



GESH 1010

"To help freshers develop a positive attitude towards college life."

GESH 4010

"To be a bridge between formal university education and work life."

Commencement Congregation

The Commencement Congregation is a half-day event during the Orientation Camp which introduces freshers to the mission and vision of GESH1010.

Adventure

The Adventure component drafts freshers into learning games and teambuilding tasks. Students may expect much fun as they develop team skills, rapport, self-discipline and resilience.

Reflection

The Reflection component drafts students into small group discussions that draw upon the immediate Adventure experience, their school experience, and their aspiration for university life.

Expression

The Expression component requires students to express their in-depth reflection in relation to the freshers' agenda and the course experience in general.

Meaningful Life

In this module, students will be first guided to reflect on their personal meaning of life. Then different perspectives from philosophy and psychology on this issue will be introduced. Finally, the relations between life and work, including their conflicts and synergy in values, will be explored and reflected upon in order to establish a coherent personal framework guiding the students' choice of work in particular and their life paths in general.

Meaning of Work

This module focuses on three core questions: (i) What is work? (ii) Why work? (iii) What is the meaning of work? Through guided discussions and exploring other scholastic views on the issues, this module aims to help students formulate their own ideas of meaningful work.

Course Component

The activity-based approach to acknowledge inward reflection and outward expression and to develop teamwork skills and personal growth.

CGE Camp



Course Journal



Final Production



Logos Fest



In-class Discussion

Students are required to actively participate in all class lectures, tutorials, and GFP presentation sessions. Besides that, each student has to submit one tutorial preparation note for each module.



Group Final Projection and Presentation

A final project and presentation of the group-based project are required to help students consolidate their learning experiences of the course.



Individual Writing

All students are required to submit a piece of individual writing based on their personal reflections on the meaning of work and life from their GFP

Methods

- 1 Stimulate self-reflection and achieve self-understanding through experiential activities;
- 2 Identify their roles and expectations as an individual, a student of SHHO and CUHK, as well as a global citizen;
- 3 Develop an appreciation of their position and opportunities being members of the college and university;
- 4 Enhance their self-confidence in initiating and developing works and projects that contribute to personal development
- 5 Foster valuable experience working with students and staff of different backgrounds.

- 1 Understand the different perspectives about the meaning of life and work
- 2 Develop appreciation of the many possibilities of work, as well as the variety of aspirations and ambitions for life among fellow students;
- 3 Re-examine their assumptions and aspirations of life and career planning as a result.

Learning Outcomes