The Sunny Weekly 18th Jan 2021

College Activities 書院活動

1. Invitation to WYS College 13th Anniversary Celebration <Tomorrow!>
2. English through Sports <New>
3. Zentangle Workshop 靜觀禪繞體驗工作坊

College Announcements 宣佈事項

1. College Hostel Grant 2020/21 Applications (for all local undergraduate resident students) 2020/21 年度書院住宿助學金 (接受本地本科生宿生申請) <New>
2. College Student Grant/Loan Application (Freshmen Only) 書院學生助學金/貸款接受申請 (只限新生) <New>
3. Reaching Out Award (外展體驗獎) 2020/21 – Now open for application
4. Round Table Discussion with Students from Tokyo Gakugei University <New>
5. Plan Your Career Ahead - GPS Career Development Facilitation Scheme 職涯 GPS 2020-21 <New>
6. Healthy Recipe Sharing 有營食譜分享 <New>
7. Open Recruitment for WYS International Team Members
8. FINAL CALL for enrollment of Sunny Passion Programme 2020-21 <Deadline on 25th Jan>
9. Temporary Closure of College Catering Outlets 書院膳堂暫停營業
10. "Meet the Dean" Hours 輔導長時間
11. Student Pastoral Care
12. WYS’s Got Talents – Photography, Poster Design, MC and a lot more!

Other Activities & Announcements 其他活動及宣佈事項

1. Smart Campus Solutions Competition 2020/21 - Call for Application (Deadline on 29th Jan). <New>
2. Online Financial Literacy Seminar (金融理財知識網上講座)
3. Survey about Online Teaching and Learning (For current full-time undergraduates)
4. 2FA Policy for All CUHK Accounts 大學帳戶雙重認證政策
5. CUHK Independent Learning Centre (ILC)
6. Flourishing First Year Programme 心盛計劃 2020-21
7. Community Resources for Emotional Support

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書院資助及獎勵計劃 (全年可供申請)

1. Self-Motivation Fund for Health and Well-being Activities
2. Self-Motivation Fund for Sports Activities
3. Self-Motivation Fund for Green Activities
4. Mingle Fund
5. Be Entrepreneurial! Funding Scheme 創出我天地！資助計劃
6. Service-learning Project Funding Scheme 服務學習項目資助計劃

1. Invitation to WYS College 13th Anniversary Celebration
話咁快就係一年一度嘅宜孫院慶啦！雖然今年疫情肆虐，我哋只可以搞到 523 Game Show 呢個活動，不過呢個活動絕對唔馬虎！

今次嘅活動可以見到大組長同院長同場競技，仲有豐富嘅獎品俾大家抽添呀😍，唔止有公仔同figure，仲有機會贏得 Nintendo Switch Lite 呀😆😆😆想抽獎就記得搵下面條 link 登記啦

登記抽獎連結:


哈哈，咁就梗係唔止抽獎嘅！我哋仲請咗 billy 同麗英做我哋嘅表演嘉賓添😊！係咪好想睇呢😝?

想睇就記住 follow 我哋嘅 Facebook page 啦！到時就會喺嗰度直播！FB page: https://www.facebook.com/wysanni/

🔸 日期：2021 年 1 月 19 日（星期二）
🔸 時間：7:30 p.m.-9:30 p.m.
🔸 形式：Facebook live

記得住叫埋朋友一齊睇喇😊順便 follow 我哋嘅 ig page 留意我哋嘅最新動態！

Facebook: 伍宜孫院慶 Wu Yee Sun College Anniversary Celebration
Instagram: @wysanni2020

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Do you enjoy playing and/or watching sport? I do!

Would you like to chat about sport with a sporting enthusiast? If so, come to my workshop where you will:

- Discover the origins of certain sports
- Display critical thinking skills
- Learn some sporting idioms to use in daily conversation

The ball is in your court!

Instructor: Mr. Gary Muddeman

Mr. Gary Muddeman is an Assistant Lecturer at the English Language Teaching Unit. He obtained his Masters in English Language Teaching from the University of Warwick. Hailing from England, Gary has lived and taught in the UK, South Korea, mainland China, and now Hong Kong. He has taught multiple courses including English for Academic Purposes, English for Specific Purposes, and Content-based subjects for ten years.

Date: 2nd Feb 2021 (Tue)
Time: 6:30pm – 8:00pm
Format: Online via Zoom
The workshop will be conducted online via Zoom. Participants will receive the Zoom links 3 days before the workshop.

Registration:

Deadline: 28th Jan 2021 (Thu)
Enquiries:
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)
你有多久沒有純粹的、不為什麼的，好好安坐下來？
你會否希望透過禪繞與靜觀，來一趟「心的瑜伽」？

一齊來透過禪繞 (Zentangle) 及 靜觀 (Mindfulness) 練習，在忙碌的生活中來個心靈小旅行，並發揮你的獨特性，體驗慢生活之美。

內容：
- 介紹禪繞(Zentangle)的基本概念及元素
- 親身體驗禪繞及靜觀練習
- 靜觀練習於日常生活的運用
- 靜心分享 及 在家練習

導師：Miss Molly Chan
Molly 是美國禪繞認證導師，她亦是香港大學社會工作學系學士及香港中文大學家庭輔導及家庭教育碩士，並修畢英國牛津靜觀中心及香港靜觀中心合辦之靜觀認知治療導師基礎課程。Molly 曾於不同機構 (包括東華三院、聖雅各福群會、身心靈平台等) 擔任靜觀及禪繞導師及分享者，擅於融合靜觀修習於輔導工作之中。

日期：21/1/2021 (Thu)
時間：8:00 pm - 9:30 pm
語言：粵語
形式：活動將以 zoom 進行，於活動開始前 2 天，參加者將會收到活動的連結。


*同學須準備一支鉛筆、一支黑色墨水筆及一張白色 A4 紙

查詢：Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)
2. **College Student Grant/Loan Application (Freshmen Only)**

College students who have financial difficulties may apply for College Student Grant/Loan 2020/21.

Application is now open for **freshmen only** until **22nd Feb 2021 (Mon)**.

Please submit the completed application form with supporting documents by email to stephyleung@cuhk.edu.hk or in person to the College Office (G03, East Block).

**Please note that late applications and incomplete forms will not be accepted.**


**Enquiries:**
Miss Stephy Leung (stephyleung@cuhk.edu.hk / 3943 9773)

3. **Reaching Out Award (外展體驗獎) 2020/21 – Now open for application**

Wu Yee Sun College full-time undergraduate students are now invited to apply for the Reaching Out Award 2020/21 (ROA) offered by the HKSAR Government.

The award, in the amount of HK$10,000 for each successful applicant, aims to support students in participating in events/competitions (e.g. conferences/ forums/ workshops/ seminars/ training camps/ competitions/ service projects etc.), internships or placements (credit-bearing/non-credit bearing), field/study trips or courses (e.g. foreign language immersion programmes/academic exchange programmes etc.) which are conducted outside Hong Kong in 2020/21 academic year (1st Sep 2020 – 31st Aug 2021).

Learn more about the selection criteria, supporting documents required and application procedures here:

Application Deadline: 8th Feb 2021, 5:30 pm

**Enquiries:**
Miss Stephy Leung (stephyleung@cuhk.edu.hk / 3943 9773)

4. **Round Table Discussion with Students from Tokyo Gakugei University**
Schooling practices have been reshaped by the current pandemic. The acceptance of technology within the education environment has increased exponentially since the outbreak of COVID-19, students around the world need to manage the “new normal” of integrating technology into everyday learning. The learning-from-home mode has dramatically changed the university life.

Want to know more about university life of students from Japan? Join the round table discussion with Tokyo Gakugei University! Participants would interact with students from Japan and get to know more about university life of students from other countries.

**All local and international students are most welcome to join!**

**Date:** 25th Jan 2021 (Mon)  
**Time:** 5:00 pm - 6:30 pm  
**Format:** Online via Zoom  
Zoom link will be sent to successful applicants via email.

**Deadline:** 22nd Jan 2021 (Fri)

**Enquiries:**  
Miss Kiki Chan ([kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

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GPS Career Development Facilitation Scheme is jointly organized by Wu Yee Sun College and School of Continuing and Professional Studies of CUHK (CUSCS). The Scheme aims at enriching students’ self-understanding for planning or embarking on their career development through face-to-face consultation and assessment by certified career development facilitators.

Programme Content
Period: Mar 2021 - Jun 2021
What to do: Students will prepare questions/ issues they concern about their career planning. CCSP/GCDF will guide the students accordingly with professional insights.
Matching: 1 student will be matched with 1 CCSP/GCDF. CUSCS will match the appropriate CCSP/GCDF in accordance to your background and application information. The result will be announced in the Briefing and Kick-off Ceremony.
Meeting: 4 face-to-face meetings at WYS College or zoom platform (around 1 hour each time)
Quota: 12

Briefing and Kick-off Ceremony (MANDATORY)
Date: 31st Mar 2021 (Wed)
Time: 7:00 pm
Venue: College Theatre, Wu Yee Sun College (may change to zoom subject to the development of COVID-19)

Application
Complete the online application form (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11590013) and submit the deposit in amount of HK$400 directly the bank or via ATM transfer:

Name of Bank: Hang Seng Bank
Account Number: 293-005005-018
Account Holder: The Chinese University of Hong Kong

Remarks: The deposit bank-in date will be regarded as the completion date of application. Please be reminded to e-mail the receipt of deposit to Miss Rachel Poon (rachelpoon@cuhk.edu.hk) to secure a place at your earliest or not later than 16th Feb, 2021. Deposit is refundable upon completing this scheme and fulfilling the specific criteria.

Enquiries:
Miss Rachel Poon (rachelpoon@cuhk.edu.hk) / 3943-3942
*********************************************************************
What is CCSP / GCDF?
Certified Career Services Provider (CCSP) and Global Career Development Facilitator (GCDF) are experienced professionals from various fields including education, administration and management, human resources and training, social work and helping professions. CCSP is certified by the National Career Development Association (NCDA); while the GCDF credential is certified by the Center for Credentialing and Education (CCE) of the National Board for Certified Counselors (NBCC), USA. For details, please check out this website: [www.cuscs.hk/gcdf](http://www.cuscs.hk/gcdf)

6. Healthy Recipe Sharing 有營食譜分享

**Vegetable and Chicken Roll with Salmon 綠野鮮竹**

Did you gain much weight due to eating a lot of take-away food or instant noodles, and a lack of exercises recently? Let’s follow the healthy recipe ([click here](http://www.cuscs.hk/gcdf)) to prepare a yummy and nutritious dish to stay healthy and fit under the pandemic!

經常宅在家裡，不是買外賣，就是食公仔麵，加上欠缺運動，你的體重是否都增加了呢? 大家不如跟著健康食譜([按此](http://www.cuscs.hk/gcdf))，親手烹調有營美食，攝取足夠營養素，保持身體健康!

7. Open Recruitment for WYS International Team Members

Can’t travel abroad due to the pandemic? Want to meet friends from different regions? Interested in understanding different cultures? Here is your chance, the College International Team is recruiting new members!

The team will organize 1-2 activities per semester to foster interaction between local and international students. If you are keen on interacting with students from regions that are different from yours, and willing to know more about other cultures, come join the International team. Register [HERE](http://www.cuscs.hk/gcdf) by 1st Feb 2021. A meeting for all applicants will be arranged to discuss the plan of the International Team after the recruitment period. **All local and international students are most welcome to be a team member!**

**Enquiry:**
Miss Kiki Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

8. FINAL CALL for enrollment of Sunny Passion Programme 2020-21
Living Up to Wu Yee Sun College’s Core Value – “Creativity”, “Entrepreneurship” and “Social Responsibility” - Apply NOW!

Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. You are invited to apply this programme individually or in group with at least 50% of Wu Yee Sun College students, competing for Gold, Silver and Bronze Award. Winners will get HK$10,000, HK$6,000 and HK$4,000 respectively to implement, promote or demonstrate their project ideas to the others!

Just submit (1) the application form together with (2) ONE A4 page Business Model Canvas by 5:00 pm, 25th Jan 2021 through one of the following channels –

1. E-mail the softcopy of the documents to Miss Phoebe Wu (phoebewu@cuhk.edu.hk) and/or Miss Florence Tsui (florencetsui@cuhk.edu.hk); OR
2. Click the following link (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11282626) and complete the online application form; OR
3. Send the original hard copy of the documents to the College Office, Wu Yee Sun College in person

Express your ingenious creativity and make our society a better one! Please refer to the College website for details. Application form and Business Model Canvas are available through this link: https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=sunny

Enquiries:
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)
Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)

實踐書院精神，發揮創意，回饋社會，並貫徹企業家理念，請即申請愛陽光計劃！

愛陽光計劃鼓勵學生承擔社會責任，並支持他們以創新思維，實踐理想。現誠邀你以個人或團隊名義參與此項計劃。參賽者將競逐金、銀、銅獎，分別贏取港幣$10,000，港幣$6,000 及港幣$4,000，以實踐、推廣及體現有關創意思維。若以團隊名義申請，團隊內務必要有 50% 成員為伍宜孫書院學生。

凡有意遞交申請者，請於 2021 年 1 月 25 日下午 5 時或以前，透過以下方法遞交 (1) 申請表及 (2) 商業模式圖 (BUSINESS MODEL CANVAS)，以完成申請程序。

1. 電郵電子版本文件至 Miss Phoebe Wu (phoebewu@cuhk.edu.hk) 及/或 Miss Florence Tsui (florencetsui@cuhk.edu.hk); 或
2. 按以下連結(https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11282626)以填寫網上申請表; 或
3. 親身遞交列印文件致書院院務室
9. Temporary Closure of College Catering Outlets 書院膳堂暫停營業

Due to the spread of the novel coronavirus, Student Canteen, Staff Dining Room and Café at Wu Yee Sun College are temporarily closed until further notice. We are sorry for the inconvenience caused.

10. “Meet the Dean” Hours 輔導長時間

"Meet the Dean" Hour is temporarily suspended and will be resumed once the circumstances allow. If you wish to talk to Dean of Students during this period, please email sammykwan@cuhk.edu.hk for arrangement.

“Meet the Dean” Hours is a regular time schedule particularly for you to talk directly to the College Dean of Students on any matters you feel interested or concerned.

You talk. We listen. Even if you want to keep it to your heart, we still stand by your side.

The session is hosted by:

- Professor Ming-kay Poon (潘銘基教授), College Dean of Students and Associate Professor at the Department of Chinese Language and Literature
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics
- Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Associate Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care

Every Sunnie is welcome!

Enquiries:
Ms. Sammy Kwan (sammykwan@cuhk.edu.hk / 3943 9775)
Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)
Miss KiKi Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

11. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain new perspectives! DON’T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

1) You are welcome to speak with our College Dean of Students when you have problems that need resolving. Please email sammykwan@cuhk.edu.hk for arrangement.
2) You may also approach the University’s Wellness and Counselling Centre at 3943 7208 for help.

3) A 24-hour Emotional Support Hotline at 5400 2055 is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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12. **WYS’s Got Talents – Photography, Poster Design, MC and a lot more!**

Are you interested in or excellent at any of the fields below?
--- Photography / Video-production
--- Art & Design (e.g. posters or infographics)
--- Simultaneous Interpretation
--- Master of Ceremonies
--- Audio & Video Control
--- Writing (e.g. creative writing or student reporter in publications)

The College is recruiting all sorts of talents to contribute in various College events. Registered students may be invited to assist in different occasions. Don’t hide your talents, shine in the College!

**P.S. CREATIVITY COUNTS!!!**

Let us know what you are interested in and excellent at: [https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838](https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838)

**Enquiries:**
Miss Chillies Tam ([chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk)) / 3943 3934

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13. **Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募**

Want to stay in touch with your college friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just $500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the [application form](#), and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

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**College Funding & Awards Schemes**

1. **Self-Motivation Fund for Health and Well-being Activities**
Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities in order to bring everyone health, happiness and/or satisfaction.

Eligibility:
For Wu Yee Sun College students who participate in health and well-being activities organized by organization(s) other than the College.

There are two categories of activities you can apply:

(i) Health and Well-being Activities
Examples:
Healthy Cooking Class, Trial Course on Musical Instruments, Course about Nutrition or Chinese Medicine, Mindfulness Workshop, Mental Health First Aid Course
Funding amount: maximum $1500 or 80% of total application fee and course fee (whichever is lower)

(ii) Qualification Courses for Health and Well-being Instructors
Examples:
Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art or Music Therapy Instructor Course
Funding amount: maximum $4000 or 80% of course fee (whichever is lower)

Take a look at the guidelines and the reflection template and start your healthy life now!!

Enquiries:
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports activities and qualification courses for sports coach, in order to live up the spirit “Sports for Everyone”.

To enhance support to students, funding amount is increased as follows:

Sports Activities: Max. $1,000 → $1,500
Funding per student per year: Max. $2,000 → $4,000

Details: https://www.wys.cuhk.edu.hk/whole-person-development/sports-health-education/

Enquiries: Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943 3934)

3. Self-Motivation Fund for Green Activities
Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.

Funding Amount:
Green Activities: Max. $1,500
Qualification Courses for Instructors of Green Activities: Max. $4,000

Details: [https://www.wys.cuhk.edu.hk/whole-person-development/green/](https://www.wys.cuhk.edu.hk/whole-person-development/green/)

Enquiries:
Ms. Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

4. Mingle Fund

Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College.

The Fund mainly supports daily and social activities with the participation of both local students and international / incoming exchange students (i.e. there should be at least one local student and at least one international / incoming exchange student.)

Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK$100 subsidy for the activity.

More Details: [https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/](https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/)

Enquiries:
Miss Rachel Poon (rachelpoon@cuhk.edu.hk / 3943 3942)
5. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃

Grab the chance, be creative!

**Be Entrepreneurial! Funding Scheme** supports students to implement various short-term projects fulfilling college’s core values of **creativity**, **entrepreneurial spirit**, and **social responsibility**.

All undergraduate students, regardless of discipline and year of study, are welcome to submit application all year round. **The maximum funding amount is up to HK$20,000!**

Online application is now available, simply submit your application through one click - [https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10631420](https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10631420)

Check out the details through this [link](https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10631420).

**Enquiries:**
Miss Florence Tsui ([florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk) / 3943 9767)
Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

6. Service-learning project Funding Scheme 服務學習項目資助計劃

If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College’s Service-learning Project Funding Scheme supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project.

Learn to serve and serve to learn! Please visit the website for more info.

**Enquiries:**
Miss KiKi Chan ([kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)
Miss Rachel Poon ([rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) / 3943 3942)

Other Activities & Announcements

1. **Smart Campus Solutions Competition 2020/21 – Call for Application** (Deadline on 29th Jan)

![Smart Campus Solutions Competition 2020/21](image)
The Smart Campus Solutions Competition is the first university-wide, college-based competition that offers an opportunity for undergraduate students to realize their innovative ideas about making CUHK smarter and more sustainable.

Each shortlisted project team will receive seed funding up to HK $50,000 to produce a prototype. The winning project teams will be awarded funding for one-year full-fledged project development.

📣 Eligibility: All CUHK full-time undergraduate students
📣 Themes: Choose one theme to develop your idea:

✎ Application deadline: 29 January 2021 (Friday)
The Smart CUHK Challenge is the first smart campus initiative at CUHK, which aims to provide an experimentation platform and resources to support students and staff to actively address challenging questions and propose innovative solutions for the development of a smart CUHK campus.

Check out ‘The Smart CUHK Challenge’ webpage for more information.

2. Online Financial Literacy Seminar (金融理財知識網上講座)

In order to promote financial literacy and encourage students to develop good financial management habits, our students are now invited by the Investor and Financial Education Council, a subsidiary of the Securities and Futures Commission, to join an online financial literacy seminar on 28th Jan 2021 (Thu).

Details:

Online Financial Literacy Seminar (金融理財知識網上講座)
(Registration Deadline: 25th Jan 2021)

Personal Finance and Investment 個人理財及投資
Investor and Financial Education Council 投資者及理財教育委員會
Language: Cantonese (廣東話主講)

Content 内容
1. Personal financial management (個人財務管理)
2. Financial planning (理財策劃)
3. Introduction to Hong Kong stock market and Initial Public Offering (簡介香港股票市場及首次公開招股)
4. Understanding trading channels of different investment products
3. Survey about Online Teaching and Learning (For current full-time undergraduates)

In this survey, we would like to investigate the following 6 aspects: (1) Evaluation of students’ attitudes of study during online learning; (2) Students’ perception about teachers’ online performance; (3) Students’ challenges and difficulties when attending online learning; (4) Peer support during online learning; (5) Impact of COVID-19 on students’ daily lives and (6) Suggestions for the improvement of the future online teaching and learning.

Please click the following link to fill in the survey or SCAN the QR Code to complete the survey:
This survey will take about 15 minutes to complete. Participation is voluntary. If participants feel uncomfortable when doing the online survey, they have the right to withdraw and discontinue participation.

We sincerely thank for your participation in this study.

Vivian WY LEE
Associate Professor
Centre for Learning Enhancement And Research [CLEAR]

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4. 2FA Policy for All CUHK Accounts 大學帳戶雙重認證政策

Please note the arrangement of “2FA for All CUHK Accounts” and take the necessary action:

| Policy Summary | Under this policy, all staff, student and project accounts (aka @cuhk.edu.hk and @link.cuhk.edu.hk) must be 2FA protected. You can activate 2FA on your account anytime. The enforcement date is
|                | • Student Accounts: 3rd Nov 2020
|                | • Staff and Project Accounts: 2nd Feb 2021 |

| Your Action   | • Enroll your account and designated mobile device via DUO 2FA Self-Service User Portal ([https://duo.itsc.cuhk.edu.hk](https://duo.itsc.cuhk.edu.hk))
|               | Or
|               | • Purchase a hardware token from ITSC for DUO 2FA |

| 2FA Integrated Applications | When 2FA is activated on your account, your access to the following services will be protected with 2FA.
|                            | • Email
|                            | • CUHK & SSL VPN
|                            | • Microsoft 365
|                            | • MyCUHK
|                            | • CUPIS
|                            | • Employee Self-Service (ESS)
|                            | • CUSIS**
|                            | • UG Admission System**
|                            | • PG Admission System**(GS Platform (Division))
|                            | **Authorized application administrators |

| DUO 2FA Usage | Visit [https://www.itsc.cuhk.edu.hk/all-it/information-security/two-factor-authentication-2fa](https://www.itsc.cuhk.edu.hk/all-it/information-security/two-factor-authentication-2fa) for
|               | • Mobile or Hardware token Enrollment
|               | • User Guides (document and video)
|               | • Briefing Sessions |

| Policy Details | [https://www.itsc.cuhk.edu.hk/it-policies/information-security-policies/2fa-policy-for-all-university-accounts](https://www.itsc.cuhk.edu.hk/it-policies/information-security-policies/2fa-policy-for-all-university-accounts) (via CUHK Login) |

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5. CUHK Independent Learning Centre (ILC)
Here are some workshop highlights for academic year 2020/21 which is organized by CUHK Independent Learning Centre (ILC). You are welcome to visit the ILC website (https://www.ilc.cuhk.edu.hk/EN/) for a short ILC video for their major work and services or check out their new link on “Tips for Successful Online Learning @ CUHK”. You may also go to: https://bit.ly/32MAMvF to see the workshop series posters.

1. **University Study Skills Series** – this series is particularly useful for incoming UG students
   - Study Skills in English at University Level
   - Academic Reading: Strategies for Success
   - Ace Your Oral Presentations
   - Discussion Skills and Current Affairs
   - Saying What you Mean: English Pronunciation for Cantonese and Mandarin Speakers
   - Listening to Learn: Academic Listening and Note-Taking Skills
   - Building a Bigger and Better Vocabulary

2. **Writing Series**
   - Academic Essays
   - Research Papers
   - Reflective Journals
   - Personal Essays

3. **Job Preparation Series** – this series is particularly useful for graduating students and students who are interested in applying for exchange/ internship opportunities
   - Writing Impressive Resumes
   - Writing Impressive Application Letters
   - Ace Your In-person and Video Job Interviews
   - Standing Out in a Group Interview
   - Interview Practice and Self Reflection

4. **CRE/JRE Series**
   - Preparing for the CRE – Use of English
   - Tips and Strategies in Tackling the JRE
   - JRE Writing Practice (Practice writing for the JRE under exam conditions)
   - Feedback on JRE Writing Practice (Discuss exam strategy and student writing)

5. **Exam Preparation Series**
   - Taking the IELTS Challenge: Reading & Writing
   - Taking the IELTS Challenge: Speaking & Listening
   - Mastering the TOEFL: Reading and Listening
   - Mastering the TOEFL: Speaking and Writing

Students who think they will benefit from having a one-to-one meeting with the teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session. The schedule can be found at: https://www.ilc.cuhk.edu.hk/EN/consultation.aspx. Besides, the ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support students. Details are available at: https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx.

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6. **Flourishing First Year Programme 心盛計劃 2020-21**

Flourishing First Year@CUHK is a tailor-made programme for all NEW students. A series of workshops are provided for supporting you to flourish and grow from failures.
How does Flourishing First Year@CUHK work?

**Step 1:** All new students are eligible for receiving information about upcoming activities/workshops and have the priority in enrolling in these activities/workshops

**Step 2:** Enroll in the workshop and get our welcoming gift in your first workshop (on a first-come-first-serve basis)

**Step 3:** Be a flourishing learner!

**Step 4:** Get your reward! (coffee making workshop/pottery class; on a first-come-first-serve basis)

**Step 5:** Complete all workshops from PERMA (Positive Emotions, Engagement, Relationship, Meaning, Accomplishment)

Programme Details and List of Workshops:  
https://www.osa.cuhk.edu.hk/services/flourishing-first-year-programme

Enquiries:  
Office of Student Affairs (osa@cuhk.edu.hk / 3943 8652)

7. Community Resources for Emotional Support

**<Samaritan Befrienders HK>**
Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

**24-hour Hotline:** 2389 2222
Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead

**Suicide Crisis Intervention Centre:** 2341 7227 for appointment
Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services

**Family Helpline:** 2319 1177
Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis

To unsubscribe, please email us at info.wys@cuhk.edu.hk.