

First Aid Certification Course for Hall Orientation organizers

The Institute of Human Performance in conjunction with Hong Kong St. John Ambulance has organized a first aid course for Hall Orientation organizers. Participants successfully completing the course will be awarded a First Aid Certificate valid for 3 years.

The course tuition will occur on Tuesday to Friday (3, 4, 5 & 6 July) from 9am to 5:30pm (with a 1 hour lunch break from 12:30 to 1:30). The examination for the course should be held on Friday, 20th July from 2:00pm to 5:00pm. (TBC by St. John's Ambulance)

Course Fee + Examination Fee: HK \$550 / candidate (to be substitute by HEDO)
(Including practical demonstration DVD, course manual and Bandage, Examination Fee & Certificate)

Deposit: \$200 (refundable upon completion of the course)

Venue: Classroom G15, Lindsay Ride Sports Centre.

Max. Number: 30 (Min. No. : 20)
(2-3 participants from each hall & non-refundable nor transferable)

Enrollment method: Please fill in the application form and hand in to Mr. Anders Wong, Hall Education Development Manager at andersw@hku.hk. (On the form, please highlight "Confirm" for confirmed applicants and "Waiting" for those who wish to join with lower priority.)

Deadline: 18 June, 2012 (Monday) 5:00pm

The language for both the lecture component and the examination is Cantonese.

For enquiries, please send an email to andersw@hku.hk or call Mr. Anders Wong, Hall Education Development Manager, at 9872 9087.

First Aid Certification Course for Hall Orientation organizers
Application Form

Name in Chinese:
Name in English:
Gender:
HKID No.:
D.O.B (dd/mm/yy) :
Contact No.:
E-mail address:
Corresponding address:
Hall:
Position:

Training for senior students in hall on tackling freshmen with emotional problem

Hall orientation is an essential and integral part for newcomers to prepare themselves to the dynamic university life. Given the diverse background and different levels of readiness among freshmen, it can be challenging for organizers to design activities that can boost the sense of belonging, motivate freshmen towards collective goals, and at the same time, serve the unique needs of individual hallmates. Despite effortful and cautious preparation, unexpected situations may still arise during orientation.

In this workshop, you will learn:

- How to manage extreme emotions such as intense stress, fear or anger effectively
- How to support hall-mates who are crying and nagging to leave the orientation prematurely
- How to respond to bizarre behaviors, such as extreme suspicion, irrelevant speech, being inappropriately active or withdrawn
- How to understand students who are under intense distress
- What kind of emotional or practical support you can offer to these freshmen
- Where to seek help and who to contact
- What are the psychological precautions in arranging extensive and large scale activities

The workshop will be experiential and interactive. You can practise skills through a range of simple exercises.

Date & Time: 21 July 2012 (Sat), 3:00pm – 6:00pm

Venue: Assembly Hall, 6D Sassoon Road (TBC)

Language: Cantonese

Target: Members of Executive Committee, Organizing Committee and group-parents

Quota: 40 (3-4 from each hall)

Trainer:

Ms Linda YEUNG, Clinical Psychologist

Master Mental Health First Aid Instructor

Counselling and Person Enrichment (CoPE)

Centre of Development and Resources for Students (CEDARS)

A certificate of attendance will be awarded to participants who have completed this 3-hour course.

Enrollment method: Fill in the name list with 3 confirmed participants plus 6 on waiting list and send to andersw@hku.hk.

Deadline: 18 June, 2012 (Monday) 5:00pm

Training for senior students in hall on tackling freshmen with emotional problem

List of Participant from _____ Hall

	Name	Role (eg. EXCO, OC, group leader)
Confirmed		
Confirmed		
Confirmed		
Waiting 1		
Waiting 2		
Waiting 3		
Waiting 4		
Waiting 5		
Waiting 6		