



香港城市大學
City University of Hong Kong

Enriches Your Student Life

CityU Student Development Services
2022/2023

專業 創新 胸懷全球
Professional · Creative
For The World

Student Development Services (SDS) is your Good companion on your Journey To Pursue University Education.



Student Development Services

Four Sections:

Student Life & Resources

Counselling

Career & Leadership

PE & Sports



Counselling Service

The psychological counselling service aims at helping students

- **Overcome their personal difficulties**
- **Improve their emotional management skills**
- **Enhance their self-understanding, leading to a more fulfilling and rewarding life**



Counselling Service



- **Psychological Counselling**
- **Personal Development Programmes**
 - **They are all free of charge**



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PERSONAL GROWTH WORKSHOP 2022/23 SEMESTER A

	DATE	TIME	TOPIC
EQ & Mental Health	07 Sep 2022 (Wed)	14:30 - 17:30	Psychodrama Workshop: Reading My Emotions
	14 Sep 2022 (Wed)	11:00 - 12:50	Dealing with Anxiety
	06 Oct 2022 (Thu)	14:00 - 15:50	Transforming Stress into Strength
	14 Oct 2022 (Fri)	11:00 - 12:50	EQ Basics
Interpersonal Relations	21 Sep 2022 (Wed)	11:00 - 12:50	Romance 101 Plus: Chemistry Behind Love
	28 Sep 2022 (Wed)	11:00 - 12:50	Romance 101 Plus: Searching for Your Dream One
	05 Oct 2022 (Wed)	15:00 - 16:50	Romance 101 Plus: Spice for Love
	07 Oct 2022 (Fri)	11:00 - 12:50	Managing Interpersonal Stress
Life Management Skills	07 Sep 2022 (Wed)	11:00 - 12:50	Time Management
	09 Sep 2022 (Fri)	11:00 - 12:50	Effective Group Work
	19 Sep 2022 (Mon)	14:00 - 15:50	Time Management
	20 Sep 2022 (Tue)	11:00 - 12:50	Understanding Perfectionism
	20 Sep 2022 (Tue)	14:00 - 15:50	Effective Group Work
	27 Sep 2022 (Tue)	14:00 - 15:50	Knowing Your Leadership Behaviour Through SLPI
	10 Oct 2022 (Mon)	14:00 - 15:50	Knowing Your Leadership Behaviour Through SLPI
	20 Oct 2022 (Thu)	14:00 - 15:50	Identifying Your Career Interests for Successful Career Planning
31 Oct 2022 (Mon)	15:00 - 16:50	Identifying Your Career Interests for Successful Career Planning	
Psychological Testing For Self Understanding	06 Sep 2022 (Tue)	14:00 - 15:50	Knowing your Mental Fitness through GHQ28
	05 Oct 2022 (Wed)	11:00 - 12:50	Knowing your Mental Fitness through GHQ28
	13 Oct 2022 (Thu)	11:00 - 12:50	EQ Thermometer: Knowing Your Emotional Well-being Through EQ-i 2.0
	21 Oct 2022 (Fri)	11:00 - 12:50	Discovering Your Personality Preferences via MBTI
	24 Oct 2022 (Mon)	14:00 - 15:50	Exploring Your Conflict Management Style via TKI
	26 Oct 2022 (Wed)	14:00 - 15:50	Discovering Your Personality Preferences via MBTI
	28 Oct 2022 (Fri)	14:00 - 15:50	EQ Thermometer: Knowing Your Emotional Well-being Through EQ-i 2.0

Registration

AIMS > Student Services > CRESDA
(Starting from 17 August 2022)



<http://go.cityu.hk/tc6c95>

Organised by Counselling Service (CS)
Student Development Services

For enquiries:
Miss Chung
3442 8097
sochung@cityu.edu.hk





香港城市大學
City University of Hong Kong

Psychological Testing Service

An effective way to find out who you are

Psychological Testing Service

The Psychological Testing service at SDS offers CityU students a wide range of assessments on personal attributes, aptitudes, personality, and career-related issues. It aims to enhance students' self-understanding, assist them to develop personal growth plan, and strengthen their decision making ability on their life issues.

What are the tests?

Career Interests

Strong Interest Inventory (SII): identify career interests and a useful assessment for career planning.

Career & Personality

Myers Briggs Type Indicator (MBTI): provides feedback on work settings or work situations with which your personality type might be compatible.

Conflict Management

Thomas-Kilmann Conflict Mode Instrument (TKI): assess individual's behavior in conflict situations and expand conflict management skill sets.

Emotional Management

Emotional Quotient Inventory (EQ-I): determine your present state of emotional well-being and potential for emotional health.

Leadership Behaviour

Student Leadership Practices Inventory (SLPI): assess leadership behavior and learn steps to improve effectiveness as a student leader.

Personality

Myers Briggs Type Indicator (MBTI): learn about your psychological type to uncover new ways to work/interact with others.

Psychological Health

General Health Questionnaire (GHQ28): assess your normal daily functioning and detect problems early.

Organised by Counselling Service (CS)

Student Development Services

Contact Person:
Ms. Tam
Tel: 34428169
sopsytst@cityu.edu.hk
<http://www.cityu.edu.hk/testing/>



Psychological Testing

CityU

De-stress Programmes

De-stress with Professor Paws Visits



Mindfulness Training



Mental Health First Aid Standard Course

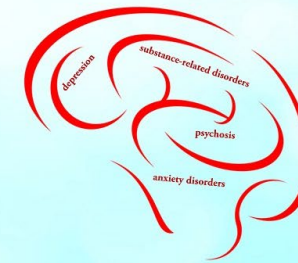


Mental Health First Aid Standard Course

For All CityU Current Students Only
Medium of Instruction: English

Overview

Originally created in Australia, Mental Health First Aid (MHFA) is a 12-hour training course designed to teach the general public how to recognize symptoms of mental health problems, how to offer and provide initial help, and how to guide a person towards appropriate treatments and other supportive help. During the course, the participants will gain basic knowledge of mental illnesses such as depression, substance-related and addictive disorders, anxiety disorders, and psychosis. They will learn to provide suitable help for person with these illnesses before the situation gets worse and proceed with necessary intervention in dealing with the possible crisis arising from these mental health problems.



Outcomes

Upon completion of the MHFA course, participants will

- (1) enhance knowledge on mental health problems
- (2) improve confidence in providing initial help; and
- (3) reduce stigma regarding mental health disorders.

The Certificate

Those who complete the full 12 hours of the training course will receive the MHFA training manual and will be issued a "Mental Health First Aid Course Certificate". This certificate is issued by the Hong Kong Mental Health Association and is acknowledged by ORYGEN Research Center of the Department of Psychiatry at University of Melbourne.



Organised by Counselling Service (CS)
Student Development Services

Contact Person:
Ms. Tam
34423169
somiran@cityu.edu.hk

For Registration!



<https://go.cityu.hk/zhfw1>

CityU

Counselling Service

CityU Cares For YOU!





Physical Education through five core activities

- **Coaching of Sports Teams**
- **Provision of Physical Education Courses**
- **Management of Sports Facilities**
- **Organiser of Sports for All Programme**
- **Organiser of Wellness for All Activities**

CityU Sports Teams



- Basketball
- Badminton
- Fencing
- Handball
- Karatedo
- Rugby
- Soccer
- Squash
- Swimming
- Taekwondo
- Volleyball
- Woodball
- Tennis
- Table-Tennis
- Athletics
- Cross Country
- Waterpolo
- Dragon Boat

Welcome to join us!!!



CityU Sports Teams



USFHK 2021/22 Champion -
Men's Soccer



Celebratory Gathering for CityU Alumna
Grace Lau



USFHK 2021/22 Champion -
Women's Tennis



USFHK 2021/22 Champion -
Men's Rugby



24th Jackie Chan Challenge Cup Champion
- Men's Basketball



PE Courses

For more information



7



Body Combat



Physical Fitness



HIIT



Tabata



Refreshing Yoga



Fitness Workshop



Pilates Mat

Health & Fitness

3



Tai Chi Sword



Karate



Tai Chi Chuan

Martial Arts

5



Archery



Basic Mountain Craft



Golf



Social Dance



Woodball

Individual Sports

4



Tennis



Squash



Table Tennis



Badminton

Racket Sports

3



Football



Volleyball



Basketball

Team Sports



Sports Facilities



Indoor Sports Facilities (On-campus)

Facilities include:

- **1 physical fitness room
(Purple Zone, Yeung's Building)**
- **1 table tennis room
(G/F, Li 's Building)**



Outdoor Sports Facilities (On-campus)



- **A floodlit basketball court**

Joint Sports Centre (Off-campus)



- **An 11-a-side nature grass soccer pitch**
- **A 8-lane all-weather running track**
- **Field events facilities**
- **Four tennis courts**
- **A multi-purpose court which can accommodate two basketball courts, or two volleyball courts, or one handball court, or one five-a-side soccer court**
- **A three-bay golf practice area**

Sports for All - Sports Clubs

- 14 Sports Clubs supervised by PE Professionals to cultivate students' exercise habits



To Join Us



Wellness for All



For more information



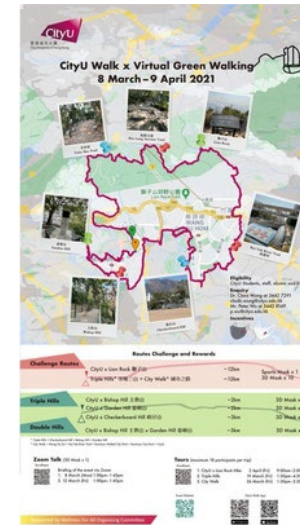
“Wellness for All” is an ongoing campaign throughout the year to enhance physical wellness and healthy lifestyle in CityU community



Annual Athletic Meet



Cycling Fun Day



Virtual Green Walking



Dragon Boating Experience



CityU Walk Contest



Health Talk



Student Life Enrichment

- **CityU Postgraduate Association (CUPA)**



CityU Arts Festival 2022/23 in October and November 2022!



香港中樂團

HONG KONG CHINESE ORCHESTRA

藝術總監：閻惠昌

ARTISTIC DIRECTOR : YAN HUICHANG

ARTISTIC DIRECTOR : YAN HUICHANG

藝術總監：閻惠昌

**Opening Concert:
Philharmonic Orchestra and Harp**

**Chinese Orchestra Concert:
Hong Kong Chinese Orchestra**



**Vocal and
Choir Concert**



CityU Arts Festival 2022/23 in October and November 2022!



**Chinese Orchestra Concert:
Chinese Orchestra and Percussion**



**CityU Musical
“Fiddler on the Roof”**

**Follow us for
free ticket information!**



www.cityu.edu.hk/ctspsc



CityU.Cultural



cityu_artsfestival



CityU Arts Festival



香港城市大學
City University of Hong Kong

2022
第七屆中學生傑出作品展
The 7th Secondary School
Distinguished Artwork Exhibition

網上展覽
Online Exhibition

正四 Form 4
初三 Form 3
初中組 Junior Group
高中組 Senior Group
參與學校 Participating Schools
校董 Academic Department



More Cultural Activities at HERE!



<p>九龍街頭下 The Streets of Kowloon 畫廊—香港城市大學 畫廊—Hong Kong City University</p> <p>主辦機構 香港城市大學 The City University of Hong Kong 主辦 (中文) WONG Ching (S1)</p>	<p>永寧 Wing-Ning 畫廊—香港城市大學 畫廊—Hong Kong City University</p> <p>主辦機構 香港城市大學 The City University of Hong Kong 主辦 (中文) CHENG Ming (S4)</p>	<p>街市潮人 Wet Market and People 畫廊—香港城市大學 畫廊—Hong Kong City University</p> <p>主辦機構 香港城市大學 The City University of Hong Kong 主辦 (中文) CHENG Ming (S5)</p>
<p>深夜·霓虹 Late Night Neon Light 畫廊—香港城市大學 畫廊—Hong Kong City University</p> <p>主辦機構 香港城市大學 The City University of Hong Kong 主辦 (中文) WONG Ching (S1)</p>	<p>平價夜市 Temple Street 畫廊—香港城市大學 畫廊—Hong Kong City University</p> <p>主辦機構 香港城市大學 The City University of Hong Kong 主辦 (中文) WONG Ching (S1)</p>	<p>前進 Move Forward 畫廊—香港城市大學 畫廊—Hong Kong City University</p> <p>主辦機構 香港城市大學 The City University of Hong Kong 主辦 (中文) WONG Ching (S1)</p>

香港城市大學合唱團
City University Choir

City University Choir Annual Performance 2021/22
香港城市大學合唱團年度匯演 2021/22

The Sprig of Thyme

Please scan the QR code
to watch our performance on YouTube!

Link: <https://bit.ly/3NUG67Q>

Conductor
Mr. Christopher Cheng

Pianist
Mr. Victor Li

Join us now!
Inquiry:
Email: a.choir@cityu.edu.hk

Supported by Cultural and Sports Committee

香港城市大學中樂團
City University Chinese Orchestra

20週年音樂會
20th Anniversary Concert

廿
響
ECHOES SOARING

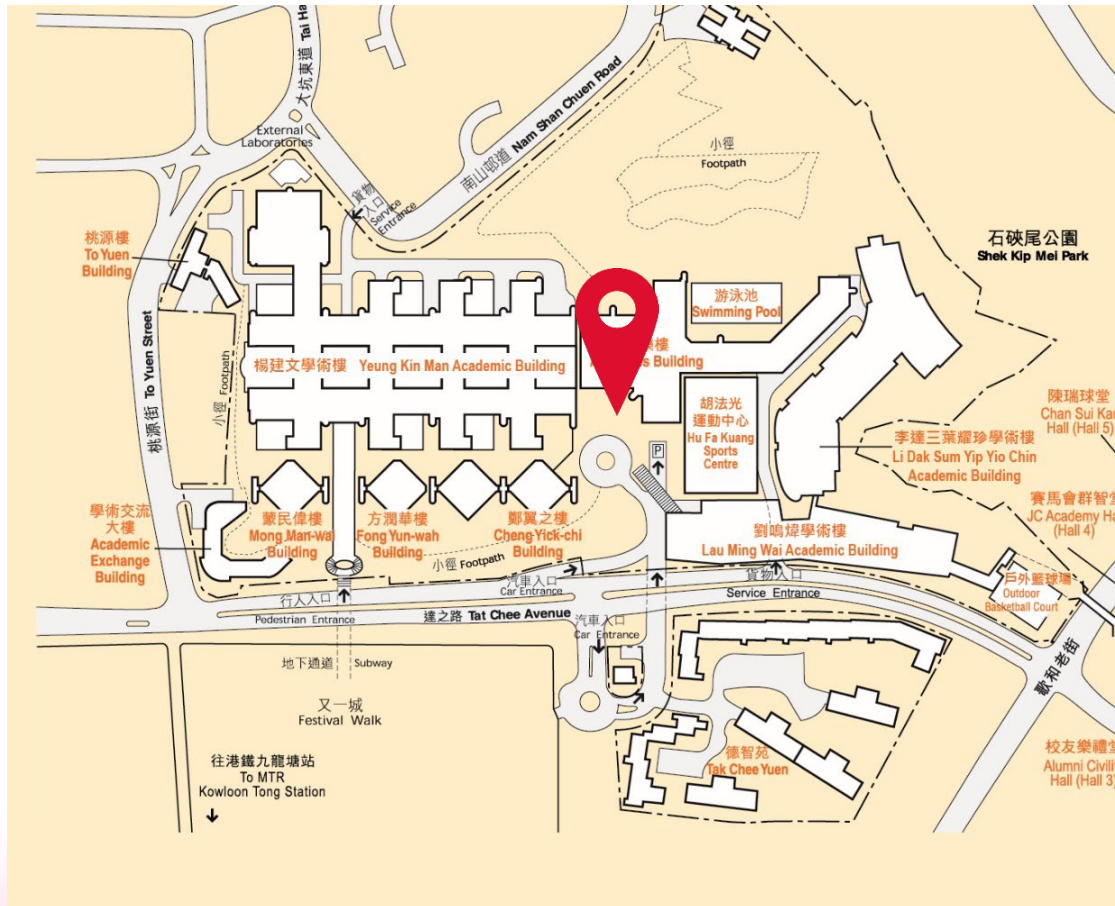
演出曲目: 「彩雲追月」、「射雕英雄傳」
PROGRAMME:
Rainbow Clouds Courting the Moon
Legends of the Condor Heroes
播出平台-BROADCASTING PLATFORM:
YouTube: Chinese Orchestra CityU

主辦機構: 香港城市大學
主辦 (中文): CHEN Wingong
Tel: +852 2756 1110 Email: cho@cityu.edu.hk

Supported and Sponsored by Cultural and Sports Committee



Location of SDS General Office



**6/F Bank of China (HK)
Complex, City University
of Hong Kong**

Contact Us



General Office Opening Hours

- **Monday to Friday** 09:00-12:45; 14:00-17:30
- **Saturday, Sunday & Public Holidays** Closed



Phone +(852)-3442-8090



Email sds@cityu.edu.hk



Website <http://www.cityu.edu.hk/sds>

Thank You!

