Enriches Your Student Life

CityU Student Development Services
2021/2022
Student Development Services (SDS) is your Good companion on your Journey To Pursue University Education.
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
# PERSONAL GROWTH WORKSHOP 2021/22

## SEMESTER A

<table>
<thead>
<tr>
<th>EQ &amp; MENTAL HEALTH</th>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td></td>
<td>16 Sep 2021</td>
<td>11:00 - 12:30</td>
<td>Dealing with Anxiety</td>
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<td></td>
<td>30 Sep 2021</td>
<td>11:00 - 12:30</td>
<td>EQ Basics</td>
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<td>15 Oct 2021</td>
<td>11:00 - 12:30</td>
<td>Transforming Stress into Strength</td>
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<td></td>
<td>29 Oct 2021</td>
<td>14:00 - 17:30</td>
<td>Psychodrama Workshop; Reading My Emotions</td>
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<thead>
<tr>
<th>INTERPERSONAL RELATIONS</th>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td></td>
<td>21 Sep 2021</td>
<td>11:00 - 12:30</td>
<td>Romance 101 Plus: Chemistry Behind Love</td>
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<tr>
<td></td>
<td>28 Sep 2021</td>
<td>11:00 - 12:30</td>
<td>Romance 101 Plus: Searching For Your Dream One</td>
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<td>5 Oct 2021</td>
<td>11:00 - 12:30</td>
<td>Romance 101 Plus: Spice for Love</td>
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<td>19 Oct 2021</td>
<td>11:00 - 12:30</td>
<td>Managing Interpersonal Stress</td>
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<thead>
<tr>
<th>LIFE MANAGEMENT SKILLS</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td></td>
<td>14 Sep 2021</td>
<td>14:00 - 15:30</td>
<td>Time Management</td>
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<td>17 Sep 2021</td>
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<td>Effective Group Work</td>
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<td>28 Sep 2021</td>
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<td>16 Oct 2021</td>
<td>14:00 - 15:30</td>
<td>Knowing Your Leadership Behaviour Through SLPI</td>
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<td>25 Oct 2021</td>
<td>14:00 - 15:30</td>
<td>Identifying Your Career Interests for Successful Career Planning</td>
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<td>2 Nov 2021</td>
<td>11:00 - 12:30</td>
<td>Knowing Your Leadership Behaviour Through SLPI</td>
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<tr>
<td></td>
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<tr>
<th>PSYCHOLOGICAL TESTING FOR SELF-UNDERSTANDING</th>
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<td></td>
<td>10 Sep 2021</td>
<td>11:00 - 12:30</td>
<td>Knowing your Mental Fitness through GHQ28</td>
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<td>7 Oct 2021</td>
<td>14:00 - 16:30</td>
<td>Exploring Your Conflict Management Style via TKI</td>
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<tr>
<td></td>
<td>8 Oct 2021</td>
<td>14:00 - 16:30</td>
<td>Knowing your Mental Fitness through GHQ28</td>
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<td>11 Oct 2021</td>
<td>14:00 - 16:30</td>
<td>Discovering Your Personality Preferences via MBTI</td>
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<td>21 Oct 2021</td>
<td>11:00 - 12:30</td>
<td>EQ Thermometer: Knowing Your Emotional Well-being Through EQ 12.0</td>
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**Registration:**

Aims > Student Services > CRSSDA from 11 August 2021

For enquiries:

Miss Chung
5442 8097
soohung@cityu.edu.hk

Organised by Counselling Services (CS)
Student Development Services
Psychological Testing Service

An effective way to find out who you are

The Psychological Testing service at CityU offers 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 plans, and strengthen their decision-making ability on their life issues.

- **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); assesses individual behavior in conflict situations and expands conflict management skill sets.
- **Emotional Management**: Emotional Quotient Inventory (EQ-i); determines your present state of emotional well-being and potential for emotional health.
- **Leadership Behaviour**: Student Leadership Practices Inventory (SLPI); assesses 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 (GHQ-28); assess your normal daily functioning and detect problems early.

Organised by Counselling Service (CS)
Student Development Services

City University of Hong Kong
De-stress Programmes

De-stress with Professor Paws Visits
Mental Health First Aid

Standard Training Course

Mental Health First Aid Standard Course

Outcomes

1. Increase knowledge of mental health issues and the impact of mental disorders
2. Understand the signs and symptoms of mental disorders
3. Recognize the importance of early intervention and the role of mental health professionals
4. Develop confidence in providing initial support
5. Apply mental health first aid skills in various situations

Overview

The course is designed to provide participants with the knowledge and skills to identify, understand, and respond appropriately to the onset of a mental health problem or crisis. It aims to reduce stigma and improve the well-being of individuals experiencing mental health challenges.

The course will cover a range of topics including mental health conditions, suicide prevention, and crisis intervention. Participants will learn how to identify the signs and symptoms of mental health issues and what steps to take in providing initial support.

The course is suitable for anyone who wants to improve their mental health literacy and support others in times of need.
Counselling Service

• CityU Cares For You!
Physical Education through four core activities

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

USFHK 2020/21 Champion - Men’s and Women’s Tennis

USFHK Annual Prize Presentation Ceremony 2020/21

Prof. Raymond Chan (VPSA) with the USFHK MVPs

USFHK 2020/21 Champion – Women’s Rugby

HKFA-JC Futsal Cup - Higher Ed Division Champion
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!!!
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
Student Life Enrichment

- CityU Postgraduate Association (CUPA)
CityU Arts Festival 2021/22
in October 2021!

CityU Musical “West Side Story”

Opening Concert: Philharmonic Orchestra

Vocal Concert
CityU Arts Festival 2021/22 in October 2021!

Dance Show

Closing Concert: Chinese Orchestra

Follow us for free ticket information!

www.cityu.edu.hk/ctspc
CityU.Cultural
CityU.Cultural
CityU Arts Festival
More Cultural Activities at HERE
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

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Website  http://www.cityu.edu.hk/sds
Thank You!