

Caring Projects Exhibition



“Happy Living” Peer Counselor Training Program

By Counseling and Wellness Center

To view more
program information,
please visit:



<https://goo.gl/kv5BxF>

pass your care to others
your little step can make a *BIG* difference

About 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 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. LIFE CRAFT WORKSHOP
2. SPEAK DATING
3. SPEAK COOKING
4. DARE TO DREAM
5. HIKING AT DRAGON'S BACK
6. EXAM MOSAIC
7. - HOW'S YOUR DAY? SHARE WITH ME! +

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LIFE CRAFT WORKSHOP

Introduction

Our project aimed at letting students better appreciate and plan for their university life in a fun and relaxing way. Our event was hosted at the Counseling and Wellness Center in early October. During the event, interactive mini-games were designed to simulate activities in university. Participants could play games that represented different aspects and stages of university life. At the same time, we created a jovial atmosphere so that participants could relieve pressure from studies and make friends in the event.



Participants' feedback:

Through participating in the Life Craft Workshop, I had a glimpse of what university life may be like and had a great time meeting new friends and interacting with my peers. I realized the importance to maintain work-life balance and have a good mental health in university. I wish to join similar events in the future if there are any.

- Sharon

The event organized by the Peer Counselors was really good. I like the food provided and most of the games. Thanks to the event organizers, I had a wonderful evening that night. I hope the Center could provide more activities in the future.

- Rachel



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Words from Peer Counselors:

Nathan (ECE, PG Yr 2)

It is my honor to be a Peer Counselor and participate in this Caring Project. While preparing and conducting the "Life Craft Workshop", which is a huge idea originally, I learnt how to divide this big idea into several phases, and accomplished them step by step along with my partners. Eventually, we enjoyed the happy moments and shared the positive energy among peers. Thanks a lot to my partners and staff of Counseling and Wellness Center.



Jonathan (CHEM, Yr 4)

It was so happy that our Caring Project finally turned into a great success. Although we faced some difficulties about the details of the event at the beginning, we overcame all those barriers at the end. I am glad to have my teammates to show strong support throughout the process. I would also thank for the suggestions from John and Fanny that helped to improve our project. I learnt a lot during this period and it benefited me a great deal for being a Peer Counselor!

William (PHYS, Yr 2)

Organizing this project was a very enjoyable experience. Our team members worked closely together to bring this relaxing, yet meaningful, experience for the students. Despite some initial setbacks, the project turned out to be quite successful, which was very encouraging. Finally, I would like to thank my team members and the staff from the Counseling and Wellness Center for their work in making this project possible.



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Our group organized two activities for all HKUST students in September and November 2017



"SPEAK Dating"

The first activity was a welcoming party in which students had a chance to meet with new friends from different disciplines and backgrounds. We prepared some interesting games and spent a great evening together.

"SPEAK Cooking"

The second activity was a cooking session, held in Multi-Purpose Hall of Hall 7. To many of us, especially the male participants, it was the first time to make desserts by ourselves.

Our group members and participants had a great experience in making Almond Bars and Warabi Mochi.



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Marilyn (CBE, Yr 4)

This self-initiated Caring Project means a lot more than a task to me. Witnessing how much the participants enjoyed the activities organized by our team was so rewarding that motivates me to take initiative to bring joy and happiness to others.



Warabi Mochi

Joyce (BIOT, Yr 4)

Our Caring Project can bring participants joy as playing mass games and eating desserts are really enjoyable! I am glad to be the organizer of this project because I like making new friends and having fun with them.

Carmen (BCB, Yr 4)

During these three months, I have learnt to appreciate the importance of teamwork. The activities would not have held successfully without the cooperation with my group members. Being the organizer of the SPEAK Dating activity, I learnt to be come more proactive and reaching out to students who are less willing to take initiative.



Almond Bars

Wendy H. (ACCT, Graduate)

I am grateful that I have joined to organize this Caring Project. Every participant is happy to join the events since they can make new friends through playing games and cooking. It is my pleasure to know that the participants are satisfied with the events. Moreover, my teammates became good friends of mine and I am thankful for their help and support.



Our team

Wendy C. (CPEG, Yr 4)

This precious opportunity has not only developed my skills on event organizing and interpersonal interaction, but also let me take initiative to reach out to other students. On top of that, I had so much fun on these two activities we organized, and they gave me a huge sense of satisfaction since they witnessed all the effort we put on these events.

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DARE TO DREAM

To further promote happiness on HKUST campus, our group set up a counter outside LTJ on 31 August and 4 September 2017. We encouraged students to write down their dream and hope for the coming term as well as their feelings at the moment on the board. Then, they could participate in the lucky draw and get some souvenirs.



SHARING BY PEER COUNSELORS

Joanne (CIVL, Yr 2)

It was meaningful to share joy and happiness with other schoolmates!

Venus (ENVS, Yr 3)

This event made me realize that our dreams could only be achieved with persistence and enthusiasm as the journey in pursuing our dreams was not easy. I was glad to see many 'creative' dreams shared by many schoolmates and wish their dreams could come true!

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HIKING AT DRAGON'S BACK

Our project aimed to enhance non-local students' understanding on the places in Hong Kong and to provide them with a chance to establish friendship networks with schoolmates from various years of studies and backgrounds. In the early September 2017, we hiked along the Dragon's Back to explore the beautiful costal scenery and arrived at Big Wave Bay. Then, we went to a traditional Hong Kong style cafe to enjoy the great food together.



PARTICIPANT'S FEEDBACK

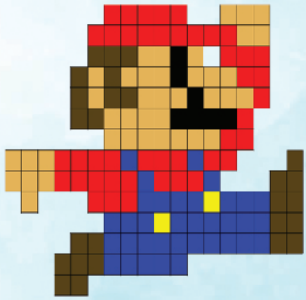
Sunny (MAEC, Yr 2)

It is a memorable experience in which I met a lot of new friends and explored the beautiful landscape in Hong Kong, despite of the hot weather and steep trek at the beginning. Thank you for organizing this event!

Sophia (MAEC, Yr 2)

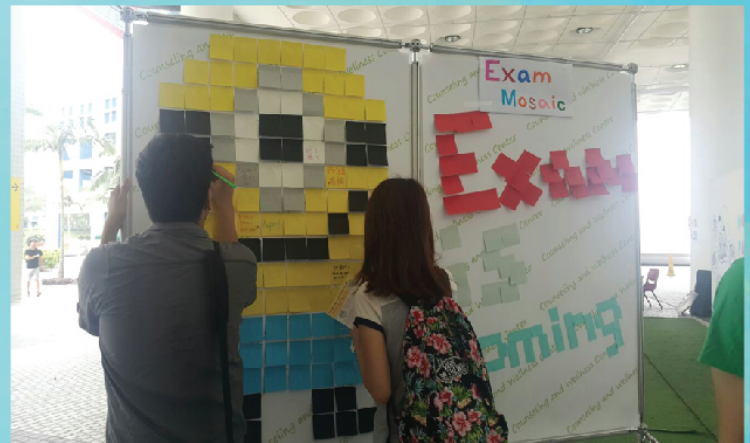
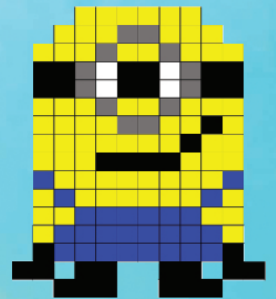
I really really like the food in Capital Cafe! Delicious food and spectacular scenery are definitely the comfort after a long hike.

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Exam Mosaic

We held the project at Atrium on the last day of the Spring term. We set up a booth with 2 big cardboards which have 2 cartoon characters on it. The cartoon characters consist of many memo papers with different colors. Then we invited students to write down their feelings, encouraging messages and targets for the coming examination on the memo papers.



Encourage Students

Express Feelings

Offer Assistance



Support and boost up students before exam



Provide a channel for students to express their personal feelings



Introduce Counseling Service and offer assistance when needed

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Reflection of Peer Counselors

Kit (CSE, PG Yr 1)

Time flies. It is really amazing that we just met a few times in the term and formed a group to deliver the Caring Project together. We worked closely and became friends!!! I loved the project we did! Not only did it provide me a chance to apply what I learnt from the training program, such as listening and communication skills, but more importantly we brought in the art and joy (our Minion and Mario :3) to our campus.

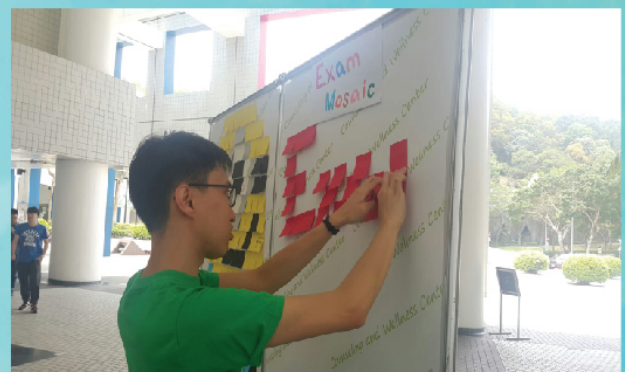


Larry (CIVL, Yr 1)

This was the first time I held activity for peers and I was so excited. I was glad that a lot of students were writing their aims and encouraging messages on the memo papers and forming the big picture. Some of them even took photos with it. I also wrote down my exam goal and finally it came true! This is the power of encouragement and goal setting, isn't it?

Edward (ECE, Yr 4)

This is my last year in HKUST so I want to share some of my experience with the junior students. Having experienced that studying in HKUST has heavy workload, with piles of homework, tests and exam, we thought of setting up a platform during exam period to let students putting down their worries and giving encouragement to others. I hope this could help them to find out they are not alone but having many companions. Besides, I'm also happy to work with my teammates. They are my best partners!



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Meanwhile...

Giving surprise **FREE HUG**
around the campus to cheer up
HKUST students!!



Finally...

Let all negative
feelings **FLY** away



PP (SSCI, Yr 2)

"Happiness is contagious."

As Peer Counselors, we always try our best to spread the positive energy and happiness not only around the campus but also wherever we go.

Toto (BCB, Yr 3)

"It's ok for being not ok." We are here to embrace people's negative feelings. By the way, it is really therapeutic when we release other's negative emotions with the balloons into the sky.