



大學 • 旅程 journey@cuhk 2012-2013



A Guide for New Students 新生指南

香港中文大學 學生事務處
OFFICE OF STUDENT AFFAIRS
THE CHINESE UNIVERSITY OF HONG KONG

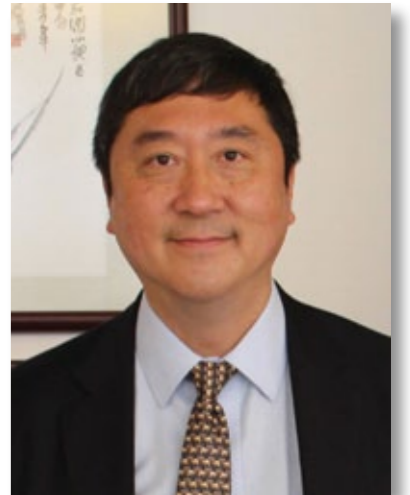


Words from the Vice-Chancellor

To many youngsters, three or four years of university studies may represent the final stage of their formal education. This period, in other words, is an important transitional period from being a teenager under parental care to reaching adulthood and developing the capacity for independent living and self-determination.

In university, we hope that our students can learn to think independently and critically, differentiate between right and wrong as well as understand personal choices and preferences. The ability to make sound judgments cannot be acquired simply by attending lectures or examinations. It is only through extensive experiences and interaction with teachers and others that students can gradually explore and determine their future path and direction.

With our new four-year curriculum, students will have more opportunities to participate in various kinds of activities organized by our University, such as College-based programmes, or open forums presented by world renowned scholars, influential figures in Hong Kong or even ordinary people who can share and inspire us with their stories of personal struggle and accomplishments. These activities form an important part of university education since they provide golden opportunities for students to nurture their ability to think independently as well as explore their own personality and potential. Students should also make good use of the various opportunities offered by our University as well as facilities available on our beautiful and diverse campus.



Message from the Associate Pro-Vice-Chancellor and University Dean of Students

Instead of wasting their time at university, I hope students can open their eyes, ears and heart and connect with their teachers and fellow students. Students should also live productively during their 3/4 years in university so that they can grow and mature into responsible and independent adults by the time they graduate and step into society.

I always remind myself not to be an 'office-bound Vice-Chancellor'. That is why I actively participate in student activities and welcome open discussions and sharing with students. I do not wish students to feel that the Vice-Chancellor is distant from them as I am also their friend and mentor."

So, when you meet me on campus, be sure to come up and say 'hi'!



Professor Joseph Sung



Dear Students,

Congratulations on your admission to The Chinese University of Hong Kong. I would like to extend a warm welcome to you as you join the extended family of CUHK.

University experience is unique for you as it is fully arranged, directed and performed by yourself. You are a leading character in this diversified platform and there are plenty of opportunities that you have to make use of equipping yourself. In academic inspiration, you will obtain the fundamental and most advanced knowledge in your chosen field of study as well as a broad range of general education subjects. Interacting with fellow students from different cultural backgrounds can be experienced everywhere on campus. Apart from the above mentioned, participating in various sport, cultural or social activities will nurture your intellect, improve your social skills, and develop you into an all-round individual. You will come across many different chances in your journey at CUHK. In order to capitalize on these chances, you need to have the courage to strive for success.

We have prepared this handbook as your guide to kick-start your university experience and help adjust your life in CUHK. It contains more than just essential and useful information. You can also find strategies for time management, social skills, and study skills in this handbook. If you are overwhelmed by university life, you are also able to find different sources of assistance from the university.

Academic inspiration, cultural interaction and personal growth shall enrich your unique experience in the university journey. The colour of this journey depends on how you arrange, direct and perform, I wish you a fruitful and meaningful life in CUHK.

Welcome again to CUHK family!

Best regards,



Dennis Ng



Preface

Dear Students,

Welcome! Congratulations on your admission to The Chinese University of Hong Kong.

The life of a university student is full of excitements. With excellent learning environment and the East-meets-West characteristics, life at CUHK will not only stimulate your critical thinking, but will also broaden your horizons and enrich your life.

I have no doubt that you would like to excel academically; on the other hand, it is equally important that you stretch yourself with different kinds of activities that lead to personal growth and all-round development. Your holistic development as a university student will better prepare you to face life-time challenges in becoming a member of the global village.

Students have always been our primary concern in our delivery of multi-faceted and effective services. As a bridge between students and the university, the Office of Student Affairs is here to serve you, and we hope that, through active interaction and communication, we can come to understand your needs and offer you suitable services in a timely manner.

Last but not least, I sincerely wish you will make the most of your university life and become a contributing member of our society, our country and the world.

With best wishes



Raymond Leung



Acknowledgements

We are deeply grateful to the following individuals and units for their contributions to this handbook:

Professor Sung Jao Yiu Joseph, Vice-Chancellor, CUHK

Words of Wisdom from staff members of CUHK

**Professor Chan Ho Yin Edwin, Chairperson,
2012/13 Joint Committee on New Student Orientation**

**Professor Leung Mei Yee,
Associate Director of University General Education**

Dr. Luk Wai Cheong Scotty, Director of University Health Service

Professor Wan Yau Heng Tom, Dean of Students, New Asia College

**Professor Wong Suk Ying, Associate Dean (Student Affairs),
Faculty of Social Science**

Experience Sharing from CUHK students

**Mr. Choi Tsz Ming Danny, Ms. Fu Chun Man Emily, Mr. Hui Chun Yip Lewis,
Ms. Liu Xiaojie, Ms. Tam Hoi Fung Candy, Ms. Wai Tak Yan Phoebe**

And contributions from the following units

Committee Against Sexual Harassment

Communications and Public Relations Office

Independent Learning Centre

Information Technology Services Centre

Information Services Office

Office of Academic Links

Scholarships and Financial Aid, Office of Admissions and Financial Aid

Journey@cuhk(2012-2013)

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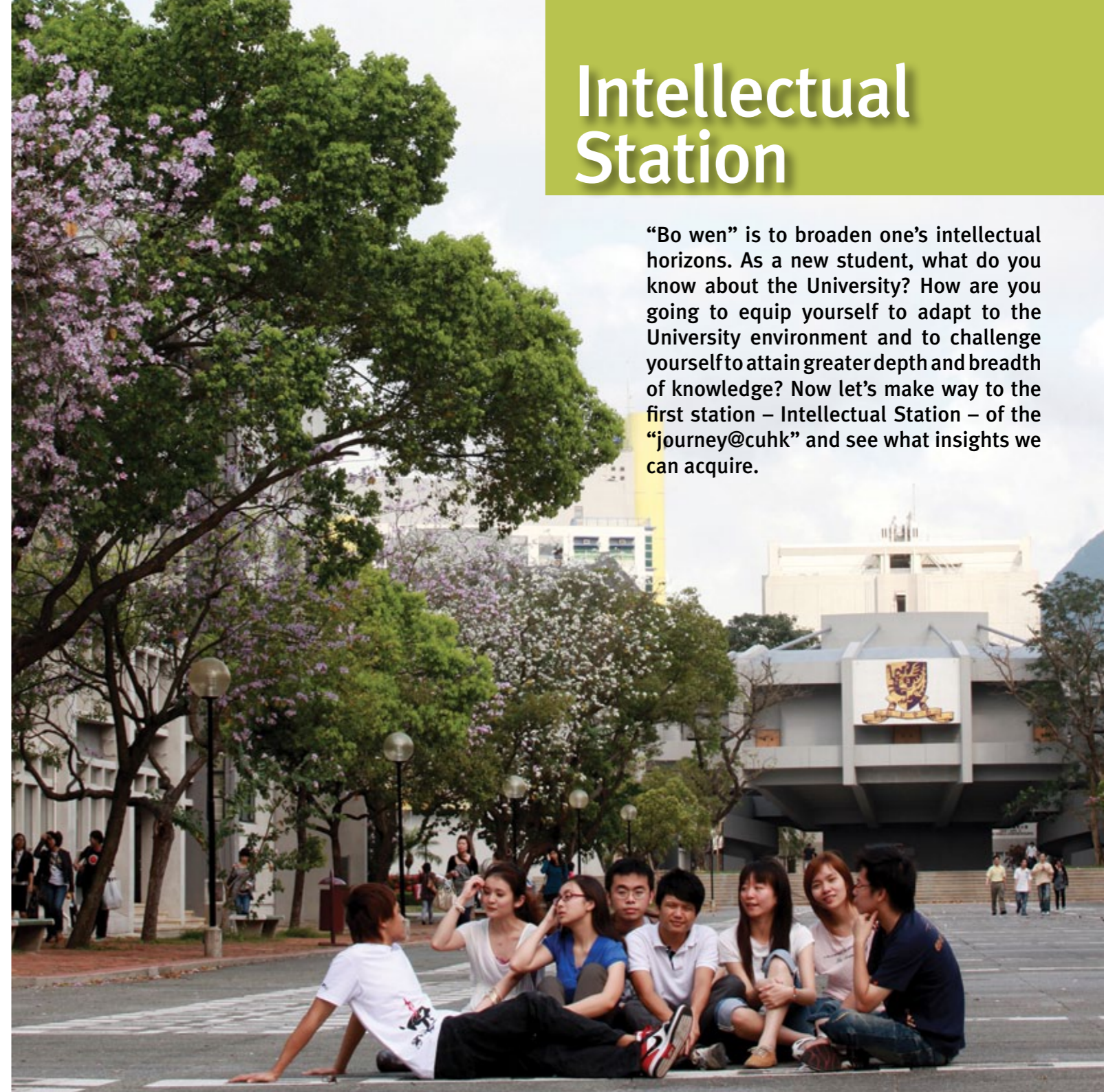
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The on-line version of “journey@cuhk 2012-13” can be viewed at <http://www.osa.cuhk.edu.hk/orientation>.

Intellectual Station

“Bo wen” is to broaden one’s intellectual horizons. As a new student, what do you know about the University? How are you going to equip yourself to adapt to the University environment and to challenge yourself to attain greater depth and breadth of knowledge? Now let’s make way to the first station – Intellectual Station – of the “journey@cuhk” and see what insights we can acquire.



1. Entering the University

Starting Out

Congratulations! You've Made It!

As a freshman, you must be looking forward to your University life with excitement and anticipation. Be ready to embrace new experiences and challenges as you embark on a new stage in your development.

As a start, there are **TWO** important things that you should do:

1. KNOW Your Campus Well

CU is a beautiful and big campus. In order to save time going around and finding places, try to locate the following as well as find out their operating hours:

Your College	
Your Department	
The Office of Student Affairs	Benjamin Franklin Centre
The University Health Service	
Canteens	
Libraries	
Bus stops	

2. JOIN Orientation Camps

Do join your College's and Department's Orientation Camps in order to:

- Meet other people
- Familiarize yourself with the campus, facilities and resources
- Seek advice on course selection and academic matters
- Acquire information regarding campus life and university culture
- Have fun



So don't miss the O' Camps!



Adjusting Mindset

Freshmen often enter university with all sorts of presumptions and expectations – greater freedom and independence, less study stress, more leisure time for socializing and extracurricular activities, attentive care and guidance as experienced in secondary school, etc. In order to be successful in university, you need to adjust your mindset and develop appropriate expectations towards what U life entails.

The "I" Mindset

Instead of relying on external resources, remind yourself that "*I* can succeed" by being

- **Independent** – You will be expected to think for yourself, to take care of your daily needs and to take charge of your education and personal life;
- **Initiating** – Don't expect to be served or 'spoon-fed'; take the initiative to seek information, resources and assistance from your department, college, library, service units, staff, senior students, etc;
- **Industrious** – Hard work and self-discipline are the cornerstones of personal success in the university;
- **Informed** – Expand your knowledge base by reading extensively, keep abreast of what is happening around you by reading newspapers and magazines as well as attending to local and global news;
- **Involved** – Actively participate and get involved in your study programme as well as extracurricular activities so as to integrate into and become a true member of the campus community;
- **Interactive** – Make extra efforts to interact socially and develop potentially lasting friendships, initial "hi-bye" friends may one day become your confidantes and major sources of support;
- **Introspective** – Reflect on and adjust your own thoughts and behaviour so as to continue to learn and grow from your experiences and mistakes.



2. Making the Transition

Facing Challenges

After school term starts, some of you may fit smoothly into the University, but some of you may feel at a loss and may need more time to adapt to this new environment.

How concerned are you about facing the following challenges?

New Challenges	Not concerned at all			Very concerned		
In the past, you may have been well cared for by your parents. Now, you will have to try to lead an independent life and deal with various tasks and decisions on your own.	1	2	3	4	5	6
While your network of friends continues to expand, you will meet students from different backgrounds and cultures, and be confronted by diverse values and lifestyles.	1	2	3	4	5	6
It may be your first taste of hostel life, you will have to learn to live with roommates with different habits and preferences.	1	2	3	4	5	6
The mode of learning and your approach to your studies are different from those in secondary school.	1	2	3	4	5	6
While you might have been an outstanding student in secondary school, fierce competition from your new classmates may affect your self-confidence now.	1	2	3	4	5	6
Having gained admission into the university, you may be wondering what your new goals should be.	1	2	3	4	5	6
Your intensive study schedule and busy social life may have adverse effects on your family life and relationships.	1	2	3	4	5	6
Society's increasing demands and expectations towards university students can be a major source of stress.	1	2	3	4	5	6

Fitting In

Having developed realistic expectations and the proper mindset, you have already taken the initial important steps in adjusting to U life. The next step is to formulate and take concrete action to cope with the many new challenges and opportunities facing you. Which of the following courses of action would be necessary for you?

- Develop a balanced daily routine
- Learn daily living and self-care skills
- Discuss your needs and make compromises with your roommates to enhance hostel living
- Expand your social circle and make new friends
- Form your own study group to support each other
- Seek guidance from instructors and professors regarding academic concerns
- Participate actively in at least 1 or 2 extra-curricular activities
- Acquire effective time-management skills; allocate your time appropriately among academic, familial and social commitments
- Develop effective stress-management skills and enjoy appropriate leisure activities to maintain your physical and mental health
- Actively seek help from family, friends and staff when necessary



Learning to face changes and challenges actively and positively is crucial to your adjustment to the University.

3. Pursuing Personal Growth

Setting Goals

Research has shown that people who use goal-setting effectively

- Have a clearer sense of direction
- Can focus their attention and energy
- Show stronger motivation to achieve
- Are more confident and effective in their performance
- Evaluate their performance objectively and realistically
- Enjoy greater self-satisfaction with goal-attainment



Having realized your long-term dream of entering university, it is important for you to set new goals and direction that will guide and enable you to enjoy success and fulfilment from your university education. Take a moment now to consider which of the following may be your primary goals:

My Personal Goals

- | | |
|---|---|
| <input type="checkbox"/> Learn to be independent and self-reliant | <input type="checkbox"/> Broaden my horizon |
| <input type="checkbox"/> Sharpen academic and intellectual skills | <input type="checkbox"/> Improve interpersonal skills |
| <input type="checkbox"/> Develop professional skills and knowledge | <input type="checkbox"/> Enjoy extracurricular activities |
| <input type="checkbox"/> Seek overseas and cross-cultural experiences | <input type="checkbox"/> Pursue an ideal career upon graduation |
| <input type="checkbox"/> Meet people from diverse background | <input type="checkbox"/> Others : _____ |

U Student Developmental Stages

Having reflected on your general goals, the following "U Student Developmental Stages" will help define the specific skills and competencies which you can acquire at different stages of your U life in order to attain such goals:

Year 1

Adjustment

- Focus :** Self-Management
Goal : Adjust to U
Skills :
- Self-care and daily living
 - Self-understanding
 - Study skills
 - Time-management
 - Communication
 - Problem-solving
 - Stress-management

Year 2

Development

- Focus :** Self-Development
Goal : Develop competencies
Skills :
- Planning and organization
 - Interpersonal skills
 - Decision-making
 - Financial management
 - Analytical thinking
 - Emotional-management

Year 3

Enhancement

- Focus :** Self-Enhancement
Goal : Broaden Horizon
Skills :
- Leadership
 - Global vision
 - Work experience
 - Social exposure
 - Cross-cultural experience

Year 4

Consolidation

- Focus :** Self-Affirmation
Goal : Strengthen self-confidence and competitiveness
Skills :
- Negotiation skills
 - Job search
 - Career development
 - Adversity intelligence
 - Social networking

Successful goal-attainment at one stage will lay the foundation for future growth and development at subsequent stages. For students who are still under the 3-year academic curriculum, it is even more important for you to make good use of your time at university by actively participating in the wide selection of programmes and extracurricular activities on offer as well as seizing every opportunity for self-enhancement and fulfillment of personal aspirations.

Make Your Ideal U Life a Reality!

4. Attaining Wellness

Student Development Portfolio

The University is committed to the whole-person development of its students. Different units in the University provide a variety of student activities and services to cultivate students' overall quality and competitiveness through non-formal education. In a bid to facilitate the whole-person development of students under the new four-year undergraduate curriculum, the Student Development Portfolio (SDP) has been established to provide a roadmap for students on the experiential learning opportunities on offer and to specify the roles and responsibilities of various student support units on campus.

The SDP is a university-wide computer system for capturing and presenting students' participation in the Experiential Learning Activities (ELA) under the whole-person development framework namely I-CARE. The desirable targets, as well as appropriate values and skills for students to attain through experiential learning are categorized under the following virtues:

- I - Integrity and moral development
- C - Creativity and intellectual development
- A - Appreciation of life and aesthetic development
- R - Relationship and social development
- E - Energy and wellness



Students could view and enrol for the activities and services in the SDP provided by different student support units in a systematic way. Besides, students' participation in activities organised by student bodies or external organisations could be recorded in the system as these activities are also deemed instrumental and form an integral part of non-formal education. Then, students will be able to create their own log of ELA, and produce the corresponding ELA Report when necessary.

The SDP is expected to facilitate students to affirm their motive in participating in activities and services, and hence better manage their experiential learning opportunities during the study in the University. On the other hand, the framework enables relevant departments to review their deployment of resources, and maximise their impact in their offering of non-formal education.



Ensuring your physical and mental health is essential to your pursuit of success and happiness. By adopting and integrating the following principles, you will be able to safeguard your physical health as well as mental well-being.

Build good health

- Take good care of yourself; eat well, sleep well and ensure sufficient rest.
- Avoid unhealthy habits such as smoking, drinking or drug abuse.
- Exercise regularly.

Relax

- Do not leave till tomorrow what you can do today; reduce stress and increase your efficiency by proper planning and organized living.
- Pause for a rest when you feel tired or stressed out.
- Develop relaxation skills and leisure activities that suit you, such as sports, music, outings, handicraft, etc.

Appreciate your achievements

- Reward yourself for good work by taking time out for rest and recreation.
- Do not be over-demanding on yourself or engage in self-blame and self-derogation.
- Affirm yourself by reflecting on positive experiences or achievements which you are satisfied with or feel proud of before you go to bed each day.

Open up to others

- Accept yourself and appreciate others; avoid comparisons and unnecessary envy or jealousy.
- Spend quality time with family and friends; it helps to consolidate relationships and release negative emotions.
- Get involved in community affairs and activities to broaden your horizon and expand your supportive network.

Enrich your spiritual life

- Develop your strengths and resilience by reading positive and encouraging books and messages.
- Brighten up your life by adding in fun and creativity.
- Add joy and laughter to your life by nurturing a sense of humour.





5. Managing Time

Healthy Living Checklist

Starting from today, set your new goals for healthy living!

A balanced diet

Know how to choose healthy foods:

- Have regular meals in the morning, afternoon and evening;
- Reduce consumption of greasy or fried foods;
- Ask for less meat, more vegetables, less oil and less sauce when eating at canteens;
- Drink appropriate amounts of water, especially in dry weather or after sweating;
- Eat less snacks, drink less high-sugar or stimulating drinks such as soft drinks, coffee, tea, etc.



Regular exercise

Try to incorporate exercise into daily life:

- Exercise regularly and appropriately;
- Exercise four times a week each time for not less than 30 minutes;
- Make good use of spare time, go to the gym or stadium with your friends / classmates;
- Walk as much as possible, reduce the use of the elevator or shuttle bus;
- Engage in more outdoor activities to stretch out and breathe fresh air

Adequate sleep

Arrange a proper work schedule and daily routine to ensure enough rest and sleep:

- Arrange a comfortable and restful sleeping environment;
- Establish a stable sleep routine; go to bed and get up regular times;
- Maintain at least seven hours of sleep per night;
- Wind down and develop a relaxed mood before sleeping by avoiding excessive browsing on the internet, playing with computer games or working on assignments;
- Plan a realistic work schedule in advance to avoid sleep deprivation in rushing to meet deadlines

After being freed from the rules and confinements of secondary school, it is not uncommon for students to slack off at the beginning of the semester since they often fail to realize that deadlines of projects, assignments and exams are fast approaching. To avoid being overwhelmed by an unmanageable workload or work schedule, you should learn to manage your time effectively from the very start.

You may wish to refer to the following steps and tools to improve your time management skills:

1. Assess how you normally use your time

Complete the following daily log of what you do and the number of hours that you allocate to it for a week, see whether you need to make adjustments to your schedule in order to accommodate your goals and priorities:





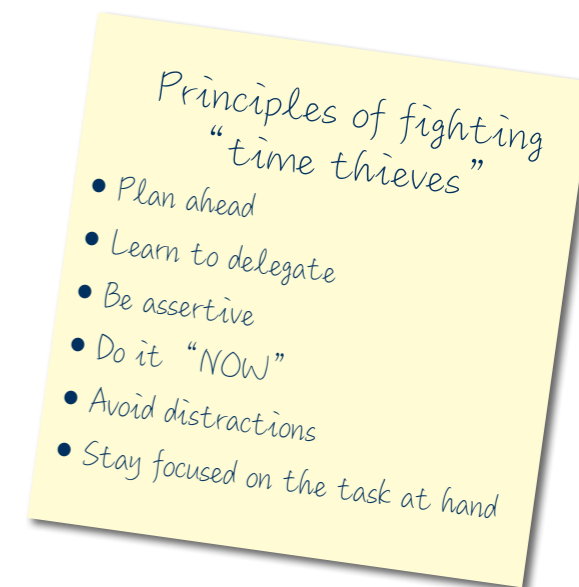
Daily Log: Determine and assess the amount of time (in hrs.) you normally spend in the following activities each day:

Day of the Week: _____	Actual Time Spent	Too much time	Just Right	Too little time	Preferred amount of time spent
<input type="checkbox"/> Rest / Sleep	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Meals	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Attend to personal care and hygiene	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Attend class	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Study	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Engage in extra-curricular activities	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Engage in exercise / hobbies / leisure	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Attend to spiritual life	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Engage in part-time work (if any)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Travelling	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Socialize with family / friends	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Date	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Web-surfing	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Speak on the phone	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Perform family chores	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Shopping	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Others _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Total:	24 hrs				24 hrs

2. Beware of "Time Thieves"

It is also important for you to be aware of and to overcome obstacles to your efficient time-management by identifying your "time thieves":

- | | |
|--|--|
| <input type="checkbox"/> Interruptions – telephone | <input type="checkbox"/> Interruptions – visitors |
| <input type="checkbox"/> Excessive web-surfing | <input type="checkbox"/> Committee meetings |
| <input type="checkbox"/> Procrastination and indecision | <input type="checkbox"/> Failure to delegate tasks appropriately |
| <input type="checkbox"/> Unclear objectives and priorities | <input type="checkbox"/> Lack of planning |
| <input type="checkbox"/> Inability to say "No" to unreasonable demands | <input type="checkbox"/> Stress and fatigue |





6. Building Friendships

3. Prepare a Prioritized To-Do List for the Coming Week / Month:

Take some time to sort out your goals and prioritize how you want to spend your time in the coming week / month by completing a To-Do List as follows:

Task	Priority (1-10)*	Time Required

* (1 = Unimportant, 10 = Very Important)

4. Develop A Realistic Weekly Schedule and Work Plan:

Now that you have some idea of how you spend your time each day and what you need to achieve in the coming week / month, you should be able to plan your weekly / monthly schedule so that you can complete your tasks on time while maintaining a suitable balance among work, rest, and play.

	Mon	Tue	Wed	▶
7:00 - 8:00				
8:00 - 9:00				
9:00 - 10:00				
▼				

The only thing left for you to do now is to stick to your schedule and not to let your "time-thieves" ruin your efforts.

Going to university brings many opportunities to learn and try new things, to see new places and make new friends from diverse backgrounds and cultures. This can be an exciting time of personal growth. However, making new friends can be scary, especially if you are an introvert and none of your old school friends are with you.

In the coming months, you will have the opportunity to meet people under different circumstances. Some of you may feel timid and reluctant to take the initiative to make friends. Others may find it relatively easy to make new acquaintances or 'hi-bye' friends, but feel unable to develop these relationships into deeper and lasting ones.

In order to improve your interpersonal skills, you must first be aware of your own actions and reactions in social situations. Habits which you are unaware of or actions which you think go unnoticed may be impossible to change if you are unaware of them. It is also of vital importance for you to know what you are in other people's eyes by soliciting others' observations and feedback.

Are You Socially Competent?

The following checklist can help you gain some insight into your social behaviour and competence. Please read the following statements carefully and decide if they are characteristic of your feelings or behavior. You can also ask a close friend to complete the checklist on you.





Category A	Category B
<input type="checkbox"/> I am cheerful and fun to be with.	<input type="checkbox"/> I seldom say "please" or "thank you" when I ask someone for something.
<input type="checkbox"/> I work well in a team.	<input type="checkbox"/> I try to avoid becoming involved with social groups or organizations.
<input type="checkbox"/> I have been described as being outgoing and sociable.	<input type="checkbox"/> I often feel uncomfortable at parties and other social situations.
<input type="checkbox"/> I have a broad-based social network.	<input type="checkbox"/> I am often described as a "loner."
<input type="checkbox"/> I enjoy participating in group discussion.	<input type="checkbox"/> I have trouble thinking of the right things to talk about when in a group.
<input type="checkbox"/> I enjoy sharing inner thoughts and feelings with close friends.	<input type="checkbox"/> I find it hard to tell people what I think or how I feel.
<input type="checkbox"/> I can listen attentively and understand what others are saying.	<input type="checkbox"/> I feel compelled to talk incessantly in social situations.
<input type="checkbox"/> I can express myself and communicate openly with others.	<input type="checkbox"/> I have trouble looking someone right in the eye.
<input type="checkbox"/> I can feel quite at ease even among unfamiliar people.	<input type="checkbox"/> I feel tense and unnatural when I am with people I do not know well.
<input type="checkbox"/> I take proper care of my personal hygiene and grooming.	<input type="checkbox"/> I rarely pay much attention to my personal hygiene and grooming.
<input type="checkbox"/> I pay attention to my social manners.	<input type="checkbox"/> I usually become angry and agitated when things do not go the way I want.

If the items in Category B are more reflective of your feelings and behaviour, you may wish to refer to the following on ways to enhance your ability to develop and maintain positive relationships with others.

Making Friends

Meeting people and making friends can be looked at as a series of tasks. There are certain things you can do in order to become successful at it.

- **Make a good impression** – Good manners and personal grooming are essential to creating a favourable impression on others.
- **Adopt a positive stance** – The more positive the energy you project, the more likely you are to receive positive energy in return.
- **Be appreciative** – Make others feel good about themselves by appreciating and complimenting their positive qualities.
- **Know yourself** – Figure out who and what type of people you want to hang out with.
- **Be yourself** – Don't be too self-conscious. We all have defects and inadequacies. No one is perfect, so do not expect yourself to be.
- **Mingle with others** – Get involved in activities and events that you enjoy. You are likely to meet people who share similar interests and preferences there.
- **Solicit feedback** – Ask for feedback about your behaviour from your family and friends. Listen with an open ear.
- **Practise "active listening"** – Show genuine interest in understanding the other person by active listening. Listen patiently before jumping in with a suggestion or comment. Try to see things from the other person's point of view. Do not offer advice without being asked.



7. Enhancing Learning

- **Capitalize on your strengths**
 - Gain a good understanding of your interpersonal strengths such as sense of humour or helpfulness, and try to maximize them.
- **Accept differences**
 - Tolerate and accept interpersonal differences in preferences, values, lifestyles.... Such differences can be interesting and inspiring.
- **Respect others' rights**
 - Be sensitive and considerate to others' needs and rights. Make compromises when necessary.
- **Accept responsibility**
 - Don't be afraid to apologize or acknowledge errors or insensitivity.
- **Keep contact**
 - After you have met some people whom you like and feel comfortable with, stay connected. Do not wait for the other person to take the initiative all the time.
- **Develop skills**
 - Actively develop positive social skills by reading, training, or modelling on others' behaviour.

Developing a relationship with another person can be a little awkward and stressful at first. Remember that the initial awkwardness can be both natural and mutual. It will lessen as you get to know each other and begin to enjoy the pleasure and gratification that true friendship brings.



Embracing Changes

Being able to gain admission to university means that every one of you must have your own approach to effective learning. However, secondary school and university are two entirely different environments in terms of learning modes and course requirements. You will need to fine-tune your mindset and learning methods in order to get the results that you want.

5 'S' Strategy:

Self-expectations

Many of you probably ranked among the best students and performed admirably in your secondary school. In university, however, you may find yourself under intense competition which can shake your confidence. To overcome this, try not to compare yourself with your peers but rather set personal and realistic goals for self-enhancement. Eventually, you will become more confident as you experience gradual improvement and success.

Self-discipline

Compared with secondary school, you will be spending considerably less time in classes in university. However, this does not mean that you can get away with less effort. Courses generally require students to spend two hours on studying and assignments for each hour of lecture. In

other words, if you take 18 credits, you should spend 36 hours per week on self-studying. And even though you may no longer need to do homework every day, mastering the subject in greater depth and scope will be required. You should start preparing early to avoid the dreaded last-minute rush before deadlines and examinations.

Social Support

Tertiary education is focused on understanding and application, rather than rote memorization. A flawless set of notes taken in class is unlikely to be enough. You are encouraged to form small study groups with your classmates. From discussing homework to sharing of ideas, group members can support one another in a relaxed atmosphere.



Sound Advice

As professors usually teach at a rather fast pace, you are expected to prepare for class by previewing and reviewing the taught material. When you see anything you don't understand, get help from classmates, teaching assistants or professors. On top of that, senior students would be happy to share learning tips with you. Your department may also have an Academic Advisor who can help you adapt to university learning.

Selective Learning

Sometimes you may feel overwhelmed by tons of reference materials, as there's often insufficient time to go through them all. Do not feel too anxious about the number of books or materials you have to read. The fact is, not many students can finish a book word by word. First get a rough idea of what the book is about; then scan through different chapters and sections. Finally, you can read the relevant parts in detail.



Knowing Yourself

University education requires students to develop broader and deeper knowledge and emphasizes both theory and application. Rote memorization will not get you very far. By understanding more about your learning habits and attitudes, you can see where your weaknesses are and work to improve them. Make use of the following test to gain further understanding into your learning mode:

	True	False
1. I spend too much time revising what I'm currently learning.	<input type="checkbox"/>	<input type="checkbox"/>
2. I always spend hours cramming down course material just before exams.	<input type="checkbox"/>	<input type="checkbox"/>
3. If I join all the activities I'm interested in, I wouldn't have enough time to study; if I have ample studying time, I wouldn't have any time left for social activities.	<input type="checkbox"/>	<input type="checkbox"/>
4. I'm used to studying with the radio or TV turned on.	<input type="checkbox"/>	<input type="checkbox"/>
5. I can barely study for a long time without feeling tired or distracted.	<input type="checkbox"/>	<input type="checkbox"/>
6. I always daydream or doze off in class.	<input type="checkbox"/>	<input type="checkbox"/>
7. Sometimes I don't understand what I've noted down in class.	<input type="checkbox"/>	<input type="checkbox"/>
8. I tend to include useless information in my notes.	<input type="checkbox"/>	<input type="checkbox"/>
9. I don't check my notes from time to time to prepare for tests.	<input type="checkbox"/>	<input type="checkbox"/>
10. I cannot remember the contents of an article after reading it.	<input type="checkbox"/>	<input type="checkbox"/>
11. I don't know how to identify main points in a text.	<input type="checkbox"/>	<input type="checkbox"/>
12. I struggle to finish required readings on time, and so have to rush through them just before a test / exam.	<input type="checkbox"/>	<input type="checkbox"/>
13. When I read, I find it hard to grasp the main ideas.	<input type="checkbox"/>	<input type="checkbox"/>
14. I read at the same pace, regardless of the level of difficulties of the text or my familiarity with it.	<input type="checkbox"/>	<input type="checkbox"/>
15. I always hope to be able to read faster.	<input type="checkbox"/>	<input type="checkbox"/>
16. Even though I've revised everything, I still miss lots of key points in the actual exam.	<input type="checkbox"/>	<input type="checkbox"/>
17. Although I've prepared well in advance, my mind goes blank during an exam.	<input type="checkbox"/>	<input type="checkbox"/>
18. I don't have a revision plan and seldom start studying until the last minute.	<input type="checkbox"/>	<input type="checkbox"/>
19. When the teacher gives out homework, I feel worried and have difficulty getting started.	<input type="checkbox"/>	<input type="checkbox"/>
20. I usually do my homework the night before the deadline.	<input type="checkbox"/>	<input type="checkbox"/>
21. I cannot present my thoughts in an organized and logical manner when writing a paper.	<input type="checkbox"/>	<input type="checkbox"/>



Caring Station

What is an important distinguishing feature of CUHK?

Many would agree that it must be the warmth and sense of community among its members.

In this Caring Station, you can begin to perceive what this means as you learn more about our University's humanistic ideals and Collegiate system, student services and support, as well as experience sharing from lecturers and students.

Improving Performance

If your answer is True to two or more questions in any of the following categories, you should work at improving that particular set of skills:

Questions 1-3 :	Time management
Questions 4-6 :	Concentration
Questions 7-9 :	Note-taking skills
Questions 10-15 :	Reading skills
Questions 16-18 :	Exam skills
Questions 19-21 :	Writing skills

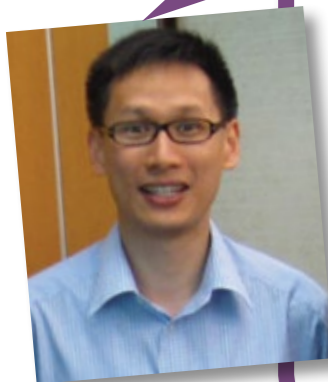
You are encouraged to make use of various university facilities and resources to improve your all-round learning skills. The Student Counselling and Development Service organizes regular workshops on time and stress management; the Independent Learning Centre conducts language enhancement workshops which are open to all students. In addition, you can register for English Language Teaching (ELT) courses, as well as reading and writing courses by specific departments. A good command of language and study skills is the foundation for successful learning.



8. Words of Wisdom

"Mobile phone has become almost a necessity for university students. Although you will find phones that are of the same models in any given lecture hall on campus, the APPS, songs, photos stored on each of these phones would probably be unique. Personalized phones allow users to maximize the utilization of the device. Likewise, if you want to get the max out of your U life, have a personalized plan right in the beginning of your university education would be essential? University education is a complex and dynamic process; and it is also multifaceted including academic works, cultural exchange experiences, student activities etc... There exists no single ideal U life plan that suits everyone, and nobody else knows what suits you the best than your own self. I hope you will take the challenge to be the designer of your own university education, and wish you a wonderful personalized U life!"

Professor Chan Ho Yin, Edwin
Chairperson, 2012/13 Joint Committee on New Student Orientation



"University life is about opening the mind and exploring new directions. It is about thinking deeply and making informed judgement. Take the challenge of the unfamiliar without fear or aversion, recognize what you do know and what you don't, know how to explore the unknown starting from what you know—if you can do all these, then you have made the most important achievement of university learning."

Professor Leung Mei Yee
Programme Director,
General Education (GE) Foundation Course



"We should be broad-minded enough to accommodate differences and possibilities. If diligence and discipline denote the fundamental merit of high school education, university learning requires us to think, reflect and act upon beyond the conventional framework to which you have confined yourself in the past school years."

Professor Wong Suk Ying
Associate Dean (Student Affairs),
Faculty of Social Science



Dr Luk Wai Cheong, Scotty
Director, University
Health Service

"Students have to explore the balance of life on their own. The principle is not to focus in one area such as study, activity or making new friends... I sincerely wish that all students are able to find their balance points in the University, and to adjust their mentality and set goal as soon as possible so as to achieve balance physically and spiritually."



"This is a historical year of the Hong Kong tertiary education. The university system of Hong Kong is changing from a three-year to a four-year system. I would like to welcome all new students to join our dynamic and friendly family.

I would also like to share with you the motto of New Asia College – Ching (Sincerity) Ming (Intelligence). 'Sincerity' is concerned with ethics and behaviour, and 'Intelligence' is in the realm of knowledge and awareness."

Professor Wan Yau Heng, Tom
Dean of Students, New Asia College



9. Students' Sharing

"University is not only a place where we acquire knowledge, but also provides us with opportunities to self-discover, to learn how to interact with people, and to enjoy a colourful and passionate life."

Liu Xiaojie
(IBBA /Graduate in 2012)



"Welcome to CUHK! Apart from enjoying the beauty of CU, you should also make as many friends as possible. Why? Because I am sure you do not want to have a lonely graduation photo day, right?"

Hui Chun Yip, Lewis
(Chinese Language & Literature/Graduated in 2011)

"Welcome you all to join us in this big family! As freshmen, you had better be psychologically prepared that you may not adapt to university (uni) life or may even get lost in it as the people you will meet, things you will face, the environment you will be in and learning methods you will use are all different from what you experienced in your secondary schools. Yet, as long as you never forget the reasons that brought you here, the beauty that you would explore later at CU and are open-minded to the coming numerous and various changes, you will definitely find the meanings of your uni life. Last but not least, remember to cherish your time in CU and lead a wonderful uni life with no regrets!"

Fu Chun Man, Emily
(English/Year 3)



"Walking through various departments and receiving piles of advertisements on Orientation Day for Undergraduate Admissions last year, your friends were especially attracted by the beats 'we are Business, the best of all'. As for you, the thought 'I want to study history!' was lingering in your mind, but you were too cowardly to tell your friend. This might be what you have experienced last year. However, what had been considered your "dream subject" might turn out to be a mismatch to your life, while what was considered too "boring" or 'vocational' might generate new interest when you pursue it further. In the coming 4 years, you will have plenty of time. Keep your mind open and explore subjects or areas beyond your own major so as to develop new interests and skills. Participate in the multitude of extra-curricular activities available to you. Your university life would certainly be beneficial to you – at least you will get a chance to know yourself and what you want."

Wai Tak Yan, Phoebe
(History/Graduate in 2012)



"Dear freshmen, though your university experiences in the coming years can be rich and colourful, my personal experiences tell me that one may still encounter dejection and hardships from time to time. Thus, don't forget to find a couple of companions who can support accompany you as you overcome various obstacles along the way! Bless you all! ^_^"

Choi Tsz Ming, Danny
(Chinese Medicine/ Year 3)



"University, a place where you can taste freedom and different excitements. Trust yourself and try your best! You have already beaten thousands of competitors in the university entrance examination. Welcome to this vivid world! Enjoy!"

Tam Hoi Fung, Candy
(IBBA/Graduate in 2012)





10. I•CARE Programme

Since assuming office as Vice-Chancellor of CUHK, Prof. Joseph J.Y. Sung, has actively promoted the I•CARE Programme based on the following education ideals:

“As a comprehensive University, we strive to enhance the quality of education by offering diversified learning experience, both within and beyond the formal curriculum. We believe that, through serving society and the underprivileged groups in the world, students will have a deeper reflection on human values, become more sensitive to others’ needs, and learn to appreciate cultures other than

their own. The essence of the I•CARE Programme is not to carry out mega projects with a few selected students, but to cultivate the humanistic spirit and enhance the social awareness of our students, bringing sustainable impacts to students and society.”

The I•CARE Programme provides a series of activities outside credit-bearing curriculum, supporting students to serve the communities and leading to sustainable personal growth and cultivation of global citizenship.



Social Service Projects

The Programme provides financial support to students for initiating and implementing social service projects. After accomplishing the projects, students will submit reports on their projects and share their learning experience with other students at assemblies or debriefing seminars.

University Lecture on Civility

University Lecture on Civility is an annual programme comprising a major public lecture and some public forums. The objective is to bring in scholars, artists and public figures to CUHK to share their views on civility and value system. There are also cultural performances for students to enjoy.

Research and Studies

Students can apply for financial support to take up self-initiated research projects with a view to identifying and understanding specific social problems or phenomenon, and consequently to make informed recommendations on possible solutions.

NGO Internships

CUHK cooperates with non-government organizations and provides 6-8 weeks internship opportunities to students in summer. The programme allows students to experience cultures around the world and serve the community at the same time.

Social Enterprises and Corporate Social Responsibility

CUHK is formulating a set of sustainable and socially-responsible guidelines and procedures on procurement, tendering and operation. Social enterprises are also promoted on campus. Besides, the University also supports the Grand Finalists of Hong Kong Social Enterprise Challenge.

For more information, students can refer to the I•CARE Programme website at <https://www.cuhk.edu.hk/icare>.



11. Caring Campus

Building a Caring Campus



What impresses you or appeals to you most about our campus? Is it the green and serene environment, the passionate pursuit of knowledge, or the warm and supportive human interaction which is a clear reflection of our caring culture?

In order to actively promote the spirit of caring in CUHK, the Office of Student Affairs (OSA) launched the 'Caring Campus Campaign' in 2009. Since then, a wide variety of programmes and activities have been organized as follows:

- **'uBuddies' Peer Counselling Network**

Since 2010, 3 cohorts totaling over 100 students have completed relevant training and dedicated themselves to the promotion of mental health and a caring culture in the University. (Please refer to P.57 for details.)

- **Caring Anecdotes**

A large number of caring experiences have been collected from students and staff and acknowledged in publications and webpage.

- **Video on 'Building a Caring Campus'**

The video highlights the essence of caring in the University through interviews with different members of our community, including staff and students.



- **Caring Souvenirs and e-Caring Card Service**

To remind everyone of the importance of caring, promotional memorabilia including calendars, folders, caring cards, etc. have been produced. An E-Caring Card system has also been established to enable students and staff to convey their care and warm wishes to families and friends.

- **Campus-wide Campaign**

To mobilize CU members to join in the Campaign, large scale events had been organized, such as the 'Caring Campus Carnival', 'Keep Caring Fun Day', 'e-Caring Card Design Competition', etc.

- **Survey and Research**

Survey and research on 'CU Students' Character Strengths' and 'Building a Caring Campus' were conducted to raise students' awareness towards the importance of caring.

Be an active member of our Caring Campus and enjoy your life and studies here!

For details on the above 'Caring Campus' activities, please visit the website of the Student Counselling and Development Service, OSA (<http://www.cuhk.edu.hk/scds>).



12. Collegiate System

CUHK has a unique and long tradition of residential Collegiate system among the universities in Hong Kong. Each CUHK undergraduate student belongs to one of the Colleges, and students can benefit from the whole-person education offered by these Colleges.

Apart from the four existing Colleges, namely Chung Chi College, New Asia College, United College and Shaw College, five new Colleges including Morningside College, S.H. Ho College, C.W. Chu College, Wu Yee Sun College and Lee Woo Sing College have been established to cater to the increase in number of students under the 4 years university curriculum starting from 2012. The new Colleges have started to admit students since September, 2010.

The Colleges offer various types of activities such as overseas exchange, mentorship programmes, community service

projects, language training, IT, leadership skills training, and other extra-curricular activities. The whole-person education implemented in the College complements the formal curricula by nurturing students' interpersonal skills, leadership skills and cultural vision, etc. as well as enriching students' University life.

You can contact the Dean of Students' Office of your College for counselling services on interpersonal, psychological, financial and academic problems. The Office also administers college scholarships and bursary awards, as well as manages student hostels. In addition, the Office offers General Education Classes and supports various student programmes and activities.

For details, visit the website of your College <http://www.cuhk.edu.hk/english/college/info.html>.



13. Student Service Navigator

Academic Affairs

After registration, you will be formally enrolled in an undergraduate programme offered by one of the academic departments and faculties of the University. But do you know how many students, faculties and departments there are in this University?

Here are some basic figures for you: There are eight faculties (Arts, Business Administration, Education, Engineering, Medicine, Science, Social Science and Law) and 65 academic departments. The number of students, according to statistics (updated to March 2012), has reached 15,234, of which 11,545 are undergraduate students and 3,151 are postgraduates. During your transition from secondary to tertiary education, there may be times you would like to seek opinions from an advisor about your studies. You can approach your assigned academic advisor in your department when you need advice on planning programme

of studies, career planning and further studies, or assistance with academic problems, difficulties in studying and personal concerns. Please refer to P.43 in this guide book for further information about the Academic Advisory System.

Concerning matters related to course registration and examination arrangement, you can contact the Registration and Examinations Section, Office of Registry Services, at 3943 8964 or visit their homepage at <http://www.cuhk.edu.hk/rgs>.



3+3+4 New Academic Structure

The '3+3+4' academic structure has a prime focus on cultivating interdisciplinary knowledge and general education. The new curriculum is aimed at sharpening students' intellectual faculty with both breadth and depth of knowledge across disciplines as well as within specialties, developing critical thinking as well as instilling care for society through all-round experiential learning.

Whole-person Education to Enhance Self-learning Capabilities

In addition to specialized and interdisciplinary knowledge and critical thinking skills, the new curriculum will enhance general education, languages and information technology so as to cultivate the capacity for self-learning and life-long learning among students.

New 'Capstone Courses' to Bring All Undergraduates into Research

In the new curriculum, all major programmes will include a 'capstone course' that gives students the opportunity to participate in research and/or internship, such experiences can sharpen students' thinking as well as help them integrate and apply their knowledge and skills.

Interdisciplinary Learning to Widen Knowledge Base

To enrich students' interdisciplinary knowledge, each faculty

will provide a faculty package offering different courses for students to take outside their majors, thus broadening their knowledge beyond their chosen fields of specialization and complementing their major studies. Students will also enjoy greater flexibility to pursue double majors and double minors.

Opportunities for Exchange and Internship Increased to 100%

Overseas academic exchange and internship are instrumental in shaping students' global perspectives. At CUHK, a large variety of co-curricular experiential learning opportunities complement the formal curriculum by exposing students to different cultures and learning styles, so as to elevate their language competence, broaden their horizons and build self-confidence. The University's goal is that all undergraduates who wish to go on exchange will be given such opportunities.

Core Requirements Successfully Restructured

The University core requirement for all undergraduates will be increased from 23 units to 39, and will account for about one-third of the overall required units. The core programme includes Chinese Language (6 units), English Language (9 units), General Education (21 units), Physical Education (2 units) and Information Technology (1 unit).

New Curriculum Website:

www.cuhk.edu.hk/334/

Academic Advisory System

CUHK is committed to developing well-round students with a solid disciplinary understanding and whole-person development in order to meet their long-term needs and prepare them for future challenges. The Academic Advisory System is essential in supporting students' academic development and in overcoming academic problems. It is also part of the whole student support and pastoral care system. Advisors, apart from giving advice on academic matters, are resource persons and provide information on other whole-person development opportunities to students.

Advisors Meeting with Students

Every student will be assigned an academic advisor (Level I Advisor) by their Departments/Programmes upon admission. The advisor will meet with the students at least once a year throughout the student's course of study for purposes of general supervision such as course selection, guided study, adaptation to University learning modes and disciplinary fundamentals, etc.

In case the students are on academic probation or extended probation, they will be assigned designated academic advisors (Level II Advisors) who will pay greater attention to and meet with them more regularly to track their progress. The students will be required to obtain the endorsement of the designated academic advisors in order to enroll in appropriate courses in the next term.

Level II Advisors may also be assigned to marginal students whose GPA is below a certain threshold. They will have to meet with their Level II Advisor more than once during that particular year.

CUSIS

Students may access information on their pre-assigned Level I Advisor through CU Student Information System (CUSIS). Likewise, the advisors can view their advisees' personal particulars and contact as well as communicate with them via the CUSIS platform.

For more information about the Academic Advisory System, please visit the website of the Office of Student Affairs: <http://www.cuhk.edu.hk/osa/link.htm>





Student Counselling and Development Service

Student Development Programmes

After entering CUHK, you will find that life in university differs in many ways from that in secondary school. The novel experiences can be liberating and exciting, yet also daunting and disorienting. The Student Counselling and Development Service (SCDS) of the Office of Student Affairs has been established precisely to help students tackle and mature from such developmental changes and challenges. To achieve its goal, SCDS compiles this guide book journey@cuhk for new students and participates in various orientation talks.

The "Self-Enhancement Campaign for Year 1 Students" is also organized starting from September each year. The Campaign includes talks in College General Education classes, mental health screening and personal counselling. Workshops on time management, interpersonal communication and stress management are also held to enhance students' self-management skills and social adjustment. At the same time, SCDS organizes customized workshops to cater to the specific developmental needs of students from different disciplines. To further promote students' mental health and personal growth, the SCDS also organizes campus-wide educational programmes and campaigns during the year.

In addition to the above, the Office of Student Affairs, Colleges, Departments, Office of Academic Links, etc also

offer a wide range of programmes and activities to broaden your horizons, maximize your potential as well as facilitate your wholeperson development. We hope that you will make reference to Chapter 3 of this handbook and, based on your own needs and preferences, actively seize every opportunity to pursue continuous self-enhancement and personal growth at CUHK.

Student Counselling

Growing up is a process of pains and gains, joy and sorrow. The SCDS has been established primarily to help students overcome adjustment difficulties as well as achieve personal growth. The SCDS is staffed by professional psychologists and counsellors and provides a wide range of preventive, remedial and educational counselling services for students.



In recent years, students have generally shown greater initiative in seeking psychological counselling when necessary. However, there are still students who remain reluctant to seek professional help due to fear of stigmatization and misconceptions about psychological intervention. In fact, a primary goal of counselling is to empower students to help themselves.

Through the counselling process, students are encouraged to understand the nature of their problems, develop different perspectives as well as learn effective coping skills. Counselling is also a learning process which facilitates self exploration and personal growth.

When to see a Student Counsellor?

You may benefit from seeing a counsellor when you:

- experience problems in adapting to the university environment
- feel unhappy, unmotivated or troubled for prolonged periods
- wish to understand more about yourself
- feel that you are not doing as well as you should in your studies
- wish to improve your relationships

Under normal circumstances, the Counsellor will safeguard the student's rights to privacy and ensure confidentiality regarding the contents of counselling. Hence, personal information or matters discussed within counselling will not be disclosed to third parties without the students' consent.

If you wish to know more about the personal counselling service, please refer to the online pamphlet "Psychological Counselling in CU" in the "information Corner" of the Section's website.

Student Counselling and Development Service (SCDS)
Tel: 3943 7208
Website: <https://osantd.osa.cuhk.edu.hk/scdsmain/chihtml/>





Student Activities

The University is committed to supporting and encouraging students to organize extracurricular activities. Students will find different kinds of student development programmes, activities, internship and exchange opportunities offered by various units of the University. The objectives of these activities are to facilitate the students to develop their potentials, exercise their initiative, build up their organizing ability and leadership, as well as enhance their understanding of different cultures.

Each College organizes a wide range of student activities. Details of these activities can be found on respective colleges' websites.

Apart from the above units, the Student Activities and Amenities Section (SAAS) of the Office of Student Affairs also plays a part in the coordination of student activities for the development of students. Its service scope includes the following:

Coordinating Orientation Activities

During summer, the SAAS serves as the coordinator of various orientation activities for local students, such as the New Student Orientation Day, Joint-College Activity and Inauguration Ceremony for Undergraduates. The SAAS also provides relevant training for members of the organizing committees of the orientation camps, in order to equip them



with necessary knowledge and skills to take up the organizing duties. Besides, the SAAS conducts a large-scale survey on the profile of local first-year undergraduate students in a bid to provide relevant data for better planning of student enrichment programmes and deployment of resources.

Providing Guidance to Student Bodies and Managing Student Activity Funds

Student bodies like the student unions and interest groups can seek guidance and assistance from the SAAS when organizing activities. The SAAS also coordinates meeting for students and various departments/units to communicate on the University development, new policies and specific issues. In addition, the SAAS administers various student activity funds. To familiarize students with the requirements and procedures of applying for student activity funds, the SAAS regularly conducts briefing sessions for the student bodies.

Organizing University-wide & Intersivity Activities and Leadership Development Programmes

The SAAS supports different kinds of University-wide and intersivity programmes with a view to broadening students' horizons, such as International Youth Exchange Programme, Outward Bound Training Programme and Outstanding Service Awards for Tertiary Students. Furthermore, the SAAS organizes a range of leadership development programmes including the Management Leadership Training Programme for the New Century and the Student Leader Training Scheme, etc.

Managing Student Amenities

When organizing activities, students can utilize the loan service of a wide array of equipments and materials managed by the SAAS. The SAAS is also responsible for the management of facilities and supporting the commercial service units located in the Benjamin Franklin Centre, John Fulton Centre and Li Wai Chun Building. Students can make use of the amenities through the online booking system administered by the Office of Student Affairs. The swimming pool managed by the SAAS provides a full-furnished ground for physical education, aquatic meets, water sports and leisure.

Student Activities and Amenities Section (SAAS)
Tel: 3943 7323
Website: <http://www.cuhk.edu.hk/osa>





Incoming Students Services

Incoming Students Section (ISS) of the Office of Student Affairs is committed to offering guidance and support to non-local students on adjustment and to promoting cultural interchange on campus.

Organizing Cross-Cultural Diversity Programmes

The ISS promotes exchange of diverse cultures on campus through organizing activities with different themes, such as the International Travel Festival, Discovery Tour@Cheung Chau, Tai O Cultural and Eco-Tour plus Lantau Adventure, ISS League, Fun Cantonese. Local and non-local students also join hands in the CLOVER programme to provide community services to the needy in society.



Managing the International House and Providing Off-campus Housing Information

Students enjoy a vibrant, multicultural hostel life in International House managed by ISS. It is an undergraduate hostel specially designed to accommodate students who come from different countries and regions in the world. Besides, ISS also provides students with information related to rental accommodation outside CUHK campus via a tailor-made website – Off-campus Housing Information Service (OHIS) at <http://www.cuhk.edu.hk/osa/ohis>

Providing Learning Enhancement Service to Non-local Students

The Learning Enhancement Officers (LEOs) of the ISS provide pastoral support to non-local students via individual meetings, groups and activities, mentor programme, etc., with an aim to make one more ready to benefit from the CUHK learning environment.



Organizing Orientation Activities and Publishing New Student Guidebooks

Before the start of the academic year, the ISS tailors new student orientation programmes for postgraduates as well as mainland and international undergraduates. ISS publishes the “Compass for Incoming Students” and “Postgraduate Pocket Guidebook” in preparing for students’ fruitful and memorable university life. ISS also conducts first-year survey to better understand the background and expectations of non-local students for better planning of student enrichment programmes and deployment of resources.



Supporting Students’ Associations

Being a member of the student bodies is a memorable experiential-learning opportunity for University students. The ISS serves as the key service unit for the associations of non-local students, which include the Mainland Undergraduate Association (MUA), the International Student Association (ISA) and the Chinese Students and Scholars Association (CSSA). As many members of the Postgraduate Student Association of The Chinese University of Hong Kong (CUPSA) are non-local students, ISS also provides support to them. ISS liaises with these associations regularly and offers solid advice on their operation. The ISS also lines up non-local students to exchange views with the senior management of the University or to attend campus activities via these Associations, so as to familiarize non-local students to the operation of the University and to the local culture.

Incoming Students Section (ISS)
Tel: 3943 7945
Website: <http://www.cuhk.edu.hk/osa/iss>



Student Exchange Programmes

Going on student exchange is a life changing experience. The experience you gain will be one of the most rewarding features of your university career. Not only will you acquire new skills, knowledge and experience while on exchange, but you will also discover yourself and acquire a renewed sense of intellectual energy and focus. There are many benefits to going on student exchange. You can master a second language, experience a different learning environment, explore a foreign culture, develop networks for your future career and build independence.

Today, CUHK has some 210 student exchange partners in 28 countries. You can consider exchanges in some of the best universities in the world including the University of California at Berkeley and University of Pennsylvania in the USA, University of Toronto and University of British Columbia in Canada, the Australian National University and University of Sydney in Australia, HEC Paris in France, ETH Zurich in Switzerland, Kyushu University in Japan, and Peking University and Tsinghua University in China. During the 2012-13 academic year, over 850 CUHK students will be participating in student exchange programmes for one term or one academic year.



Student exchange programmes at CUHK are coordinated by the Office of Academic Links (OAL). Promotion of student exchange programmes commences in early October and applications are due in late October each year for exchanges in the following year.

To find out more about student exchange programmes:

- Read information from <http://www.oal.cuhk.edu.hk>
- Attend a Student Exchange Briefing Session held in October
- Talk to a Study Abroad Advisor at the Office of Academic Links (Address: Lady Ho Tung Hall, Clinic Road*)
- Call the Office of Academic Links on 3943 7597 or email us at iasp@cuhk.edu.hk



Besides the Office of Academic Links, the Colleges also have student exchange programmes with universities outside Hong Kong. They include regular term-time exchanges as well as short-term programmes, many taking place over the summer. To find out more, please contact the individual Colleges.

Note: Office of Academic Links will move to Yasumoto International Academic Park located at the junction of Station Road and Pond Crescent in the 2012-13 academic year.

Scholarships and Financial Aid

Scholarships and Financial Aid

Through the generous donations from numerous benefactors, the University offers scholarships, prizes and academic awards to give due recognition to students who have demonstrated academic excellence and outstanding performance in various areas. The University also provides different types of bursaries and loans to help students who have financial need.

In addition to the University scholarships and financial aid schemes, the Office of Admissions and Financial Aid (OAF) assists in the administration of the "Tertiary Student Finance Scheme – Publicly-funded Programmes" as well as "Non-means Tested Loan Schemes" which are offered by the Student Financial Assistance Agency of the Hong Kong SAR Government.

Scholarships

Scholarships are awarded primarily on the basis of academic merit while criteria such as leadership and other personal qualities, financial need and community services may also be taken into consideration. Most of the scholarships require nominations from faculties, academic departments and other relevant offices, subject to the final selection / approval by the donors. There are also some scholarships available for open application. Students are advised to visit our website for details.





Financial Aid

Both the Hong Kong SAR Government and the University provide bursaries and loans for registered local students who are in need of financial assistance.

1. Government Financial Aid

The Student Financial Assistance Agency (SFAA) of the Hong Kong SAR Government provides the following financial aid schemes to full-time local students who are taking up an exclusively UGC-funded student place in a recognized programme under TSFS:

- a) Tertiary Student Finance Scheme – Publicly-funded Programmes (TSFS) is a means-tested grant and loan scheme. The level of assistance depends on family's financial circumstances. Grants are awarded to cover tuition fees and academic expenses while loans are for living expenses.
- b) Non-means-tested Loan Scheme (NLS) provides students with non-means tested loans up to the amount of annual tuition fees.

Students may refer to the SFAA website at <http://www.sfaa.gov.hk> for more information.



2. University Financial Aid

The University bursaries and loans are normally open for application in September. However, students with emergency needs arising from sudden changes in financial conditions can also apply throughout the academic year.

The Colleges also administer their own scholarships and financial aid schemes. Students are advised to check with their respective College for details.

Office of Admissions and Financial Aid (OAF/A)
Tel: 3943 7205
Website: <http://www.cuhk.edu.hk/adm>

Career Planning and Development

The Career Planning and Development Centre (CPDC) of the Office of Student Affairs is committed to providing career guidance and facilitating career development for students. Its major services include:



Organizing Career Guidance and Enrichment Programmes

The CPDC organizes career guidance programmes including workshops, seminars, firm visits, careers fairs and career mentorship programme. The main aims are to assist students in exploring different career options, paths and opportunities, selecting suitable career fields, stretching their potential and further enhancing their job hunting skills and competitiveness.



Providing Students with Job Information and Placement Services

Through the CU Job Link <https://cpdc.osa.cuhk.edu.hk/student/login> and the Joint Institution Job Information System (JIJIS) <http://www.jijis.org.hk>, the CPDC provides students with full-time, part-time, summer job information and placement services.



Supporting Employers with their Recruitment Exercises

The CPDC maintains good relationship with employers and supports their recruitment exercises such as organizing recruitment talks, on-campus aptitude tests and interviews.

Recruitment talks hosted by organizations from various sectors are held in the University. These talks offer students the opportunities to understand what the employers expect from them as prospective employees and find out job opportunities and career prospects available to them.



Organizing Summer Internship Programmes

Hundreds of overseas, mainland and local internship opportunities are offered to students of different disciplines during the summer. Apart from learning the workplace culture and practical work skills in industries, students are able to enhance their cross-cultural understanding, language proficiency, and communication skills through offshore internships.



Providing Career Counselling Services and Updated Job Market Information

Students may consult the career counsellors individually or in groups at the CPDC about career aspiration, career planning and development, job searching skills, etc. The CPDC also provides a wealth of online resources, including tips on job hunting, the Career Planning Handbook, the Vault Online Career Library, the Toolkit for Non-local Students, etc., for students to keep themselves abreast of the latest job market information and equip themselves with essential employment skills.

Making Available Aptitude and Personality Tests to Students

In view of the increasing usage of aptitude and personality tests during selection process of employers, the CPDC cooperates with well-known test providers in making available these tests to students, so as to allow them to be better prepared for such tests.

Providing Online E-learning Platform - Careers E-coach

To enable our students to have better understanding of the job searching processes and to be prepared, the CPDC introduced an online e-learning platform named Careers E-coach. Through participation in interactive quizzes and exercises, students will gain a better understanding of their career preferences and the essential job searching skills.



Other Services

The CPDC conducts and reports on the Graduate Employment Survey every year to find out the employment status of our graduates. Details are at website: http://www.cuhk.edu.hk/osa/stat_employment.htm.

Career Planning and Development Centre (CPDC)
Tel: 3943 7202
Website: <http://cpdc.osa.cuhk.edu.hk/>



14. uBuddies' Peer Counselling Network

Support Service for Disabled Students

As a caring University, CUHK seeks to promote positive educational outcomes for its students and is committed to promoting equal opportunities in academic pursuits for students with disabilities.

To enable disabled students to actively participate in campus life and to facilitate their learning, the following special services and facilities can be arranged according to individual needs:

- transportation
- accommodation
- access to buildings
- access to library facilities
- access to computer and information facilities
- learning aids and equipment
- special lecture or examination arrangement
- general medical care
- psychological counselling
- career counselling



For further information regarding support services for disabled students, please contact the Office of Student Affairs at 3943 7208. Personal information of individual students will be treated as confidential.



Facing new experiences and challenges with the support of peers and fellow students can greatly enhance your university life. Because of this, the Office of Student Affairs established the 'uBuddies' Peer Counselling Network in 2010. Under the project, carefully selected undergraduate students are provided with systematic training in peer counselling skills and mental health first aid.

So far, 3 cohorts totaling over 100 students have completed all training and dedicated themselves to the promotion of a caring culture as well as mental health in CUHK. Apart from providing peer support to individual students and referring those in need to professional services, 'uBuddies' offer various services such as organizing sharing groups for new students, operating an email box as well as assisting with the production of videos and publications on mental health.

If you wish to know more about the 'uBuddies' or are interested in becoming a peer counsellor, visit the Student Counselling and Development Service's website (<http://www.cuhk.edu.hk/osa/scds>).



Propriety Station

“Yue li” is to keep within the bounds of propriety. The mission of university education goes beyond the dissemination of specialized knowledge. Through general and wholeperson education, students also learn how to learn and improve themselves in various aspects like personal quality, integrity and taste. Students will get to know the guidelines of the institution and the customs of society. All these instil a sense of social responsibility in the students, getting them ready to offer assistance to the needy and make contributions to the local society as well as the international arena in future.

15. Honesty and Integrity

Honesty, integrity and respect for others are virtues – these are what we have learnt since childhood. In academic pursuits, honesty in academic work and respect for the efforts of predecessors are golden rules. As a university student, do keep these rules in mind when pursuing your studies; they will guide your way through the journey of learning.

Copyright

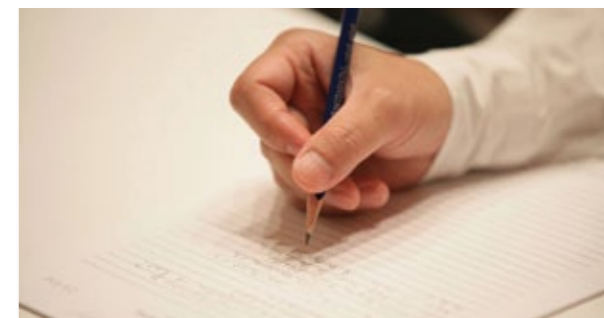
The law protects creators for their original works such as books, newspapers, computer programmes, photographs, films, sound recordings and broadcasts. The creators hold the exclusive right to use or authorize others to use their work – including its reproduction, public performance, and broadcasting. The Copyright Ordinance provides certain limited exemptions to copyright for learning. “Fair dealing” of a work for research or private study, criticism, review, news reporting, or for giving or receiving instruction in a specified course of study provided by an educational establishment is permitted.

Infringement of copyright is a serious offence and may lead to civil remedies or even criminal sanctions. Copyright infringement by CUHK members, such as excessive downloading of electronic content, violates local laws and University licence agreements, will subject the user to University disciplinary action.

For additional information, please see <http://www.cuhk.edu.hk/policy/copyright/en>.

Honesty in Academic Work

Students must never pass off the work or ideas of others, including online resources, as their own. Plagiarism is as serious as cheating in examinations; both are punishable under University regulations. The maximum penalty could be termination of studies. The most obvious and blatant



type of plagiarism is copying whole articles, sections, paragraphs or whole sentences from other publications without acknowledgement. However, even the use of a few words or paraphrasing (without actually copying any words at all) may constitute plagiarism if the source is not acknowledged. Students should read the detailed guidelines and examples for the acknowledgement of sources in the University's website at <http://www.cuhk.edu.hk/policy/academichonesty>, in particular, the Section on “Electronic submission of assignments” via Veriguide.

Note

Students are advised that there are a number of online websites (e.g. dictionaries and encyclopedias) which are not considered appropriate for use in and citation to in academic work since they have not been written by and reviewed by experts. Students should discuss with their teachers which, if any, online sources they can use and refer to in their written work.

16. Information Security

In view of the rising concern about information security today, we would like to share the four important tips about **Information Security and You (ISNU)** to safeguard you against threats and attacks, and enhance your knowledge of using IT in your university life.

Install anti-virus software and firewall

To safeguard your computer, you should install anti-virus software and firewall. In addition, update the virus definitions and the software periodically. With these tools, you can scan your computer for viruses, spywares and security loopholes. Keep in mind that an infected or hacked computer will very likely generate an unacceptably huge amount of network traffic. This will not only put your own data at risk, but also affect the network performance. For the sake of public interest, your Internet access will be blocked by ITSC to protect the campus network if an unacceptably huge amount of network traffic generated by your computer is detected.



Secure the data transmission over the CUHK Wi-Fi service

The CUHK Wi-Fi service (<http://www.cuhk.edu.hk/itsc/network/wlan>) provides you with a very convenient internet access on campus. However, security concerns regarding the plain-text transmission between your Wi-Fi connection to the campus network are increasing at the same time. In this respect, you are advised to run a Virtual Private Network (VPN) connection over your Wi-Fi connection to enhance data security. A VPN is a secure encrypted network connection. All Internet traffic exchanges between your Wi-Fi connection and the University are encrypted via the VPN. This further ensures that only authorized users can access the network and the transmitted data is secure.

Never upload and download unauthorized works

Sharing files using peer-to-peer (P2P) software, such as Bit-Torrent (BT), is efficient, but misuse of the software may infringe copyright and expose your computer to virus infection and hacking. Besides, CUHK members engaged in unauthorized uploading or downloading of copyright works also violate ITSC Acceptable Use Policies and Guidelines, University licence agreements and local laws, and will be subject to University disciplinary action.

Use and keep safe the security passwords

Act responsibly to keep confidential the passwords that grant you access to services from e-mail accounts and bulletin boards, to advanced features such as CUHK web-services and e-banking. Once you have received your password from ITSC or any other units, you should:

- Change your password immediately and change it regularly thereafter;
- Set your passwords with at least eight characters composing of a mix of random letters, digits and symbols;
- Use different sets of password in different systems;
- Never reuse any passwords that you have chosen before; and
- Never use dictionary words and personal related information such as name, date, telephone number, HKID, user ID, etc.

Occasionally, there are fraudulent e-mails sent to CUHK users that appear to be from ITSC or CUHK to request users to confirm or validate their e-mail accounts, password and personal information by replying e-mails or by clicking a hyperlink in the e-mails. Please be reminded that ITSC or CUHK will NEVER ask you to provide your CUHK e-mail password or personal information in this way. If your password is leaked or stolen, malicious users could get access to your private data, delete your files and pose as you to engage in illegal acts. Therefore, guard your passwords!

Act now and apply the above tips immediately! You can look for more information on the above tips at <http://www.cuhk.edu.hk/itsc/security>. For enquiries, please e-mail infosec@cuhk.edu.hk.

17. Preventing Sexual Harassment

CUHK is committed to eliminating and preventing sexual harassment and will not condone any act of sexual harassment committed by its staff members or students. The University set up the Committee Against Sexual Harassment in 1995 and formulated the Policy Against Sexual Harassment, stating clearly the University's stance on sexual harassment and developing the mechanism for handling sexual harassment complaints. If the conduct of the relevant staff member or student warrants disciplinary action, the University will take appropriate follow-up action.

What is meant by "sexual harassment"?

According to Sex Discrimination Ordinance (SDO), the legal definition of "sexual harassment" includes the following situations:

- (a) the person
 - (i) makes unwelcome sexual advances, or unwelcome request for sexual favours, to that person; or
 - (ii) engages in other unwelcome conduct of a sexual nature in relation to that person; in circumstances in which a reasonable person, having regard to all the circumstances, would have anticipated that that person would be offended, humiliated or intimidated; or
- (b) the person, alone or together with other persons, engages in conduct of a sexual nature which creates a hostile or intimidating environment for that person.



What exactly constitutes sexual harassment?

In very simple terms, any sex-related language, action or physical contact that is unwelcome may constitute sexual harassment. An intimidating, hostile or offensive working or learning environment will also constitute sexual harassment. Sexual harassment can be through spoken words, emails, letters, phone calls or the like. Sexual harassment does not have to be intentional or aimed at any particular subject and may be explicit or implicit. Sexual harassment may occur between persons of the same sex or opposite sex. A single incident may be sufficient to constitute sexual harassment.

It can also happen in a group, when students in orientation camp shout sex-related slogans or play games that make other students feel offended or intimidated. This behaviour could result in the creation of a hostile or intimidating environment.



What can you do if you are sexually harassed?

1. Speak up at the time. Tell the harasser that his / her behaviour is unwanted and has to stop immediately.
2. Keep a written record of the incidents, including dates, time, places, witnesses, nature of the harassment (what the harasser said and did) and your responses.
3. Tell someone you trust.
4. Identify an advocate or counsellor who can provide emotional support and advice.
5. Seek help from the University's Panel Against Sexual Harassment.

All information would be treated in strict confidence. For details of the University's Policy Against Sexual Harassment, please visit the website: <http://www.cuhk.edu.hk/policy/harass>.

For enquiries and complaints, please call our hotline at 3943 8716 or email to pash@cuhk.edu.hk.



Campus Station

Wanna know about CU's...
Campus Map?
Canteens?
Libraries?
Independent learning
Facilities?
Building locations?



18. Green Campus

The Chinese University has the largest campus in Hong Kong with approximately 77% of the area is being covered by vegetation. In order to protect this beautiful environment and promote community awareness, the University has developed the following environmentally friendly policies and practices with noticeable achievements:

1. Energy Saving and Carbon Reduction

- Set energy saving and carbon reduction targets
- Wide application of renewable energy to supply hot water and illumination, and being the first university in Hong Kong to install a solar power system

2. Water Saving

- Use natural water from the campus lake to irrigate the whole campus
- Study the recycling and treatment system; reduce water consumption by one third

3. Paper Reduction

- Promote a paperless work environment, where documents are delivered through computer networks and stored on electronic files
- Encourage the classification of used paper and increase collection points of used paper

4. Ecological Conservation

- Plant trees all over the campus, operate a tree conservation policy
- Preserve ecological variety by, for example, conserve the house swift colony on campus, which is the largest of its kind in Hong Kong

5. Green Education

- Organize Urban Tree Management Seminars to enhance public awareness of the importance of tree conservation
- Organize talks and eco-tours to introduce the green undertaking and facilities on campus and to share with schools and the community our energy saving and carbon reduction experiences



Join Us in Protecting Our Green Campus

The University has established an Environmental Sustainability Ambassador Programme to promote energy saving and environmental protection on campus, and is also actively developing a Pedestrian Friendly Campus to cultivate a walking culture in CUHK. Colleges also play an important role in mobilization students' participation by holding competitions, workshops, recycle campaigns, visits, organic farming, exhibitions, etc.

In addition, related student organizations, such as Green World of CUHKSU, CUHK Green Post, as well as societies under the Environmental Science Department, Geography & Resource Management etc, organize various kinds of activities and publish newsletters to raise students' awareness regarding environmental protection.

Let's work together to protect this beautiful green campus!
Website: <http://www.cuhk.edu.hk/greencampus/en/index.htm>

19. Knowing Your Campus

20. Campus Life Supplements



香港中文大學 The Chinese University of Hong Kong

Academic Bldg No. 1	H13	教研樓一區
Art Museum	H4	文藝館
Chan Kwan Tung Inter-university Hall	H17a	百禧樓
Chiangs Bldg	H17b	耀光樓
Cho Yu Conference Hall	H2a	碧濠庭
Choi-Ming Li Basic Medical Sciences Bldg	H11	李卓敏基本醫學大樓
Editors & Maintenance Bldg	H15	管理樓
Knock Sports Bldg	H22	活健體育館
Lady Ho Tung Hall	H12	何鳳夫人堂
Lady Shaw Bldg	H24	許逸夫人樓
Satellite Remote Sensing Receiving Station	H40	衛星遙感地面接收站
Security & Transport Bldg	H26	保安交通中心
Sports Field Annex I	H21a	運動場一區
Tin Ka Ping Bldg	H3a	田家炳樓
Y.C. Liang Hall	H8	梁業堂
Yui Guest House	H17	耀禮賓館
Chen Kou Bun Bldg	C1c	陳國棟樓
Ether Lee Bldg	C1	利美庭樓
Hui Young Shing Bldg	C2a	許潔成樓
Inter-university Hall	C30	博文館
Lee Hyam Concert Hall	C1a	利希賢音樂廳
Li Wan-Chun Bldg	C3	李麗珍樓
New Student Assembly Centre	C38	學生活動中心
Ochil Lodge	C9	奧奇樓
Sino Bldg	C2	怡和樓
Wong Foo Yuen Bldg	C3b	王福元樓

LEGEND 圖例

- Administration/Teaching/Research Bldg. 行政 / 教研樓宇
- Amenities/Service Bldg. 文娛 / 服務設施
- Residence/Student Hostel/Guest House 住宅 / 宿舍 / 賓館
- Sports Field/Tennis Court 運動場 / 網球場
- Visitor Parking 訪客停車場
- Construction in Progress 興建中

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Learning Resources

Library services

The University Library System coordinates the collections and services of the University Library and the branch libraries — the Elisabeth Luce Moore Library of Chung Chi College, the Ch'ien Mu Library of New Asia College, the Wu Chung Multimedia Library of United College, the Li Ping Medical Library at the teaching hospital complex in Shatin, the Architecture Library and the Lee Quo Wei Law Library.

Available services include circulation, reserve books, inter-library loan, reference enquiry, instructional services, special collections and multimedia service. Library orientation sessions are also organized for new students at the beginning of each academic year, and workshops on the use of different library resources are held from time to time.

Website: <http://www.lib.cuhk.edu.hk>.

The Independent Learning Centre

The Independent Learning Centre (ILC) is located on the first floor of Wu Chung Multimedia Library, United College. It aims to facilitate self-directed learning and to help you improve your academic and language skills. Apart from a variety of print and online resources, ILC also organizes free workshops and consultations regularly to help you with academic studies, language enhancement, and career planning and further studies.

Tel: 3943 8733
 Website: <http://www5.cuhk.edu.hk/ilc/>



Information Technology Services

The Information Technology Services Centre (ITSC) provides a comprehensive IT infrastructure and services that integrate information technology into almost every facet of university life. From course registration, examination result checking to clinic service, sports facilities booking and library access, all can be done with a few clicks on your keyboard.

ITSC

Tel: 3943 8845 Website: <http://www.cuhk.edu.hk/itsc>

MyCUHK and The Chinese University Student Information System (CUSIS)

You can access CUSIS, via the University Portal – MyCUHK, to manage a range of personal and academic information. In particular,

- update and view your addresses and phone numbers
- submit various applications (e.g. credit transfer, financial aids and scholarships, pay related fees)

- register classes online and obtain confirmation in real-time. Undergraduate students can enroll both major and elective courses at the same time while postgraduate students can view their required courses
- view your official grades and unofficial transcripts
- use academic advisement and programme change (declaration of concentration) services

As the one-stop portal, MyCUHK further allows you to access other online services including:

- MyPage – quick access to class and course information, change password, staff self-service enquiry system, e-Ticketing system, etc
- News and Events – updates on the University's news and events.
- MyStudy – eLearning Platform, Veriguide and CUSIS
- Webmail – send/receive your e-mails through the Campus-wide E-mail System.
- Library – access to library category, library records, MyLibrary, etc.
- Useful Links – links to colleges, computing/research resources, cultural and recreational information, policies, etc.

MyCUHK - <http://portal.cuhk.edu.hk>

ITSC also assists new students with the CU Link Card.

CU Link Card Centre

Tel: 3943 8507

Website: <http://www.cuhk.edu.hk/culink>



Health Matters

University Health Service

The University Health Service provides a comprehensive on-campus medical, dental and health promotion service for full-time students. For the appropriate and more serious medical conditions, referrals to specialists can be arranged. Health education activities are also organized to provide the campus community with health-related information.

The School of Chinese Medicine Teaching Clinic, which is located at 1/F, Sino Building, Chung Chi College, provides consultation services to students. Services include general outpatient service, acupuncture treatment service, orthopedics service, etc.

University Health Service Medical Service

Appointment: 3943 6439

Enquiry: 3943 6422

Dental Service: 3943 6412

Website: <http://www.cuhk.edu.hk/uhs>

School of Chinese Medicine Teaching Clinic

Appointment: 3943 4024

Enquiry: 3943 4328

Website: <http://www.cuhk.edu.hk/scm>



Accidents and Emergencies

In case of accidents or emergencies on campus, dial 3943 7999 to call an ambulance through the Security Unit of CUHK. If you are outside campus, dial 999 to call an ambulance or seek prompt treatment at the Accident and Emergency Department of public hospitals. The nearest hospital to CUHK is the Prince of Wales Hospital in Shatin, New Territories.



Sports Facilities

To promote students' interest in physical activities, the University provides a variety of sports facilities, including two sports fields, four gymnasias, a swimming pool, fourteen tennis courts, six squash courts, four games rooms, four fitness rooms and a water sports centre. The two outdoor sports fields are the Sir Philip Haddon-Cave Sports Field and the Lingnan Stadium Sports Field. An outdoor 50-metre swimming pool is situated next to the Benjamin Franklin Centre (Tel.: 3943 6764), whereas the Water Sports Centre is located on the Tolo Harbour shoreline (Tel.: 2603 6776).

Physical Education Unit

Tel: 3943 6086

Website: <http://www.peu.cuhk.edu.hk>



Campus Necessities Student Canteens

There are over 10 student canteens on campus as listed below:

Canteen	Contact No.
Benjamin Franklin Centre Student Canteen	2994 3412
Benjamin Franklin Centre Coffee Corner	2603 6009
Benjamin Franklin Centre Fast Food Shop	2603 6661
Benjamin Franklin Centre Fast Food Shop - Pool Side Café	2603 5122
Women Cooperative Store (Benjamin Franklin Centre)	2994 3838
Basic Medical Sciences Building Snack Bar	2603 6077
Li Wai Chun Building Coffee Shop	2603 6131
Orchid Lodge - Chung Chi College	2603 5922
Chung Chi College Student Canteen - Chung Chi Tang	2603 6623
New Asia College Student Canteen	2603 7432
United College Student Canteen	2603 7983
Shaw College Student Canteen	2603 6369
Shaw Kitchen	2603 6218
S.H. Ho College Student Canteen	2994 3213
Morningside College Dining Hall	2603 6169
Morningside College Café	2603 6169
Café 12	3943 1640
Si Yuan Amenities Centre	2603 7486



Student Hostels

Hostel life is one of the important elements of university life. Chung Chi College, New Asia College, United College, Shaw College, Morningside College and S.H. Ho College have provided and managed over twenty hostels; while C.W. Chu College, Wu Yee Sun College and Lee Woo Sing College are building new hostels to meet the needs of students.

The I-House is managed by the Office of Student Affairs.

Books and Stationery

There are two bookstores and a printing service office. The bookstores sell a wide range of books, whereas the printing service offers photocopying and binding services and sells a variety of stationery items.

Facilities	Contact No.	Address
The Commercial Press (HK) Ltd.	-	1/F, Integrated Teaching Building (from September 2012)
CUSU Printing Service	3943 7201	LG/F, Benjamin Franklin Centre

Bank and Bank ATM, Supermarket, and Hair Salon

Facilities	Contact No.	Address
Hang Seng Bank • Bank ATM	2998 6262	Room 101, John Fulton Centre • G/F, John Fulton Centre • Room 101, John Fulton Centre
The Bank of East Asia • Bank ATM	3609 3790	Room LG01, LG/F, Li Wai Chun Building • G/F, Benjamin Franklin Centre • LG01, Li Wai Chun Building
Park'n Shop Supermarket	2603 5432	LG/F, John Fulton Centre
COMER Hair Salon	2994 4884	G/F, John Fulton Centre

Postal Service

Three posting boxes are located on campus as follows:

- G/F, John Fulton Centre,
- Chung Chi College Bus Stop (Tai Po Road),
- MTR University Station (near bus terminal).

For posting surface parcel, air parcel or speedpost, you have to go to the post office. The nearest post office is the Fo Tan Post Office. For details about the services and postage rates, please visit the Hongkong Post website at <http://www.hongkongpost.com/eng/index.htm>.

University Souvenir Counter

Unique souvenirs with the CUHK emblem are on sale exclusively at the University Souvenir Counter on G/F, John Fulton Centre.

Campus Bus Service

The shuttle buses provide regular services on teaching days and can reach various main buildings throughout the campus. Special arrangements are made during non-teaching days. Transport Unit's website: <http://www.cuhk.edu.hk/campus-transportation/english/>



CUHK Mobile App

To make sure that University members will be updated on the latest scenarios on campus, the CUHK Mobile App (CUHK_Mobile) will be enhanced to provide information on bus routes and schedules, canteen capacities, classroom locations, and urgent notifications.



Information Counter

Useful Phone Numbers and Websites

Service Unit	Telephone	Website / E-mail
Admissions		
Office of Admissions and Financial Aid	3943 8951	http://www.cuhk.edu.hk/adm Email: ugadm@cuhk.edu.hk
Registration & Examination Arrangements		
Registration and Examinations Section, Office of Registry Services	3943 8964	http://www.cuhk.edu.hk/rgs Email: ugadmin@cuhk.edu.hk
Student Services		
Office of Student Affairs <u>Opening Hours</u> Monday - Thursday : 08:45 - 17:30 Friday : 08:45 - 17:45 Saturday, Sunday & Public Holidays : Closed		http://www.cuhk.edu.hk/osa
Career Planning and Development Centre	3943 7202	Email: cpdc@cuhk.edu.hk
Student Activities and Amenities Section	3943 7323	Email: saau@cuhk.edu.hk
Student Counselling and Development Service	3943 7208	Email: scds@cuhk.edu.hk
Incoming Students Section		
• General Enquiry	3943 7945	Email: isso@cuhk.edu.hk
• Learning Enhancement Officers	3943 1533	Email: leos@cuhk.edu.hk
Student Services Centre	3943 8650	Email: osa@cuhk.edu.hk



Service Unit	Telephone	Website / E-mail
College Dean of Students' Office – College Student Affairs, Activities, Hostels, etc.		
Chung Chi College	3943 6990	Email: ccc@cuhk.edu.hk
New Asia College	3943 7609	Email: nac@cuhk.edu.hk
United College	3943 7575	Email: unitedcollege@cuhk.edu.hk
Shaw College	3943 7363	Email: shaw-college@cuhk.edu.hk
Morningside College	3943 1406	Email: morningside@cuhk.edu.hk
S.H. Ho College	3943 1441	Email: shho-college@cuhk.edu.hk
C.W. Chu College	3943 1801	Email: info.cwchu@cuhk.edu.hk
Wu Yee Sun College	3943 1741	Email: info.wys@cuhk.edu.hk
Lee Woo Sing College	3943 1504	Email: wscollege@cuhk.edu.hk
Scholarships & Financial Aid		
Scholarships and Financial Aid, Office of Admissions and Financial Aid	3943 7205	http://www.cuhk.edu.hk/adm/sfas Email: sfas@cuhk.edu.hk
Student Exchange Programmes		
Office of Academic Links	3943 7597	http://www.cuhk.edu.hk/oal Email: iasp@cuhk.edu.hk
Health Service		
University Health Service <u>Opening Hours</u> Monday - Thursday : 08:45 - 13:00; 14:00 - 17:30 Friday : 08:45 - 13:00; 14:00 - 17:45	3943 6439 (Appointment) 3943 6422 (Enquiries)	http://www.cuhk.edu.hk/uhs Email: uhs@cuhk.edu.hk
School of Chinese Medicine <u>Opening Hours</u> Monday - Thursday : 08:45 - 13:00; 14:00 - 17:30 Friday : 08:45 - 13:00; 14:00 - 17:45	3943 4024 (Appointment) 3943 4328 (Enquiries)	http://www.scm.cuhk.edu.hk/ Email: scm@cuhk.edu.hk
Security Unit		
Security Unit (Emergency Number)	3943 7999	http://www.cuhk.edu.hk/security_unit/ Email: security_unit@cuhk.edu.hk



新生指南
 A Guide for New Students
 2012-13

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