



輔導工作室(新生特刊)

Dear Freshman 

再次歡迎你加入教大☺

在剛過去的兩星期，你有參與學系或學生事務處為你們安排的迎新活動嗎？現在，是時候開始新的學習旅程了，祝大家開學大吉！

大學往往是“**尋求自我**”的人生階段。**嘗試去認清自己的長處、短處、才能、性格取向及價值觀，並通過探索和委身建立個人身份**。作為“教大人”的你，也邀請你多花時間**認識校園**內的各項資源和設施、衣食住行等配套、課程及活動的安排等，記著要**常常檢查教大的電郵**以獲得最新資訊啊。

趁著新學期開始，讓我們跟大家分享以下一些小貼士吧：



在這新一學年，你可能仍有不少時間要在網上學習，但隨著疫情尚算比較穩定，或許你也有更多時間可回到這校園。



無論線上或是實體上課，大學強調自學。你要學習自己去搜集資料、與講師聯絡，負起上課、寫筆記、發問的責任。經過了悠長的暑假，別忘了要**將自己調教至“主動”模式**。



大學的功課，強調獨立思考、批判分析、參考引用，學術誠信要求嚴格，只靠 WIKI 或者 GOOGLE 是不夠的，**請教一下你的講師或師兄姐**吧。



最最要緊的是：**時間管理!** 大部分呈交功課日期都設在學期末段，你會發現十一、二月的時間會有數不完的功課待你處理。趁開學初好好記下所有 DEADLINE，做一些初步的計劃，到十月學期中段，是時候要“開工”了。

社交

你可能會遇上這些困難：覺得很難認識新朋友，跟中學同學不一樣，好像只有 HI-BYE FRIENDS；不停要“應付”組聚；與來自不同背景、文化的同學/同房相處.....



大學匯聚各路的學生，有著多樣化的特色。嘗試**以開放的態度**，從不同的渠道去認識新朋友、投入活動，再慢慢為自己作出選擇吧！



不要忘記**建立你的支援網絡**：包括大學/中學同學、師兄姐、peer mentors、老師等。如果遇到困難，找不到別人分享，即使是很小的事，輔導主任也很樂意與你傾談及支持你啊！





自我管理

在大學裏，你會多了許多自由，有人選擇“HEA”過，有人會把行程編得密密麻麻；有人覺得畢到業便行了，也有人會選擇以學習為主……



要知道你已長大成人，可為自己做決定了，這包括管理自己的日常生活、時間及活動等。但請你記著，做任何決定也好，也請你先**考慮可能出現的後果**，想清楚，方可以博盡無悔。嘗試**了解你的需要和能力**，訂下你的**目標**，列出打算做的事工，訂立**優先次序、可行計劃和時間安排**，現在就為自己安排一本日誌簿或電子日曆啦！



別以為年輕可亂吃少睡。健康的生活模式，你們懂的！**充足睡眠，食得健康是基本**，善用但不濫用你的**自主自由**，做個食得玩得瞓得讀得的 EdU 新鮮人吧！

有關大學的適應，你也可以來看看這裏的分享：

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

在這開學的第一天，我們將會於 **1200 – 1430** 期間，
在 **C-LP-02 外** 設「**打氣加油站**」。誠意邀請你來參與我們的小遊戲，領取精美開學禮物，讓我們為你打打氣。

願與你們同行，擁抱在教大經歷的種種，將轉變、挑戰轉化為成長的契機。

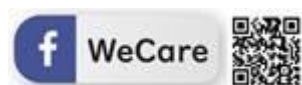
如有任何查詢，請致電 2948 6245 或回覆此電郵，謝謝。



SAO Counselling Service

A-1/F-01S | 2948 6245 | saocs@eduhk.hk

Make appointment: <https://pappl.eduhk.hk/CSBS/>





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.



Tips



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.

Social

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...

Tips

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, peer mentors, 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/

To welcome you in the new academic year, we have set an **Ed Power Station** today from **1200 to 1430** near **C-LP-02**. You can play games and get our “back-to-school” souvenirs. Come and let us cheer for you!

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.



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