



Counselling Workroom (FM Issue)

Dear Freshman

Welcome again to EdUHK☺

Have you joined the orientation activities in the past 2 weeks? Now, it's time for the start of your new learning journey. Wish you all the best for the new academic year!

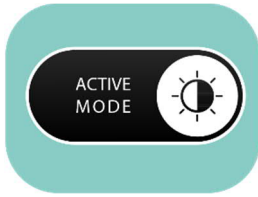
University is a stage for “searching self-identity”. Try to find out your strengths, weaknesses, abilities, personality preference and value system. Establish your own identity via exploration and commitment. You are also invited to be familiarized with EdUHK, including different resources and facilities in campus, support for basic necessities, arrangement on curriculum and other requirements etc. Remember to have the habit of **regularly checking your EdU email!**

Let us share some tips with you for this new academic year:



Learning

Probably you'll still need online learning in this new academic year. With more stable development of the pandemic in Hong Kong, perhaps you'll have more chance to come back to our campus.



No matter online or face-to-face classes, university emphasizes on self-learning. You have to search for relevant materials on your own, and take the initiative to contact your lecturers. They are your responsibilities to attend classes, drop notes and ask questions. Please don't forget to **tune yourself to "ACTIVE" mode** after the long summer vacation.



Independent thinking, critical analysis and referencing are critical for university assignments. Don't just depend on Wiki or Google. Let's **take the initiative to consult your lecturers or senior students.**



The most important thing is: **time management**. Most of the assignment deadlines are scheduled in term end. Please be prepared that you'll be very busy in November and December. Do remember to mark all the deadlines in the beginning of semester and have some initial planning. It would be time to "start working" in October.



Perhaps you might encounter these challenges: difficult to meet new friends; friends are quite much different from secondary school; only Hi-Bye friends; need to deal with lots of reunion; meet and mingle with classmates/roommates from different background/culture...



University students are diverse and come from all walks of life. Try to **be open** to meet new friends and be engaged in the social activities. Take time to figure out your preference and then make your own choice.



You are encouraged to **establish your support network**, including your classmates in university and secondary school, senior students, Campus Life Tutors (CLTs), teachers etc. If you cannot find others to share your difficulties, even for trivial matters, our Counsellors would be happy to talk with you and offer support!



Self-management

You may find that you have more freedom in university. You may choose not to put any effort or pack your schedule with different tasks; you may choose to work hard or just target to graduate...





As a grown-up, you can now make choice for yourself, including managing your daily life, time and activities. Remember: no matter what decision you have made, please **consider the possible consequence before you make the choice. Understand your own needs and capabilities. Set your own goals. List out the tasks that you have to do. Set priority, implementation plan and schedule.** Let's take a schedule book or electric calendar to start planning.



You should know the importance of healthy lifestyle. Even you are young, it's still important to have **enough quality sleep and eat healthily. Make good use and don't abuse your freedom and autonomy.** Let's be a happy and healthy new member of EdU.

Hope the above tips are of help to you. You are also encouraged to visit the following link, which is about university adjustment:

https://eduhk.hk/sao/info/counselling_services/self_care_corner/_article_adjustment_to_university/

Let us be with you to embrace the change and chance in EdUHK.

Should you have any enquiries, please feel free to contact us on 2948 6245 or reply to this email. Thank you.