



News & Upcoming Events / SAO Programme

Personality Dimensions® Assessment Workshop



PERSONALITY DIMENSIONS® ASSESSMENT WORKSHOP

DATE: 13 NOV 2023 (MON)
TIME: 1500-1800



RECOGNIZE STRENGTHS AND APPRECIATE DIFFERENCES! 

Have you ever wondered why you click with some people, but not others? Do you want to better understand your own communication styles and how to effectively get along with others? The Personality Dimensions® Assessment is the right tool to help you!

SAO will organize another Personality Dimensions® Assessment Workshop on 13 Nov 2023. Through engaging activities and discussions in this workshop, the workshop will discover your personality types and understand the differences between your own values, strengths, joys and stressors with others. Spots are limited, please register today and embark on your self-exploration journey!

[After the workshop, you will be able to...]

1. Get an initial idea of your personality type and introversion/extroversion preference

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2. Understand the differences between your own values, strengths, joys and stressors with others
 3. Improve interpersonal skills, and foster an attitude of appreciation and respect
 4. Better understand yourself and others so you can be more effective in your relationships, your work and your life

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Past Event Review

Portraits of the Elderly: Journey of Life Exhibition



From 24th to 27th October, SAO organized the "Portraits of the Elderly: Journey of Life Exhibition" to shed light on the unique stories, wisdom, and resilience of the elderly. The exhibition aimed to provide visitors with an opportunity to contemplate the value and importance of life by reflecting on different stages of life. More than 390 HKMU members actively participated in the exhibition and took part in interactive activities such as the "Before I Die" Message Wall, the Life in Five Senses Board Game, and writing Love Mail postcards. These activities encouraged self-reflection and fostered a deeper appreciation for the elderly and their wisdom, emphasizing the value and significance of life.

One of the highlights of the exhibition was the installation of a message wall called "Before I Die, I want to...". This concept is part of a global community art project that encourages individuals to contemplate their own mortality and reflect upon the things that hold the greatest meaning in their lives. The campaign has gained remarkable popularity worldwide, with more than 5,000 walls established across the globe and it was the first time Hong Kong hosts this impactful community artwork.

Furthermore, 70 HKMU members also participated in the "Love Mail" postcard-writing activity, which was another engaging experience for participants to express love and gratitude to their loved ones. We sincerely thank all students and staff for your enthusiastic participation!

Service-Learning Challenge: Make a Difference in your Community!



The first service-learning project competition cum Africa service-learning trip has been kick-started! Through a variety of training and experiential learning activities, 43 participants gained a deeper understanding of societal needs, developed their mindset, leadership qualities which empower them to lead and inspire changes.

They started the programme with the Personality Dimension® Assessment Workshop to understand their personality traits and how they can effectively collaborate within their project teammates. Then, they acquired practical skills in proposal writing during the briefing session. In addition, students visited the African Center and participated in the Social Innovation & Global Citizenship Programme, where they experienced African culture and learned about the challenges faced by Africans in Hong Kong, and further reflect on their role as global citizens. In the next stage, participants will create changemaking solutions and turn their ideas into actions based on authentic community needs. Stay tuned for their innovative service-learning plans!

HKMU Best Buddies Programme - Building Friendships with Intellectual Disabilities 2023/2024



The student recruitment and selection for the HKMU Best Buddies Programme - Building Friendships with Intellectual Disabilities 2023/2024 has concluded. The chosen students have been designated as "Best Buddies" and have successfully completed a series of training sessions and communication skills workshops. These workshops were facilitated by the participants from the previous year's programme who now serve as mentors for this year's cohort.

HKMU Best Buddies also have started their companion services with their assigned buddies from the Nagi Shun Home, a residential care home for intellectual disabilities. The selected students have also commenced their first companion service by fostering friendships with their assigned buddies from Nagi Shun Home. They built friendships through icebreaker games, arts and crafts, singing, and dancing and there were even tears of farewell from their buddies, showing the strong bond they have formed. Each Best Buddy is eagerly looking forward to the next activity, which will be planned and led by HKMU buddies again.

HKMU Photography Services for the Elderly 2023/2024



The "HKMU Photography Services for the Elderly" programme continues to be organized as one of the signature service-learning programmes for AY 2023/2024, with the purpose of providing meaningful interactions and support to the elderly through the art of photography. The student recruitment and selection process for this programme has

concluded. Selected students completed various training sessions in October, including Communication Skills Workshop, Life Education Workshop and Photography Workshop to enhance their skills and be prepared to provide makeup and photography services to the elderly.

Furthermore, student volunteers who participated in the previous year's Life Education Ambassador Programme have taken on leadership roles this year. They provided training to the new batch of student volunteers, shared communication techniques with the elderly and discussing important considerations for the photography sessions. Through role-playing and discussions, these student leaders equipped their peers with positive values and cultivated a sense of service towards the elderly.

SEN Me Your Love: Child Care Service for Families in Subdivided Units 2023 / 2024



The "SEN Me Your Love Programme" aims to demonstrate a commitment to supporting children with special educational needs (SEN) who live in subdivided flats and provide respite for their parents. Following the interview sessions, a total of 23 students were selected as programme volunteers, these student volunteers actively participated in the "Communication Skills Workshop with SEN Children." This workshop provided students with valuable insights into common challenges experienced by families with SEN children and offered communication techniques to equip the students with the necessary skills and knowledge to better serve SEN families in the future.

Me & U Community Caring Programme 2023/24



A new service learning initiative "Me&U Community Caring Programme" was launched in September to unleash students' potential and help contribute their knowledge to the

community. 30 passionate students were selected from over 100 applications to form 3 teams to serve elderly persons, animals and sub-divided unit tenants. Other than a series of training and service sessions, they would be required to lead some empowerment projects throughout the service period.

The programme was officially kicked off in October. Community exploration, educational tour and first-aid skills training were held to help prepare members to the programme.

Know More!



News & Upcoming Events / External Activity

Principal Chan Free Tutorial World: Recruitment of Volunteer Teachers



政府註冊編號 Registration No. 91/11019

Principal Chan Free Tutorial World is a Non-Profit Organization provides absolutely free learning support to the under-privileged children who have financial difficulties. They are now recruiting MU students to be their volunteer teachers, and to provide one-on-one tuition services for free to students from underprivileged families. Please write “HKMU student” at the remarks part of the form so that your service hours will be accumulated and recorded in [HKMU Service Alliance database](#), a certificate will be issued for those who had completed 20 hours/50 hours of volunteer work.

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Recruitment of Equal Opportunity Youth Ambassador Scheme 2023/24



To promote the values of diversity, equal opportunities and inclusion (DEI) among the younger generation and rally young staunch supporters, the Equal Opportunities Commission introduced “Equal Opportunity Youth Ambassador Scheme” in 2023/24 academic year.

Under the six-month scheme, a wide variety of experiential learning activities will be arranged for the Youth Ambassadors to enhance their understanding of equal opportunities. If you are interested in the



www.eoc.org.hk/youth
(852) 2511 8211
youth@eoc.org.hk



Scheme, please click the link below to know more!

[Apply Here!](#) 



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Enquiry : 2768 6753 / sl@hkmu.edu.hk

Student Affairs Office (Experiential and Service-Learning)