



Shaw College
Student Development Programmes
2022/23 (2nd Term)

Category	Programme Name	Programme Highlights	Date/Period And Time	Language	Details and Enrollment	Deadline
Summer Programme		The programmes cover different natures, including language and cultural learning, meditation, internship and environmental sustainability.	June – August 2023	N/A	Enrollment closed	
First Year Engagement Programme	“Strengths Profile” Self-discovery Workshop	Enhance self-understanding to facilitate academic and career planning	17 Jan (Tue) 6:45-9:45pm 17 Feb (Fri) 6:45-8:45pm	Cantonese/ English	Completed	
Art for life	“Photographing My Vision” Photography workshop	Learn how to take a good photo and how to share your thoughts through the photos taken	11 Feb (Sat) 3pm-5pm 17 Feb (Fri) 7pm-9pm 18 Feb (Sat) 2pm-4pm 25 Feb (Sat) 2pm-5pm 4 Mar (Sat) 2pm-5pm 10 Mar (Fri) 2pm-5pm	Cantonese	Completed	
Community Service Programme	Caring Heart Community Service Project Scheme	Provide subsidy to support student service projects	Jun - Aug	N/A		15 May (Mon) 1pm

	SoF Ambassador	Participate in the training to help SEN students reduce impulsive or aggressive behaviors caused by anger, enhance positive emotions and learning effectiveness.	Mar - May	Cantonese, complemented with English	Enrollment closed
Language and Culture Enhancement Programme	“English Through Cooking” Workshop	Practice English while cooking. Students without cooking experience are also welcome.	6 Apr (Thu) 11 Apr (Tue) 13 Apr (Thu) 11:30am-1:30pm Students may join any 1 or all sessions.	English	Enrollment closed
	English for Social and Intercultural Communication Workshop	Enhance social English proficiency	13 & 20 Mar (Mon) 7pm-9pm	English	Enrollment closed
	Survival Cantonese Workshop for Non-Cantonese Speaking Students	Learn survival Cantonese. Fieldwork will be held in the last lesson.	23 Feb (Thu) 2, 16, 23 Mar (Thu) 7pm-9pm	English, Cantonese	Enrollment closed
	Cantonese Workshop on Presentation Skills for MC	MC skills and script-writing training for Cantonese-speaking students	16 & 23 Mar (Thu) 7pm-9pm	Cantonese	Enrollment closed
	Photography & Meditation Exhibition	Display the photos of the participants in the workshop hosted by Ven. Changlin	9 – 20 Jan Mon – Fri: 9am – 10pm Sat: 9am – 6pm	N/A	Completed

	Chocolate making with Mindfulness Workshop	Chocolate making and tasting, with mindfulness practice	5 Feb (Sun) 10am-5pm	Cantonese (translation to English/ Mandarin is available)	Completed	
	Film screening	Film screening "Peaceful Warrior" followed by sharing session of Ven. Changlin	2 Mar (Thu) 3:30pm-6:30pm	English (Chinese & English subtitles)	Completed	
	Meditate with Freedom	Learning how to relieve stress from College Head, Professor Freedom Leung	1, 8, 15, 22 & 29 Mar (Wed) 12 & 19 Apr (Wed) 12nn-1pm	English, Cantonese	Enrollment closed	
	One day programme – Life and Death Education	Life reflection from the activities – visit Crematoria and Funeral Social Enterprise	26 Mar (Sun) 10am-5pm	Cantonese	Completed	
Work Experience Programme	Leadership Development Programme – The 7 Habits of Highly Effective People	A better career preparation by learning 7 habits for enhancing personal efficacy	4 & 11 Feb (Sat) 9:30am-5:30pm	Cantonese	Completed	
	One-on-one Career Guidance Session	Myers-Briggs Type Indicator® (MBTI®) x Career for Your Type	March 2023 (The College would schedule appointments with successful registrants)	Cantonese	Enrollment closed	
	Professional Image and Grooming for Success Workshop	Make-up and hairstyling demonstration by make-up artist and hairstylist Dress code tips for different occasions	29 Mar (Wed) 3:30-5:30pm	Cantonese		23 Mar (Thu)

	Mock Interview Workshop	Tips to nail the job interview	14 Apr (Friday) 7:00-9:00pm	Cantonese		31 Mar (Fri)
Mentorship Programme	Alumni Sharing	Mr. Chan Tsz-tat Stephen (GPA /1994), Deputy Commissioner of Customs & Excise (Control and Enforcement) & Mr. Kwok Chi-yan Ken (GPA /2001), Director of CR1, Hong Kong Commercial Broadcasting will share the roads to success	24 Mar(Fri) 7:30-9:30pm	Cantonese	Completed	
Make a Wish Scheme		Provide subsidy to realize students' dreams which contribute to the community	Academic year 2022/23	N/A	Enrollment closed	
Cultural Integration Programme	New Year Party	Celebration of New Year with people from different nationalities and cultural background	16 Jan (Mon) 7pm – 9pm	English	Completed	
	Tung Ping Chau Eco Culture Tour	Tour in Tung Ping Chau and make friends with people from different	12 Feb (Sun) 8:30am – 7pm	Cantonese / English	Completed	

		nationalities and cultural background			
	Hong Kong and Chinese History: The Dr Sun Yat-sen Historical Trail	Introduce the history and background of The Dr Sun Yat-sen Historical Trail	25 Mar (Sat) 2:30pm – 5:30pm	Cantonese / English	Enrollment closed
	Lai Chi Wo Cultural & Ecology Tour x [Exercise Well] Hiking with Freedom	Tour in Lai Chi Wo with Freedom, learn more about the cultural background and ecology there	1 Apr (Sat) 8:15am – 5pm	English	Enrollment closed
IT Sharing Sessions	Adobe Photoshop Workshop (Elementary)	Introduce basic Adobe Photoshop skills	13, 20 & 27 Feb (Mon) 7pm – 9pm	Cantonese	Completed
	Adobe Photoshop Workshop (Advanced)	Introduce advanced Adobe Photoshop skills	20 & 27 Mar (Mon) 7pm – 9:30pm	Cantonese	Completed
	Adobe Illustrator Workshop (Elementary)	Introduce basic Adobe Illustrator skills	1 & 8 Mar (Wed) 7pm – 9pm	Cantonese	Completed
	Adobe Illustrator Workshop (Advanced)	Introduce advanced Adobe Illustrator skills	15 & 22 Mar (Wed) 7pm – 9pm	Cantonese	Completed
	Adobe Premiere Pro Workshop (Elementary)	Introduce basic Adobe Premiere Pro Skills	23 Feb (Thu) 7pm – 9pm	Cantonese	Completed
	Adobe Premiere Pro Workshop	Introduce advanced Adobe Premiere Pro	2 & 9 Mar (Thu) 7pm – 9pm	Cantonese	Completed

	(Advanced)	skills			
	Adobe InDesign Workshop (Elementary)	Introduce basic Adobe InDesign skills	6 Feb (Mon) 7pm – 9pm	Cantonese	Completed
	Microsoft Excel Workshop (Elementary)	Introduce basic Microsoft Excel skills	21 Feb (Tue) 7pm – 9pm	Cantonese	Completed
	Canva Workshop (Elementary)	Introduce basic Canva skills	29 Mar (Wed) 7pm – 9pm	Cantonese	Enrollment closed
Sports and Recreation Courses	K-pop Dance		21 & 28 Feb (Tue) 7, 14, 21 & 28 Mar (Tue) 6:30pm – 8pm	Cantonese	Completed
	Thai Boxing		9, 16 & 23 Feb (Thu) 2, 9, 16, 23 & 30 Mar (Thu) 6:30pm – 8pm	Cantonese	Enrollment closed
	Pilates		16 & 23 Feb (Thu) 2, 9, 16 & 23 Mar (Thu) 7pm – 8:30pm	Cantonese	Completed
	Tennis		16 & 23 Feb (Thu) 2, 16, 23 & 30 Mar (Thu) 6pm – 8pm	Cantonese	Enrollment closed
	Yoga		20 & 27 Feb (Mon) 6, 13, 20 & 27 Mar (Mon) 6:30pm – 8pm	Cantonese	Completed
	Golf Elementary Class		15, 22 & 24 Feb 1, 3, *8 Mar (Wed & Fri) 5:30pm – 7:30pm * 4pm – 6pm	Cantonese	Completed
	Kayak (1-star Award)		2 Apr (Sun) 9:30am – 5pm	Cantonese	Enrollment closed
	Kayak (2-star Award)		16 Apr (Sun) 9:30am – 5pm	Cantonese	Enrollment closed
	Introduction to Sailing Training Course (Level 1)		22&23 Apr (Sat & Sun) 9:30am – 5pm	Cantonese	Enrollment closed

