



ISSUE
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University MarketPlace 大學廣場

伴你
同行
創新
方向

學生事務處
Office of Student Affairs

各位同學：

第一學期已過了一段時間，相信新同學已漸漸適應中大的校園生活。為進一步配合大學推動非形式教育，學生事務處於今年發展了新的架構，以加強同學在個人成長上所需的培訓和支援，並提供更多學習機會。2017-18學年，新任大學輔導長陳浩然教授將會繼續帶領學生事務處與中大同學同行。

盼望你在中大有個豐盛和愉快的時光！

梁汝照
學生事務處處長

Dear students,

It is almost the end of the first term, I believe you are still exploring different aspects of campus life. To provide you with more experiential learning opportunities, Office of Student Affairs (OSA) has undergone some new structural developments to enhance support services to our students. Starting from 2017-18, the newly appointed University Dean of Students, Professor H.Y. Edwin Chan will lead OSA in running various student developmental programmes to enrich students' non-formal learning experiences.

I sincerely wish you a fruitful and rewarding University life at CUHK!

Warmest regards,

Raymond Leung
Director of Student Affairs

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- G/F, Yasumoto International Academic Park

與同學同行

訪問新任大學輔導長 —— 陳浩然教授

學生記者：李艷清

陳浩然教授為生命科學學院教授，有多年服務學生的經驗，包括自2005年起出任研究院學生宿舍舍監、及於2009至2014年擔任大學新生輔導聯合委員會主席。陳教授一直與同學保持一個良好關係。今年，陳教授接受協理副校長、大學輔導長的任命，以新的身份繼續與同學同行。



以學生為本 用心聆聽



陳教授形容大學輔導長的工作有三大層面：

第一，是接觸同學，聆聽他們的意見，並與他們建立良好關係。陳教授分享與有特別學習需要的學生共進早餐，而得知校園部分地區需要更多輪椅道路支援。陳教授表示希望優化學校設施，以達致無障礙的校園。

第二，是扮演橋樑的角色，促進大學與各書院及有關單位的溝通和合作，為更有效地運用大學的資源更有效地運用。

第三，亦是陳教授形容最具挑戰性的工作：滿足同學不同的需要。「我還未完全掌握大學各單位的運作。所以，當我收到同學各種的意見後，如何找到合適的資源來滿足同學的需要是具挑戰性的」。陳教授細說自己曾收到學生領袖的短信，問及新生選科問題：「我需要時間去熟悉大學各部門的運作和其資源如何幫助同學，並將同學的意見向有關部門反映」

由此可見，這三大工作範疇，皆以學生為本，讓同學能在校園愉快學習。

以友善態度 作雙向溝通



陳教授很重視與同學交流，以了解不同類型學生的意見。問及如何做到雙向的溝通，他認為「笑容」，即善意的溝通很重要。「我相信人與人相處，如果有善意的溝通，事情會事半功倍。」陳教授坦言有時事情未能達致大家最滿意的結果，但釋出善意，即笑容，同樣重

要。「我認為笑容是可以感染人的。我希望自己能先做釋出善意的那人，讓對方可在舒服的環境下表達意見。」此外，陳教授亦會設立手機群組，方便與同學更快地溝通，有時候透過群組討論事情，可以減省開會的時間。「我屬於老一輩，至今都沒有臉書，自己會覺得同學願意將電話給我是一種信任的表現，所以我很珍惜與同學的關係。」

承繼前人 促進部門間磨合



陳教授亦會參與學生事務處的不同活動。陳教授認為學生事務處經歷數十載的改變，因應著經驗而不斷優化。承繼過去，今年的學生事務處工作重點包括學生活動的發展、學生心靈關顧、學習輔導、促進交流及職涯發展等方面。此外，陳教授亦會與各書院的學生輔導處緊密聯繫，多關顧同學情緒。陳教授期望在任期內承繼前任輔導長和學生事務處良好的形象外，亦能促進部門間的溝通和磨合。「希望我能拿掉機器齒輪中的沙粒，或加上一個齒輪，讓機器運作得更暢順。」

匠心精神 勿忘初心



陳教授用「勿忘初心」來形容他的工作，他坦言別人會叫他不同的銜頭：陳教授，或大學輔導長，或協理副校長，陳教授表示，「最想人叫我『Edwin』因為這會提醒我當初回流教育下一代的初心。」陳教授分享自己深受前輩的影響，所以很想為中大做一些事。最後，他寄語中大人共勉之！

Let your Smile Change the World, not Vice Versa

Interview of Professor H.Y. Edwin Chan,
University Dean of Students

Student reporter: Cheryl Lee

Professor H.Y. Edwin Chan is a Professor at the School of Life Sciences. He has been a Warden of Postgraduate Halls since 2005 and the Chairperson of the Joint Committee on New Student Orientation between 2009 and 2014. For years, Professor Chan has established good relationship with students. This year, he was newly appointed to become an Associate Vice-President and the University Dean of Students.

Student-centered work with active listening



Regarding the mission of the University Dean of Students, Professor Chan talked about three dimensions. The first one is to build bonding with students and listen to their opinions. Professor Chan shared he recently had breakfast with students with special education needs. In this interaction, he found out the need for more easily accessible passages in different locations on campus. Secondly, Professor Chan described his duty as a bridge to foster communication and collaboration between the university and constituent colleges as well as relevant units. The third aspect of duty, which he considered as the most challenging, is to satisfy students' diverse needs. "I am still figuring out the operation of different units of CUHK. I find it challenging for me to deploy resources in meeting students' different needs." Professor Chan shared that he had received text messages from student leaders inquiring about freshmen course selection, "I need time to familiarise the available resources of various departments and reflect students' opinions to the related departments."

Achieve mutual communication with friendly attitude



Professor Chan emphasised the importance of communication with students in order to comprehend different students of different backgrounds. Asked about the methods of achieving effective communication, Professor Chan deemed smile, which is the indicator of friendly communication, is essential. "I believe if everyone upholds friendly communication, half the effort will yield twice the result." Professor Chan confronted that we might not always achieve win-win results, but being nice to each other is always important. "Smile is a kind of emotional contagion. I hope to step forward to show kindness and provide comfortable environment for people to express opinions." Professor Chan also set up WhatsApp group with students. They would discuss particular issues in the group, and communication became more convenient. "I am the older generation. I don't have Facebook yet. I do appreciate students giving their phone numbers to me. I consider it is an expression of trust. I cherish the good relationship with students."



Inheriting from the past and foster collaboration



Professor Chan is dedicated to enhance activities organised by the Office of Student Affairs (OSA). Serving students for decades, OSA has accumulated fruitful experiences and has made adjustments to the ever-changing environment. OSA will continue to formulate plans in different directions including student personal growth, mental care, promoting internationalisation and career development. Professor Chan also hoped to facilitate the collaboration among all relevant units, building on the achievements of past University Deans and OSA. "I wish I could make the machine go smoothly by taking out the sand from gear teeth or add a gear teeth to the machine."

Keep the spirit of original aspiration



Professor Chan emphasised the importance of "continued commitment". He has different titles, including Professor Chan, University Dean of Students and Associate Vice-President. "In fact, I like people call me "Edwin" because it reminds me of my original aspiration in serving the educational needs of students. It has led me to return to Hong Kong and support the young generations." Professor Chan said he was deeply influenced by his seniors' commitment in the value of education and he was determined to contribute his effort in the university.



煥然一新的 學生事務處

為進一步配合大學推動非形式教育，學生事務處於2017-18學年進行了改組，以加強同學在個人成長上所需的培訓和支援，並提供更多非形式學習機會。

就業策劃及發展中心



按近幾年的畢業生就業狀況調查顯示，整體上中大畢業生在開展事業或升學均十分順利，不論是投身行業的多樣化、薪酬的水平、和對工作的滿意程度，都是十分正面。這些都反映就業策劃及發展中心提供著適切的服務。我們除了要繼續優化中心的核心服務，如招聘、培訓等，更要拓展幾個旗艦項目，包括中大職業博覽、寰宇暑期實習計劃、中大師友計劃、校園招聘大使計劃等，以期更全面的裝備學生，協助他們的事業發展。與此同時，也會提倡「早期職業生涯規劃」(early career preparation)，並與學院學系攜手，因應不同專業的學生、設計更為配合的就業指導。

學習輔導及文化共融組

學習輔導及文化共融組(前稱來港生組)致力協助同學適應及規劃大學生活，以及推動校園的多元文化交流。組內的學習輔導主任(Learning Enhancement Officers)與教學部門緊密合作，透過個人輔導，以及安排生活適應及發展性活動，協助同學適應及規劃大學生活，提升學習效能。過去學習輔導主任主要為非本地學生提供關顧服務，由本學年起服務已拓展至本地生，因此而新增的活動還包括‘Pal Up’新生友伴配對平台、與LEOs茶聚、i-Classroom等。



學生發展及資源組

學生發展及資源組 (由前學生活動組及學生設施組合併而成) 透過組織不同學生發展活動及提供設施，以豐富同學的校園生活；同時鼓勵同學參與各類培訓及活動，讓同學發揮個人潛能。學生組織在籌辦活動時，可向本組尋求指導及支援。學生發展及資源組還管理學生活動基金、支援各大專聯校活動，及舉辦不同領導才能發展活動；本組亦負責統籌本地生的迎新活動。除此以外，我們管理不同師生中心內的活動場地及設施，大學游泳池和提供校內住宿予本科生的國際生堂亦由本組管理。



心理健康及輔導中心

學生事務處心理健康及輔導中心 (前稱學生輔導及發展組) 已於本學年喬遷至龐萬倫學生中心二樓，以全新面貌及寬敞舒適的環境，為同學們提供心理輔導及有關精神健康的活動和工作坊。新中心設為同學們提供閱讀心理健康書籍和資料的空間，而輔導員亦由原本8位增加至11位，以達至提升校內的心理輔導服務及加強心理健康的教育推廣工作。



“Take a Minute, Change a Life”

World Suicide Prevention Day 2017



Specially designed wristbands for the World Suicide Prevention Day



Students having fun at the photo booth

According to The World Health Organization (WHO), over 800,000 people die from suicide each year. It even exceeds the number of deaths caused by homicide and war combined. It is also the second leading cause of death in the 15-29 years old age group in 2012 globally.

To Connect

With the growing global concern over mental health, the Wellness and Counselling Centre of the Office of Student Affairs has joined hand with the International Association for Suicide Prevention in observing the World Suicide Prevention Day (WSPD).

Studies have shown that connectedness plays a crucial role in lowering mental illness, including suicide. When individuals perceive that they are valued, cared for, trusted, and respected by other people or their communities, they are less likely to commit suicide. (Whitlock J, 2012)

Small Actions, Big Difference

The theme of the WSPD 2017 is “Take a Minute, Change a Life” which emphasises on the importance of reaching out and offering support to others. Many survivors from suicide attempt have reported that words and actions of others were significant. They did not want to die but they were desperate for someone who could intervene and help them out. Actions as simple as offering a text message, a hug, a listening ear or a shoulder to cry on could make a difference to someone’s life, especially during their darkest days.

Be a Gatekeeper

Therefore, wristbands with the slogan “Take a Minute, Change a Life” were specially designed to remind us to act as gatekeeper of the community and help creating a caring environment. On 7 and 8 September, peer counsellors uBuddies helped giving out the wristbands on campus. A photo booth with educational pamphlets was also set up at Cultural Square to encourage students to support one another and spread pro-life message on social media. Facebook live was also conducted by CU Treehole Facebook page in which students shared what they can do in one minute to support one another.

Take a Minute and you can Change a Life too!



uBuddies promoting mental health with other students at Cultural Square



uBuddies giving out wristbands and pamphlets at Sir Run Run Shaw Hall

¹Whitlock J, W. P. (2012). Connected & Suicide Prevention College Settings. New York: Brofenbrenner Center for Translational Research, Cornell University.

有效處理壓力和情緒的方法

正念體驗工作坊

「正念」——

「如實覺察當下的情緒和念頭，不加批判，純粹覺察，從而體驗真正的自由和快樂。」

日常生活中，我們每天也在面對不同的壓力。雖然說適當的壓力能夠讓人更有動力去完成手上的工作，但是太多的壓力往往令人透不過氣。每當到了考試前夕，壓力的威力就更加勢不可擋。其實，有效處理的方法有很多種，正念便是其中一種。

正念，就是如實覺察當下的情緒和念頭，不加批判，純粹覺察，從而體驗真正的自由和快樂。正念覺知，在東方歷史悠久，近年也在西方盛行。大量科學研究發現，正念強化身體健康、改善慢性病、促進專注力和創造力、提升幸福快樂指數。正念，是輕鬆自主的生活方式，無論行住坐臥，都透過正念覺知與呼吸，達致身心和諧。一旦被情緒帶走，只要回到呼吸，如實接納當下的身心狀態，便能安頓心神，找回內在的力量。

為了讓全校學生及教職員都有機會學習正念，心理健康及輔導中心與身心靈平台合作，分別於十月三日及六日，進行了兩場正念體驗工作坊：《正念——化壓力為動力》和《如何用正念快速轉化情緒》。透過平日不斷地實踐正念，我們能夠放下別人的目光與期望，尊重自己真正的需要，找回自身的力量。同時，我們也能體驗即時轉化負面情緒及找回自己內在力量的效果。從中，我們更能發現許多自己從未知道的美麗特質，幫自己即時重新得力，善用內在資源，創造幸福。

香港正念日



參加者在工作坊中學習如何用正念快速轉化情緒



香港正念日工作坊的參加者有中大員生及大眾市民



Interns Sharing of Global Internship Programme Journeys of Surprises

Since its inception in 1997, the Global Internship Programme (GIP) aims to complement the academic faculties' formal curricula and nurture students' whole-person development through hands-on experience in different work environments in the world. In the summer of 2017, 616 student interns were placed in 42 countries including 325 students in Mainland China and 291 students in overseas cities under the arrangement of the GIP. Through the internship, which lasts for 4-14 weeks, students could polish their languages, strengthen their independence, enhance interpersonal skills and enrich work exposure with a global perspective. All these are conducive to their personal growth and career development. Around 6,000 students have benefited from the Programme throughout the years.

Hong Kong Economic & Trade Office in Jakarta

(Internship Country: Indonesia)

Wai Kuen CHAN / Gerontology

"As the first batch of interns in the Hong Kong Economic and Trade Office in Jakarta (Jakarta ETO), I was welcomed by friendly colleagues upon arrival and tasked with interesting assignments. My first task was a helper of the opening ceremony of Jakarta ETO and the Gala Dinner for celebrating the 20th Anniversary of Hong Kong returning to China. I have gained such a meaningful experience by drafting the speech for principal official, developing my interest in writing public speech with the use of formal language. Also, I was the photographer for the gala dinner. It was a challenging job to me because I had to select the appropriate and publishable photos immediately to the Information Services Department for the press release. My understanding of politics has also been strengthened after conducting research on the political structure and government administration in the ASEAN countries. All of which that cannot be learnt from university is precious to me."



Snapshot at Jakarta ETO Office

Beijing Strategic Communication Consultants Limited

(Internship Country: China)

Qin Yi WAN / Integrated BBA

"I was assigned to the Overseas Project Team of Beijing Strategic Communication Consultants Limited for two months. During the internship, I assisted in daily monitoring works, translations, social media content creative writing, and social media management. Through this memorable experience, I learnt about the daily operation of PR industry, practiced my translation skills, and strengthened my interpersonal and communication skills. Although my major was not directly related to this industry, I still found that, my knowledge learnt in professional courses, such as marketing was of great use during my internship. In addition, I met many new friends. All my colleagues were friendly and willing to help at any time. Though my internship has ended, our friendships would not! "



Wan Qin Yi at Beijing Office

Software Engineer Intern Experience in Cisco International Internship Program

(Internship Country: U.S.A.)

Janice CHEN / Computer Science

"Together with other 5 CIIP interns, I worked for Cisco Zeus team, which develops a logging and monitoring software. Compared with other teams in Cisco, Zeus team is rather small and full of startup spirit. It consists of around 20 full-time employees, 6 interns, and contractors working at San Jose, London, Russia, and India offices. With this kind of cross-country workforce, I enjoyed having flexible working time, more email/messages exchanges, Github discussions, and video meetings, in order to have better communications with teammates from different offices and time zone.

My work in Cisco International Internship Program gave me an early taste of real working life in industry. Thanks to this 12-month programme, I am able to experience ups and downs.

There are three things I value most from what I have learnt:

The first thing is, I have gained much experience and knowledge on ELK stack, coding, and software development. For example, I knew more about software architecture while building our own version of Zeus in the warm-up project. I learned about Infrastructure of Code when I worked on the offline installer/deployer for Zeus on-premises. Also, I learned about many programming languages such as Scala, Javascript, Golang. These experience and knowledge are treasurable not only because it is hard for me to obtain practical skills if I only stay in school. Trying different types of work also helps facilitate my understanding on what I like and what I don't like.

The second thing is, I worked and interacted with people coming from around the world. As an intern, I took initiative to encourage the whole team to work on what I believe was important. The interaction and cultural exchange with international colleagues and friends truly broaden my horizons.

The third thing is, by working on off-work self-enhancement on professional skills encouraged me to participate in meetups. My colleagues and leaders in our team let me realise the importance of life-long learning. This makes me cherish my school life more and wish to learn the most from my courses."



CIIP participants from around the world at Cisco San Jose Office



Hiking with international colleagues and friends

A UNIQUE AND EYE-OPENING EXPERIENCES AT AIRPORT AIRPORT AUTHORITY HONG KONG



An officer is holding a pair of lollipop-like marshalling wands to guide the pilots where to stop the aircraft

Michael YIM (BBA Hotel & Tourism Management / Year 5)

I believe most of you love traveling. Nevertheless, when you are waiting to board the aircraft at the gate, have you ever thought of the number of staff members involved to make a flight depart safely and punctually? Have you ever imagined how your checked-in suitcases are transported into the belly of an aircraft? Answers to these questions and many more interesting discoveries about aviation were unveiled during Michael Yim's 8-week summer internship at the Airport Authority Hong Kong.

WHAT IS HAPPENING IN THE AIRFIELD?

Airfield Department, where I was attached throughout my internship, oversees and manages all operations and activities happen in the apron. You may wish to know what the actual activities are in airfield. Let me share with you some of the duties of an Operation Officer which may interest you. First, when an aircraft is about to arrive at the parking stand, the officer drives to the stand and makes a visual inspection to ensure the stand is free of foreign objects which may cause damage to the aircraft. Second, the officer holds a pair of lollipop-like marshalling wands to guide the pilots where to stop the aircraft. Different aircraft types have their specific parking area due to their differences in length. The aircraft has to be stopped within a designated area so as to allow ample space for the deployment of aerobridge. After the aircraft has come to a complete stop and the pilots have turned off the fasten seat belt sign, a series of aircraft turnaround activities will take place at the parking bay..... So, next time when you fly, you may also explain to your friends what the people are doing in the apron!

WHAT DID YOU DO IN THESE 8 WEEKS INTERNSHIP?

Assigned to a sub-team for revenue management, I was responsible for organising and analysing aircraft landing and parking charge data, as well as making a proposal on streamlining data processing. Thanks to my school, I acquired fundamental knowledge and theories in aviation through the courses on airport and airline management. For example, I learned in class that airlines are charged for landing based on the maximum take-off weight of different aircraft types. I had a deeper understanding throughout this internship.

WHAT DID YOU SEE OUTSIDE OFFICE?

With a view to getting familiarised with airfield operations and to facilitating the completion of my job assignments, my supervisors offered me various eye-opening opportunities. For examples, guided site visits to aircraft parking bay, where aircraft turnaround took place; Baggage handling hall, where the checked-in bags were conveyed like roller coaster, and even the runway end, where the aircraft touched down. In Airfield Department, you can grab chances to explore and learn the operations in every single corner in such a giant airport. These are definitely valuable experiences for me to gain an in-depth understanding in the aviation industry.

HOW DID YOU COPE WITH CHALLENGES?

Challenges are always there when you are exposed to a new environment. It was actually my first time to work on revenues and handle a huge amount of data entries. However, by shadowing a management trainee who acted as my direct supervisor, I was given support and guidance when I encountered difficulties. For example, when I had doubt on certain irregularities of my revenue findings, my supervisor shared his insights and gave constructive feedback. Moreover, he also shared lots of interesting facts and stories about aviation industry and advice on career planning.

WHAT DO YOU WANT TO SAY TO FELLOW STUDENTS?

Are you interested in a fascinating and dynamic career in aviation industry? Do you want to spend your summer wisely with new knowledge and experiences gained? A summer internship with the Airport Authority Hong Kong would be a great choice! The internship programme is generally open for application in April every year and you may find more details on the career webpage of Hong Kong International Airport or the University's Career Planning and Development Centre in due course.



Guided site visit to aircraft parking bay



Closing ceremony of the Airport Authority internship programme



Michael's mentor and also direct supervisor



The Airport Authority interns



Carrying out research at Terminal 1

A Magical Journey at Hong Kong Disneyland



Peter HUI (BSSc Gov and Public Admin / Year 4)

Similar to many schoolmates who study in humanities or social science, I always feel anxious about my future career. The internship experience last summer at the Hong Kong Disneyland was undoubtedly valuable and helpful that inspired me with insight to plan for my future career. It enabled me to get prepared for my career development.” Peter Hui said.



What did you do in these 3-month internship?

The 3-month internship experience at Hong Kong Disneyland was fruitful and rewarding. Working in the Public Affairs team, I assisted in a wide range of media engagement initiatives and corporate social responsibility projects. I had the opportunity to draft press releases and prepare publicity collaterals for various projects. Also, I had many valuable opportunities to support media events and follow media interviews, thus learning more about the practical way to facilitate media coverage and maintain a good corporate reputation.



Were there any interesting experiences?

One of the interesting and memorable experiences throughout my internship was the “Buzz Lightyear Astro Blasters” Farewell Moment on 31 August, where famous artist Patrick Dunn and media were invited to bid farewell to the Buzz Lightyear-themed attraction. It was an amazing exposure to learn how a large-scale media event was organised. I also had the opportunity to observe how the journalists ran news stories and conducted media interviews.



How do you conclude this internship experience?

Hong Kong Disneyland has provided me a great environment to work as an intern. I am very fortunate to have met many nice and supportive colleagues who are willing to teach and help interns to gain exposure in workplace.

I had a great time at Hong Kong Disneyland as a summer intern. The internship exposure at Hong Kong Disneyland was definitely interesting and rewarding!



How does the internship experience help with your future career planning?

I participated in a number of corporate citizenship projects, for example “Community Involvement Program”, which was about giving out complimentary park admission tickets through local registered NGOs to underprivileged and families. In this programme, I was responsible for examining the details of applications and researching the background of NGOs, in order to ensure the tickets were donated appropriately to eligible NGOs. The course of handling these applications has not only improved my clerical competency and workplace communication skills, but also enabled me to learn more about the nature and background of many different NGOs and charities in Hong Kong. These experiences are undoubtedly helpful to my future career planning.



Community Involvement Program - “Summer Arts Jamboree”, an English workshop for underprivileged kids



Wall paintings in Pamela Youde Nethersole Eastern Hospital

Cindy CHAN (BA Translation / Year 4)

Finding herself on the same boat as Peter Hui, Cindy Chan was also unsure of her career path until she joined the Hong Kong Disneyland as a summer intern. She describes her internship as a “magical” internship!

Someone told me that my internship was way too “dreamy.” It may not be enough for me to understand a real working environment, which may be cruel. Yet I am really grateful to have this opportunity. Knowing that the Hong Kong Disneyland also offers a graduate trainee programme, I hope that I can continue my magical journey here in the coming future!



What did you do in these 3-month internship?

The whole internship consisted of two phases, which I had to work in different teams of the department. This arrangement allowed me to see and learn as much as I could. My work included drafting press release, updating community tickets programme, handling Disney design competition application, assisting media interviews, planning itinerary for KOL visit and a lot more.



What is your “magical” experience?

My supervisor appreciated my artistic skill after I designed a poster. I was then asked to design a total of 16 walls for the Disney VoluntEARS team to renovate a children's ward in Pamela Youde Nethersole Eastern Hospital. It was something out of expectation, and I was very happy with this task. It would also be really meaningful if my design can bring happiness to the kids.



What is the work culture of the Hong Kong Disneyland?

The working culture of the company is truly impressive. Disney is a very unique company with its own culture. In this place, we greet guests by saying “Have a Magical Day!” And so was my internship, which was filled by joy. I did have a magical internship! I can never forget the last week of my internship. I was like celebrating my own birthday, receiving gifts of cute Disney characters and hand-made cards, and having party. A graduation party was held for interns. Mickey Mouse was invited, wearing a cute graduation gown. That's a magical moment!

A NEW CHAPTER IN LIFE

大學每年均舉行不同類型的迎新活動。除書院及學院/學系迎新營外，學生事務處亦特別為超過 300 名內地生及 200 名國際生舉辦迎新營，讓遠道來港讀書的同學更快適應香港及校園生活。

而研究生方面，大學邀請不同的教職員於迎新講座中，向新生分享心得及校園生活重點，今年共有接近 900 名非本地同學參加。

ISO 2017

Over 200 international students (from 22 countries) have joined the International Student Orientation Camp on 22 – 26 August 2017. Professor Joseph Sung, Vice-Chancellor and President, welcomed new international students to join CUHK in the kick-off ceremony. Greetings were especially given to students from Brunei Darussalam, Estonia, Colombia, Egypt, Bangladesh, Tajikistan, Turkey, Turkmenistan and Morocco, who are first-time admitted to CUHK.



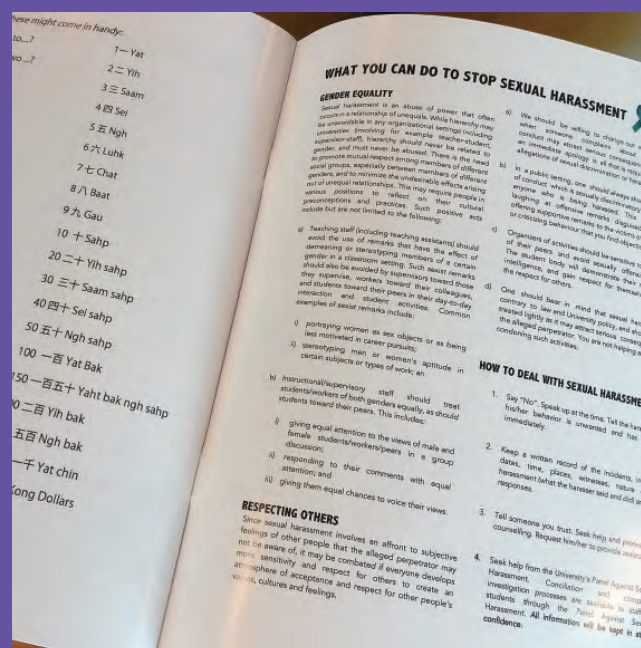
Enhance the Awareness on Sexual Harassment

In order to provide a pleasant and positive environment for new students, International Student Association (ISA) has given special highlights on the prevention of sexual harassment in the Orientation Camp 2017. Guidelines on preventing sexual harassment were printed on their camp books, and students were recruited as preventing sexual harassment commissioners for supporting the Orientation Camp. Besides, all new students are invited to attend an Information Talk on "Preventing Sexual Harassment".

你知道嗎？

香港中文大學本年度在全國 31 個省/市/自治區錄取了超過 300 名內地生。錄取的考生，在大部份省區中分佈甚廣，覆蓋全國，遠至東北面的黑龍江省佳木斯市、寶泉嶺；及西北面的新疆的庫爾勒市、哈密市。內地生來自五湖四海，背景各異，造就互相交流的機會。

資料來源：入學及學生資助處





Sharing by New Students



Laura Daniela, TORRALBA GARCIA

(from Colombia / Engineering / Year 1)

As an international student from Colombia, I have a very different background from other students in CUHK. Before I came here, I thought that adapting to this completely new environment was going to be much harder than what it actually was.

Every single person that I have met in the past few weeks were very friendly to me, from students to all staff members - thanks all for helping my adaptation to this new place much easier. The orientation camps offered by the University and the College were especially helpful in familiarizing the campus environment. Through these orientations, I met many students, while some of which have become close friends. I hope they will not only stay with me during my study, but also for life.

Nurul Ainina Binti, SUPREM
(from Brunei Darussalam / MBChB / Year 4)

I am a transfer student from Brunei, just joined the MBChB programme in CUHK. Despite being my first time abroad, I am having pleasant experience in both living and studying in Hong Kong as the locals are friendly and considerate.

In addition to what has been said, within the span of two months, it is very clear to me that the Faculty members of CUHK truly look after their students' well-being – both emotionally and academically. Most notably, they have been very supportive in my mission to learn Cantonese, besides the challenging medical courses.

I am honored to be taught by the eminent professors and doctors here, and hope to learn as much as I can from them.



李長昊 (來自黑龍江 / 工商管理 / 一年級)

從未想過自己能從遙遠的黑龍江遠赴香港讀書，與來自世界各地的優秀學子於課堂內交流。感謝中大讓我體驗各式各樣的共融文化，見識卓越大學的模樣。雖然這裡的生活富於挑戰，但我希望在中大的日子裡可不斷提升自己，以期待更好的未來。



LOURISHING 心盛

FIRST YEAR @ CUHK 計劃

The first year of university life is crucial. It lays the foundation for one's whole person development. The Chinese University is committed to holistic education. We expect our students to excel not only academically, but also to develop essential qualities and values and soft skills.

At the Office of Student Affairs, we provide services in diverse areas to assist students advance along the educational path. On a personal level, there are the learning enhancement service, psychological counselling service, leadership training activities, etc. On a broader level, there are many university-wide and intervarsity activities as well as cross-cultural diversity programmes. As for career development, there are many career guidance and enrichment programmes.

To facilitate new students' adjustment to life at CUHK, we have launched the "Flourishing First Year@CUHK" (心盛計劃) programme in 2017-18. Through this programme, we hope to be able to help our students better equip for the challenges ahead and embrace new experiences as they embark on a new stage of university journey.

Composed of four modules, the Flourishing First Year@CUHK programme offers different activities covering a wide range of topics throughout the year. To name a few.....

| Module | Activities |
|----------------------------------|--|
| Mental Wellness 健康身心 | <ul style="list-style-type: none"> - Time management workshop - Stress management workshop - Enhancing your social relationship workshop |
| Experiential Development 體驗豐盛 | <ul style="list-style-type: none"> - Personality dimensions workshop - 'Be an Exco or not' sharing session - Leadership development programme |
| Learning Enhancement 學習大計 | <ul style="list-style-type: none"> - Academic referencing - Celebrity talk on 'Magic and Life' - Celebrity talk on 'the Road to Success' |
| Career Planning 事業規劃 | <ul style="list-style-type: none"> - Financial Services Development Council Career Day - Talk on 'Early Career Preparation' - Firm visits |

All first year students are welcome to join this Flourishing First Year@CUHK Programme. Students who have attended at least one activity in each module in a term will be awarded a Cafe 330 coffee coupon. Their attendance will also be recorded on the Student Development Portfolio (applicable for Undergraduate students only).

Do join us and grasp this opportunity to explore your potential for a rewarding and flourishing university life! For details, please visit the Office of Student Affairs website at <http://www.osa.cuhk.edu.hk/> and stay tuned to our promotional emails.

LEADERSHIP
PROGRAMMES

TIME MANAGEMENT



DEADLINE FIGHTER



LOURISHING 心盛

FIRST YEAR @ CUHK 計劃



FREE-RIDER PROBLEM

Module 1

Mental Wellness
健康身心

Module 2

Experiential Development
體驗豐盛

Module 3

Learning Enhancement
學習大計

Module 4

Career Planning
事業規劃



<https://goo.gl/joPkD1>

Read more details
at the link above!
立即登上以上網址瀏覽詳情！



香港中文大學學生事務處
Office of Student Affairs
The Chinese University of Hong Kong

STRESS MANAGEMENT

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PLAGIARISM

PROPER ACADEMIC
REFERENCING

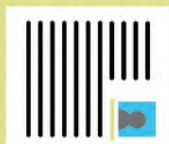
STUDENT SOCIETIES



DEM BEAT

COLLECT CU LINK
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CONSULTATION



CV

Career Planning and Development Centre, OSA (Tel: 3943 7202 / E-mail: cpdc@cuhk.edu.hk)

The following schedules are subject to change. Please refer to the website of respective sections for the updated information.

| Events | Organizer / speaker | Date |
|--|---------------------|---------------------|
| On-campus Recruitment Talks and Guidance Programmes | CPDC | Ongoing events |
| One-on-one Career Coaching with an Experienced HR Professional | CPDC | Mon, Wed, Thu & Sat |
| Police Mentorship Programme (PMP) and Auxiliary Undergraduate Scheme (AUS) 2018/19 – Student Recruitment | HKPF | 3 Oct – 25 Dec 2017 |

Global Internship Programme

| Events | Organizer / speaker | Date |
|---|---------------------|---------------------------------|
| Board Exhibition | CPDC | 27 Nov – 7 Dec 2017 |
| The Intern Group – International Internship Program | The Intern Group | Application is on rolling basis |

Learning and Cultural Enhancement Section, OSA (Tel: 3943 7945 / E-mail: lces@cuhk.edu.hk)

| Events | Organizer / speaker | Date |
|---|---------------------|---|
| Cultural Fun@i-LOUNGE | LCES | 20 Nov 2017, 1 Dec 2017, 19, 22 Jan 2018, 2, 5, 12, 26 Feb 2018, 9, 12, 19, 26 Mar 2018 |
| Symposium on Internationalization of Student Affairs Issues in Higher Education | LCES | 25 & 26 Jan 2018 |
| “Succeeding in Change of Major” Sharing Session | LCES | 26 Jan 2018 |
| i-Classroom 4: Does Peer Pressure Work Positively In Your Studies? | LCES | 29 Jan 2018 |
| Alumni Sharing Session for Mainland Undergraduate Students | LCES | 23 Feb 2018 |

Student Development and Reserouces Section, OSA (Tel: 3943 7323 / E-mail: sdrs@cuhk.edu.hk)

| Events | Organizer / speaker | Date |
|---|----------------------------|------------------|
| Flourishing Year One at CUHK: Workshop of Personality Dimensions® | SDRS | 25 Jan 2018 |
| Student Leader Training Scheme | SDRS | Jan – April 2018 |
| Application for Global Y Trainee Programme 2018 | Uni-Y (CUHK) Project, SDRS | 26 Jan 2018 |
| Application for Dream Hunter Award 2018 | Uni-Y (CUHK) Project, SDRS | 2 Feb 2018 |
| Application for Joint University Summer Trip 2018 | Uni-Y (CUHK) Project, SDRS | 28 Feb 2018 |

Wellness and Counselling Centre, OSA (Tel: 3943 7208 / E-mail: wacc@cuhk.edu.hk)

| Events | Organizer / speaker | Date |
|---|---------------------|-------------------------------|
| 「手語傳情」體驗式工作坊對象：中大職員) | WACC | 7 Dec 2017 |
| Mental Health First Aid Certificate Course (for staff) | WACC | 12, 14 Dec 2017 (TBC) |
| Mental Wellness Promotion Funfair Day | WACC | 1 Feb 2018 |
| Time Management Workshop (for LWS College students) | WACC | Jan 2018 (TBC) |
| Mental Health First Aid Certificate Course (for undergraduate students) | WACC | 8 – 19 Jan 2018 (TBC) |
| Mental Health First Aid Certificate Course (for staff) | WACC | 20, 23 Feb 2018 (TBC) |
| Mental Health First Aid Certificate Course (for postgraduate students) | WACC | 21, 26, 28 Feb and 2 Mar 2018 |
| Mental Health First Aid Certificate Course (for uShine SEN Service Team student volunteers) | WACC | 26, 28 Feb, and 5, 7 Mar 2018 |



救救地球：共享閱讀樂趣！愛護環境，閱讀後請傳給他人分享，或投入廢紙回收箱內。

此外，你亦可瀏覽網上版 www.cuhk.edu.hk/osa/market.htm

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