

So, GAP Balanced!

A warm welcome to you from Counselling Services of Student Affairs Office! We're happy to provide you some tips here for starting your new journey in EdUHK.



Social Medias



In addition to providing psychological counselling, we also organize various psychological wellness and person enrichment activities for students throughout the year. Besides, we provide support service to students with Special Educational Needs.



Firstly, you are cordially invited to follow our social media channels. Information of the latest activities will be posted on our website and social media channels. Hope to see you soon in one of our activities!

Website: https://www.eduhk.hk/sao/info/counselling_services/



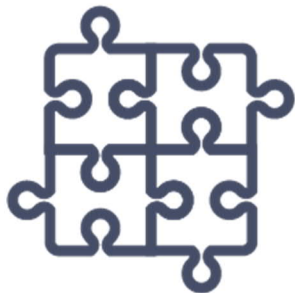


For most of you, working very hard in order to get a place in University was the upmost target in your sub-degree studies. However, you may find yourself not having a clear goal after studying in university, and also the learning strategies you developed in sub-degree studies may not be very helpful in university studies.

University learning emphasizes on independent, analytical and critical thinking, as well as use of references. Besides, academic honesty is the most important value to uphold in university.



It's time for you to review your learning strategies and life goals. You're encouraged to open up yourself to the different possibilities.



Research showed that most SYE students would experience a “transfer shock”, that means a significant drop in their first semester GPA in university. However, this research also found that SYE students achieved a higher GPA at the time of graduation.



So, don't worry in facing the “transfer shock”, allowing yourself to take some time to adjust to the changes in teaching and learning in university.

Peer helping



Peer learning and helping is part of university life. SYE students are usually more mature in thinking as you went through more. You will find that other students have their strengths and merits also. You are encouraged to meet and interact with students of different backgrounds, they would help you familiarize with the environment and also facilitate your learning in EdUHK.



Diversity is one of the treasures from the University. You have different chances to make friends. By learning from each other, it is believed that you may experience the benefits to get along with others.

Balanced!



There are many formal and informal learning opportunities (e.g. internship, exchange, whole person development) waiting for you. You can learn more from Student Affairs Office and your academic department.



Congratulations on beginning a new chapter of your life in EdUHK. However, it's not too much time in 2-year of studies. To benefit most, you should plan your time carefully to balance both academic studies as well as whole person development.

If you encounter adjustment difficulties or emotional disturbance during your studies, you are welcome to talk to our counsellor.

Wish you have a fruitful experience in EdUHK!



SAO Counselling Services

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