

Counseling and Wellness Center



“Happy Living” Peer Counselor Training Program

Caring Projects Exhibition

pass your care to others

your little step can make a BIG difference

About the Caring Projects

Peer Counselors are a group of dedicated and respectful students who are trained to reach out to their peers to provide support, encouragement and companionship.



One of the missions of Peer Counselors is to build a warm, supportive and caring university campus. Over the past year, Peer Counselors have contributed a variety of ideas in supporting different student groups and external organizations through fascinating and creative events. We are pleased to share with you the caring projects carried out this year. Appreciation to our kind, loving and generous Peer Counselors who have made our campus better!

1. COURSE REGISTRATION TUTORIALS
2. LOCAL FOOD TOUR @ MID-AUTUMN
3. STICKY RICE BALLS MAKING
4. EGGLAND PARTY
5. BOOST YOU UP BEFORE EXAM

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Embracing Changes!

The project

In this project, we aim to help **first year non-local students** adjust well to **Hong Kong** and **HKUST**. We understand that living in a foreign country while starting a new page in life could be really stressful and overwhelming, therefore we hope that by joining the activities we organized, these students can feel at home in both UST and Hong Kong.



Giving an one-hour presentation down there was nerve-wracking >>



1st activity: course registration tutorial

Since it was their first time registering courses, a lot of freshmen were **worried** and **anxious** about the process. Therefore, we would like to share our knowledge and experience to help reducing their anxiety.

4 tutorials were held in LT-H on August 22nd & 24th. Our sharing included **step-by-step registration procedure**, **personalized tips** on different schools, and answer to **frequently asked question**.



Participants' feedback

After weeks of preparation, we are stoked that the tutorial was **well received** by participants! Most participants are very **active** in the Q&A session. Also, they are **more confident** in the entire process, and find the material very **useful**!

Section	Date & Time	Room	Instructor	Quota	Enrol	Avail	Wait	Remarks
L1 (3002)	MoWeFr 11:30AM - 12:20PM	Rm 4619, LR 31-32 (126)	Professor Chan	100	75	25	0	1
L2 (3004)	Fr 09:00AM - 10:20AM	Rm 3008, LR 3-4 (121)	Dr. Lee	100	93	7	0	2
T1A (3006)	Mo 01:30PM - 02:20PM	TBA	Professor Chan	50	33	17	0	3
T1B (3008)	Fr 02:00PM - 02:50PM	TBA	Professor Chan	50	42	8	0	4
T2A (3009)	We 03:00PM - 03:50PM	TBA	Dr. Lee	50	43	7	0	5
T2B (3010)	Th 04:30PM - 05:20PM	TBA	Dr. Lee	50	50	0	0	6

Select Class	Days/Times	Room	Instructor	Units	Status
<input checked="" type="checkbox"/> 2200-11 (1473)	TuTh 16:30 - 17:50	Rm 2306, Lift 17-18 (111)	TANG, Benzhong	3.00	●
<input checked="" type="checkbox"/> 2200-11 (1352)	Tu 16:00 - 16:50	Rm 4472, Lift 25-26 (30)	CHEN, Guohua	2.00	●
<input checked="" type="checkbox"/> 2200-11 (2183)	MoWe 09:00 - 10:20	Theater B (319)	MILLER, Andrew Leitch; WU, Zhenguo	3.00	●

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Dim Sum was delicious!!

2nd activity: Local Food Tour

Our second PC project's aim is to **introduce local Hong Kong culture** to new students and let them get familiar with this city. We first explored a variety of mouth-watering **local street food**, then visited **Tung Choi Street** and **Tsim Sha Tsui harbour** for sightseeing. Next, we took the **Star ferry** to Wan Chai for **Dim Sum** dinner. Last but not least, we celebrated **Mid-autumn festival** together by watching beautiful lanterns in Victoria Park and sharing mooncakes.



Standard tourist thing..



Participants' feedback

C: "local food tour is totally a good event. I experience a lot of local culture but what I like the most is trying the Hong Kong street food. Thank you peer counsellor for organizing such a great event for us."

J: "I reallllyyyy love it! It is indeed a memorable experience, especially when the peer counselors brought us to dim sum restaurant for dinner and enjoying mid-autumn festival by seeing the decorated lantern. We also lit our own lanterns. This event let me know Hong Kong better. Thanks PC:)"

We are the PCs!



What do we have to say?

This project allowed us to apply new knowledge and skills we learnt from the Program into practice. Meeting new people and working with them, learning new things together is great! The project was also especially memorable because the activities we planned from scratch turned out to be quite successful!"

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We cooperated with the Baptist Oi Kwan Social Service and the Kiddy Heart Canteen to hold two cooking classes for the children from grass root families.



3. STICKY RICE BALLS MAKING

Healthy ingredients: sticky rice flour, red bean/sweet potatoes/taro paste.

Together with the kids participated, we successfully made the dessert with different flavors.



4. EGGLAND PARTY

Healthy ingredients: boiled eggs, carrots.

Seeing the kids enjoying the cooking classes with our big brothers and big sisters, we feel like all our efforts paid off. We gained our reward --- kids' smiles!

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Kingsley (MARK, Year 3):

This is the 2nd time for us to co-operate with the Kiddy Heart Canteen to organize cooking workshops.

Upon every eye contact, every speech and every smile, I have discovered that there was a kid living in every adult's mind! Time limit and tiredness are only excuses for us to pretend to be a senior. I am glad to learn from those little kids before graduation.



Ashton (ISOM, Year 2):

This service has enabled me to meet new friends. They made me realize that even the littlest thing can bring happiness to people around us.

Samuela (BISC, Year 4):

I have gained a lot of sweet memories when doing this Caring Project with my teammates.

What I found the most heart-warming was when the kids saying "thank you" to us, bringing their masterpieces back to home and sharing with their family joyfully.



Kaka (CBME, Year 2):

In the Caring Project, the most memorable thing was being a volunteer to cook with kids.

I can see lots of smiling faces, which is not only hard for me to find in society nowadays, but also made me feel excited and relaxed through getting along with them.

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5. BOOST YOU UP BEFORE EXAM

Our project aims to:

- Help students to relieve study pressure
- Promote love and care in HKUST
- Promote the HKUST Counseling and Wellness Center

On the last school day in Spring semester 2015-2016, our team outreached different places around campus to distribute small gifts and snacks to students. We took the chance to spread our positive energies and encouragement on their final exam preparation. The event was well received by over 200 students with positive responses.



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“

I am very thankful for this caring project. It is a fruitful experience for me to learn how to be a good listener to each other. I enjoy every step of preparation.

Team member:
Andy (CSE, Year 3)

”

“

Very glad to see people caring for each other, purely from the goodness of their heart. You really made my day, thanks!

Exchange student: Seth

”

“

I am so surprised to receive a gift suddenly! Thank you for your care!

Student: Alvin

”

I gained a lot of experience about team building in this caring project. This project would not be successful without our teammates. I enjoyed this event because it was a golden opportunity for me to show care to people.

Team member:
Peter (SENG, Year 1)

