



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



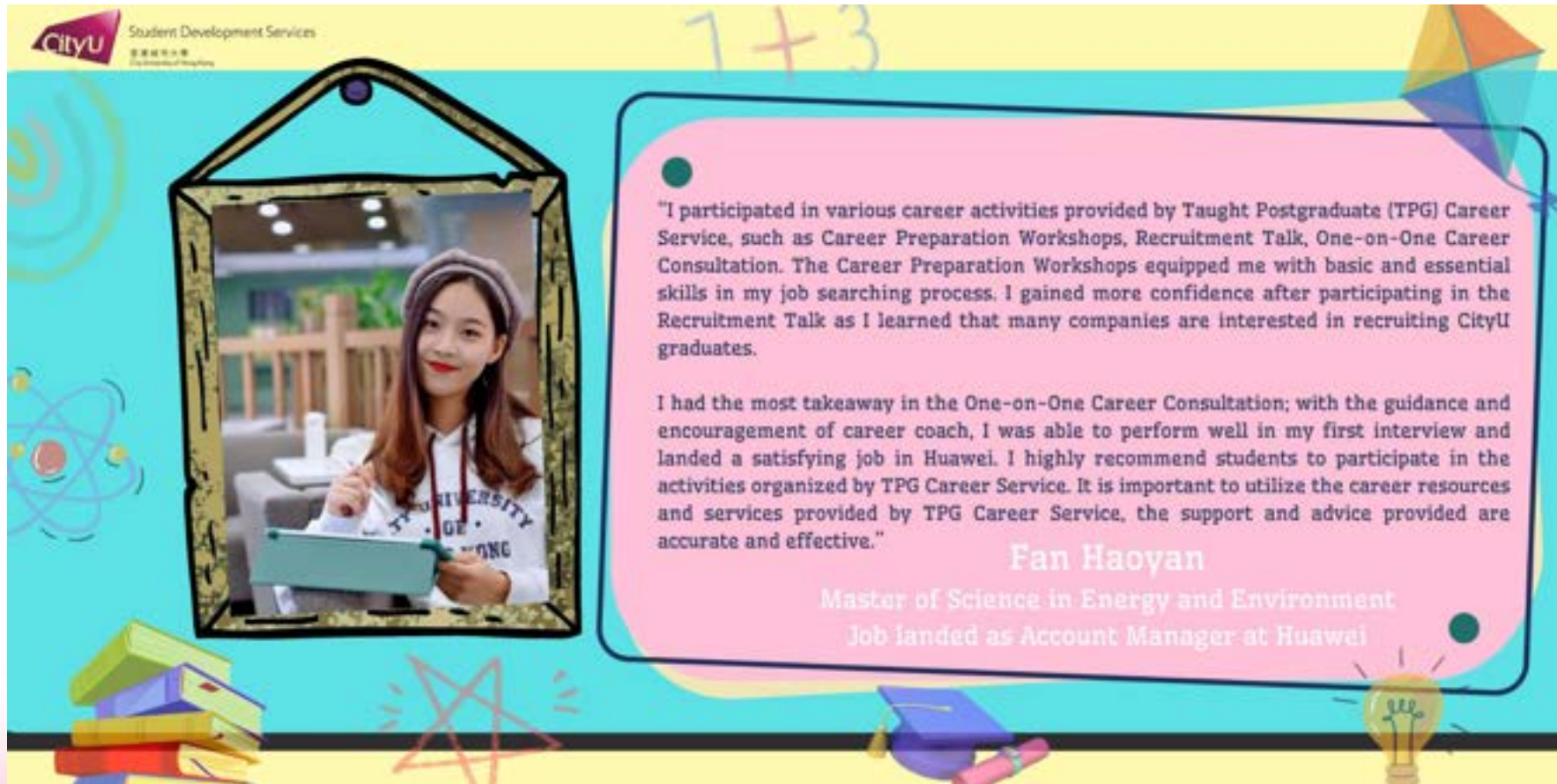
TPG Career Service

**Your one-stop career planning and
employment support service point**



Positive feedback from our participants

- ***“The workshop is very **informative** and **easy to understand.**”***
- ***“The consultation is **so helpful** and I have learned a lot.”***



CityU Student Development Services
City University of Hong Kong

7 + 3

“I participated in various career activities provided by Taught Postgraduate (TPG) Career Service, such as Career Preparation Workshops, Recruitment Talk, One-on-One Career Consultation. The Career Preparation Workshops equipped me with basic and essential skills in my job searching process. I gained more confidence after participating in the Recruitment Talk as I learned that many companies are interested in recruiting CityU graduates.

I had the most takeaway in the One-on-One Career Consultation; with the guidance and encouragement of career coach, I was able to perform well in my first interview and landed a satisfying job in Huawei. I highly recommend students to participate in the activities organized by TPG Career Service. It is important to utilize the career resources and services provided by TPG Career Service, the support and advice provided are accurate and effective.”

Fan Haoyan
Master of Science in Energy and Environment
Job landed as Account Manager at Huawei

Sharing from Fan Haoyan

TPG Career Service

Upcoming events...

A) Career Planning & Assessment

- ***Identify career interests and preferences, crystalize career direction and occupational interests.***



Psychometric Test Debriefing Workshop

TPG Career Service

B) Networking Skills and Professional Images



- ***Enhance business networking skills, develop professional images and enhance employability after postgraduate study***

Career Preparation Workshop:
Networking Skills Workshop

CAREER PREPARATION WORKSHOP

How to Make Use of Social Network to Kick-Off your Career?



All Taught Postgraduate students are welcome!

Date: 14 January 2022 (Friday)
Time: 3:00pm – 5:00pm
Language: English
Format: Online via Zoom

1. How to present professionally in social media?
2. Utilize your personal network for career success
3. What to say during informational interview?

Speaker:

Mr. Steve Man

Career coach and trainer with 30+ years of HR management and as consultant for both local large corporations as well as multinationals in various industries including Higher Education, Public Organization, Trading and Manufacturing, Technology etc.



ENROL NOW!
CRESDA
AIMS >> STUDENT
SERVICES >>
CRESDA SYSTEM



Organised by Taught Postgraduate Career Service
Student Development Services

Inquiry:
3442 5591
tag.career@cityu.edu.hk

CAREER PREPARATION WORKSHOP

Business Etiquette and Professional Image



All Taught Postgraduate students are welcome!

Date: 28 January 2022 (Friday)
Time: 2:00pm – 4:00pm
Language: English
Dress code: Business Formal (Our career coach will give feedback to your professional image)
Format: Online via Zoom

1. Professional image and why it matters
2. Communication, manner and etiquette at workplace
3. Impression management to create positive Professional image

Speaker:

Dr. Flora Leigh

Professional trainer, facilitator and coach and has served as the regional and global lead in people development of various multinational companies and sizable organizations across different industries. Has extensive experience in learning solutions design, talent management and career transition coaching



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TPG Career Service


C) Job Applications, Interviews and Assessment Centre



- *Improve the job hunting skills in CV writing, performance in job interviews and assessment centres*


Career Preparation Workshop:
Introduction of Assessment Centre



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 City University of Hong Kong



 CityU E-Career Success Fair 2022

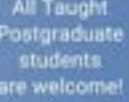
Career Preparation Workshop

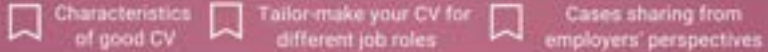
How to Prepare a Remarkable CV Representing Yourself


8 March 2022 (Tuesday)


2:00 pm - 3:30 pm


Online via Zoom


 All Taught Postgraduate students are welcome!


 Characteristics of good CV | Tailor-make your CV for different job roles | Cases sharing from employers' perspectives

Ms. Queenie Foo


Queenie is a seasoned HR professional with exposure in the Greater China region across an array of diverse industries including financial printing, marketing distribution, FMCG, conglomerate and professional services.

Ms. Donna Yeung

Donna has 20+ years of HR experience in multinational companies with last position of VP HR in Fashion Group China covering new business' full HR set up; HR Digitalization; succession planning; company restructuring and cultural change.

Enrol Now!
 AIMS >> Student Services >> CRESOA System

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 Student Development Services


 3442 5591 | CLC CareerCentre@cityu.edu.hk | www.cityu.edu.hk/clc/


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 City University of Hong Kong

ONLINE CV POLISHING SERVICE

Prepare your CV and receive professional and customized advice from our career coach!

** Each taught postgraduate student could only take 1 CV Polishing session in one academic year

Date: 21 March 2022 (Monday)
Time: 2:00pm - 4:45pm
(15-minute per session)
Format: Online via Zoom

ENROL NOW!



<https://cityuhk.questionpro.com/t/ARhJXZq4Hv>

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 Student Development Services

Enquiry: 3442 5591 | clc@career@cityu.edu.hk


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 City University of Hong Kong

ONLINE MOCK INDIVIDUAL INTERVIEW

Gain experience in job interview with a professional career coach who will give you practical suggestions to improve your self-introduction and interview skills.

*You are strongly advised to bring along with your desired job description and your CV to enrol and maximise your learning.

** Each taught postgraduate student could only take 1 Mock Individual Interview session in one academic year

ENROL NOW!

Date: 23 December 2021 (Thursday)
Time: 9:30am - 4:30pm
(1 hour per session)
Format: Online via Zoom



<https://cityuhk.questionpro.com/t/ARhJXZq4Hv>

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 Student Development Services

Enquiry: 3442 5591 | tpg.career@cityu.edu.hk

workshop posters (2021/22)



TPG Career Service



Company Visit:
New World Development – The Forest

D) Industries Exploration

- *Understand development and prospects of the industries, e.g. Job opportunities, market trend, career prospects, internship opportunities*

E) Guidance through Career Consultations

- *One-On-One*

F) Other Enhancements

- *Business Cantonese & Business English Workshops*

PURSUE ALTERNATIVE CAREER OPPORTUNITY

TAUGHT POSTGRADUATE CAREER FORUM SERIES



JANET MI
VP, PEOPLE, OPERATION
& COMMUNITY
Green Monday



ANSON SHUM
ENTREPRENEURIAL MARKETER
Content Creator/ Performance
& Social Media Marketing



DR. ALAN WONG
INDUSTRY VETERAN
Premium & Luxury Industry

TOPICS:

- How to join a company whose values are aligned with me AND make a good living?
- 4 Essential Tips From Experienced Luxury Brand Marketer to Help You Land Your First Marketing Job.
- How to prepare yourself finding a job in premium or luxury brand? Sharing from an Industry Veteran.

+ Q&A Sessions

Moderated by **STEVE MAN**

**MAR 25, 28
& APR 14
2022**

**VIA ZOOM
IN PUTONGHUA
& ENGLISH**

REGISTER NOW!

AT

AIMS > STUDENT SERVICES > CRESDA SYSTEM

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Student Development Services

Enquiry:
3442 5591
tpg.career@cityu.edu.hk



職場廣東話工作坊

日期: 2022年3月16日至4月13日(逢星期三, 共五節)
時間: 2:30pm - 4:30pm
教學形式: Zoom
對象: 現就讀修課式研究課程, 以普通話為母語的學生
教學語言: 普通話
費用: 全免 (未能出席4節或以上者, 需繳付全數\$500堂費)
名額: 20人
報名: AIMS >> Student Services >> CRESDA System
備註: 請於2022年3月8日前報名, 獲取錄之同學將收到確認電郵。

課程簡介:

香港是個兩文三語並重的社會, 但人際溝通仍以粵語為主, 所以僱主對求職者的粵語有著一定的要求。本課程即以求職面試為目標, 通過資料講解、聽音練習、個人短講, 提高學員的粵語能力, 以期面試成功及對職場用語有所認識。此外, 內容輔以一些生活應用及對香港粵語特色的補充, 希望學員可以在香港儘早投入生活及找到理想的工作。



現正接受報名! 名額有限, 報名從速!

Organised by Taught Postgraduate Career Service
Student Development Services

Enquiry:
3442 5591
tpg.career@cityu.edu.hk



Business English Class

All Taught Postgraduate students are welcome!

Date: 22, 29 March & 4, 12, 19 April 2022
(Every Tuesday except 4 April, a total of 5 sessions)
Time: 2:00pm - 4:00pm
Format: Online via Zoom
No. of Participants: 20
*Enrollment will be served on a first-come, first-served basis.
Course Fee: Free of charge
(Students who failed to attend 4 sessions of the Class have to pay a full course fee of \$850)
Online Enrolment: AIMS > Student Services > CRESDA System
Enrolment Deadline: 16 March 2022 (Wednesday), 5pm

Course Objectives:

The course aims to upgrade participants' both writing and speaking skills so that they will be able to handle a range of future work situations in English more effectively, professionally and confidently. It helps participants improve their English small writing accuracy and clarity as well as speaking fluency and diplomacy for various business functions such as business meetings and discussions, presentations, etc. This course also provides invaluable reference materials and offers numerous drills, practices and interactions to train participants in realistic work place environments.

Key Learning Takeaways:

1. **Effective Business Writing Skills:** Effective writing criteria, manner, tone and style in writing, formal and informal writing.
2. **Business Presentation Skills:** Using your voice; signposting.
3. **Business Meetings and Discussions:** Giving and asking for opinions.

Organised by Taught Postgraduate Career Service
Student Development Services

Enquiry:
3442 5591
tpg.career@cityu.edu.hk



The screenshot shows the website for the Taught Postgraduate Career Service at CityU. At the top, there is a navigation bar with icons for Home, About Us, Services, News, and Contact. Below this is the CityU logo and the text "Student Development Services" and "香港城市大學 City University of Hong Kong". The main heading is "Taught Postgraduate Career Service". Below this, it says "Start your Career Journey today!" and provides a brief description of the services. There are two columns: "Latest News" and "Our Services".

Home About Us Services News Contact

CityU Student Development Services
香港城市大學
City University of Hong Kong

Taught Postgraduate Career Service

Start your Career Journey today!

Our services are designed to assist **current Taught Postgraduate students** (TPG) of City University of Hong Kong to develop their career advancement from University study to actual workplace.

We aim at engaging, empowering and supporting TPG students as they explore and create career life goals and personal pursuits through integrated career developmental programmes. Working with strategic partners of experienced local consulting agencies, we offer career education, training and experiential opportunities, which foster our students' career clarity and build their job seeking skills and lifelong competencies.

Latest News

- Career Preparation Workshop (May 2021) [poster]
- Career Consultation (May 2021) [poster]
- Mock Interview (May 2021) [poster]

Our Services

- > Self-Discovery & Career Planning
- > Transferrable Skills in Workplace
- > Industry Exploration
- > Job Hunting Skills Training

Office location:



**Room R6047, 6/F,
Bank of China (HK) Complex**



<https://www.cityu.edu.hk/sds/web/tpg/careerservice/index.html>



TPG Career Service WeChat



Follow us for:

- **Upcoming career services highlights**
- **Career insights**

... and more!

WeChat ID: **cityu_tpgcareer**

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**



香港城市大學
City University of Hong Kong

PERSONAL GROWTH WORKSHOP 2022/23 SEMESTER A

	DATE	TIME	TOPIC
EQ & Mental Health	07 Sep 2022 (Wed)	16:30 - 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
	06 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
	06 Oct 2022 (Wed)	11:00 - 12:50	Knowing your Mental Fitness through GHQ28
	15 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 TMI
	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 27 August 2022)



<http://go.cityu.hk/t06c95>

Organised by Counselling Service (CS)
Student Development Services

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

CityU



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 (GHQ12): assess your normal daily functioning and detect problems early.

Organised by Counselling Service (CS)

Student Development Services

Contact Person:
Ms. Tam
Tel: 34631616
www.sds.cityu.edu.hk



Psychological Testing

CityU

De-stress Programmes

De-stress with Professor Paws Visits



Mindfulness Training



Mental Health First Aid Standard Course



CityU 香港城市大學
City University of Hong Kong

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 ORGEN Research Center of the Department of Psychiatry at University of Melbourne.

Organised by Counselling Service (CS)
Student Development Services

Contact Person:
Ms. Tam
Assistant
tamtam@cityu.edu.hk

The Registrar:
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

音樂總監：閻惠昌

音樂總監：閻惠昌



**Opening Concert:
Philharmonic Orchestra and Harp**

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

**Vocal and
Choir Concert**

CityU

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/ctspc



CityU.Cultural



cityu_artsfestival



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



Phone +(852)-3442-8090



Email sds@cityu.edu.hk



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



香港城市大學
City University of Hong Kong

Thank You!

專業 創新 胸懷全球
Professional · Creative
For The World

