



Faculty of **Education**
The University of Hong Kong

School-University Partnerships Symposium 2023

Mental Wellbeing Matters

Date: 23 June 2023 (Friday)

Time: 2:30 pm - 5:00 pm

Venue: Rayson Huang Theatre, HKU



Keynote:

Title: Mindfulness and Its Effectiveness

Professor LAM Shui Fong, Honorary Professor, Director of the Jockey Club "Peace and Awareness" (JC P and A) Mindfulness Culture in Schools Initiative, Faculty of Social Sciences, The University of Hong Kong

Parallel Sessions (Interactive Workshops/Presentations and Q&A)

Session 1

Title: Mindfulness at School

Presenter: Ms HO Cathy, HKTA Shun Yeung Primary School

Session 2

Title: Mindfulness Culture in YLSC

Presenter: Ms WONG Angel, Assistant Principal, PLK Yao Ling Sun College (YLSC)

Session 3

Title: A Whole-School Approach in Promotion of Positive Education: Transformation Through Curriculum, Schoolscape and Capacity Building

Presenters: Dr HO Yuk Fan Esther, Principal, and Ms CHAN Mee Ling, Vice Principal, Carmel Alison Lam Foundation Secondary School

Session 4

Title: Finding Strength and Calmness From Within: A Somatic Approach to Mental Health in the Modern World

Presenter: Dr LEE Queenie A.Y., Faculty of Education, The University of Hong Kong

Session 5

Title: Student Well-Being and Parenting During COVID-19: What Really Matters? Insights From the eCitizen Education (2022) Study

Presenter: Dr TAN Cheng Yong, Faculty of Education, The University of Hong Kong

Session 6

Title: Flight Paths After Graduation: Surviving, Thriving and Growing a Career Through the Challenges

Facilitator: Ms KEMPSTON Tanya, Faculty of Education, The University of Hong Kong

Presenters: Mr BIRD Daniel and Ms LAM Akina, PGDE Graduates

Priority Registration for PGDE Graduates

All are Welcome!

Details and Online Registration:

<https://web.edu.hku.hk/sup-partners/professional-events-activities/school-university-partnership-forum-symposium>

