.
5. Zhu, G. (Ed.). (2023). *The Basic Law of the Hong Kong Special Administrative Region of the People's Republic of China and related constitutional instruments* 中華人民共和國香港特別行政區基本法及相關憲制性法律文件. 香港城市大學出版社.