



Counselling Workroom – Embrace Change as Chance

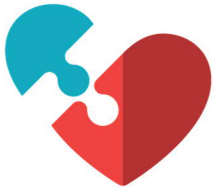


It's a pity that we can't welcome you face-to-face in campus at the start of this new academic year. Yet, we still want to extend a warm welcome to you. Hope you like the "Animal Crossing School Commencement Ceremony" specially created for you – EdUHKers.



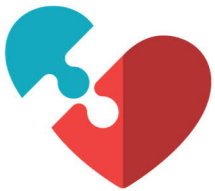
This year, orientation for all new students will go online with the theme of embracing "changes as chances". Changes are part of our life, and it can be taken as a good chance for growth and development sometimes. The process may be full of excitement, but also fraught with challenges. During the year, we will share with you via this "Counselling Workroom" (Click [here](#) for details) on different life skills, hoping that you would get some hints and coping strategies in your university life.

Here are some warm reminders for you to "embrace changes as chances":



溫馨提示一
「有問題」也沒關係
It's okay not to be okay

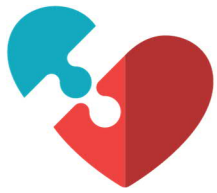
Life is perfectly imperfect. You might encounter problems but it's just normal. Let's try to accept them, and learn from them. Allow more flexibility for yourself, which will enable you to stretch yourself by trying out new ways and different possible alternatives.



溫馨提示二
鼓起勇氣，放下限制和偏見
Have the courage to let go

Very often we might be limited by our thoughts or assumptions for ourselves and others. Take the courage to lay down the burden, you will find it easier to find a way.

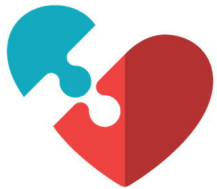




溫馨提示三
愛自己

Always love yourself

Please trust that “you are good enough” by being yourself, and always love yourself. When you love yourself enough, you will be able to take good care of yourself even during hard times, and be more able to embrace the challenges.



溫馨提示四
互相扶持, 尋找真我和幸福

Mutual support helps

With friends, you may find yourself stronger and braver. Do spend some time to build your own support network in EdUHK – by opening up yourself, trying to better understand yourself and others, be ready to give..... and you will find yourself taking the power from it.

Let us be with you to **embrace the changes and chances** in EdUHK.