

CARING PROJECTS EXHIBITION

Peer
Counselor



"HAPPY LIVING" Peer Counselor Training Program

By Counseling and Wellness Center

To view more program information, please visit:

<http://goo.gl/Lhrn5x>



pass your care to others

your little step can make a BIG difference

Counseling and Wellness Center

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This is a 24-hour helpline that supports exclusively all HKUST students 7 days a week. The service is made available by our Counselors in collaboration with the Christian Family Service Center.

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!

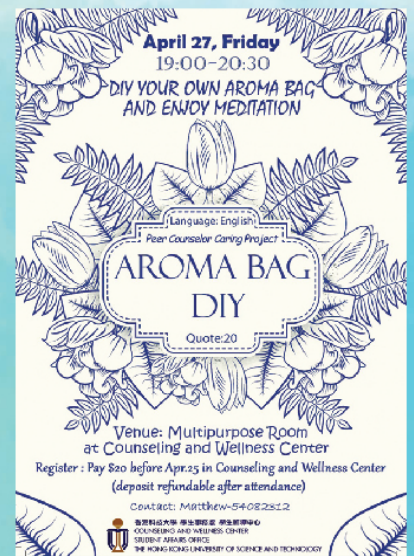
- 1. Aroma Bag DIY**
- 2. Treat Fair, Less Stigma**
- 3. Dumpling Workshop**
- 4. Explore Hong Kong Street Food**

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Aroma Bag DIY

Introduction:

Our Aroma Bag DIY workshop was held on 27 Apr, 2018 with more than 10 participants taken part. The participants are first introduced with the concept of aromatherapy and the types and benefits of herbs that would be used for the DIY. Then, they started making their own aroma bags and enjoy their relaxing time. Afterwards, we taught them to perform aromatherapy with their handmade bags!



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Words from Peer Counselors:

Matthew (BIBU, Year 2)

The Aroma Bag DIY workshop was my idea for helping stressed UST students to make time for relaxation. Aromatherapy is one of the best methods to destress and boost our mood. I think it would be a big help to UST (also known as University of Stress and Tension) students before the final exams. And the workshop was unexpectedly popular and I was surprised by it.



Charlie (AE, Year 3)

Finding a relaxing moment and practising mindfulness can be difficult among university students. I helped organizing this Aroma Bag workshop and led the mindfulness practice. I'm sure by paying more attention to our inner self and relax more, students will find their university lives less stressful!

Sophie (MES, PG Year 2)

I have always been sensitive to smells. And it's the first time for me to expose to so many different floral scents, which quite overwhelmed my sense of smell during the event preparation. It was a really rewarding experience to have fun and share problems with participants in the workshop.



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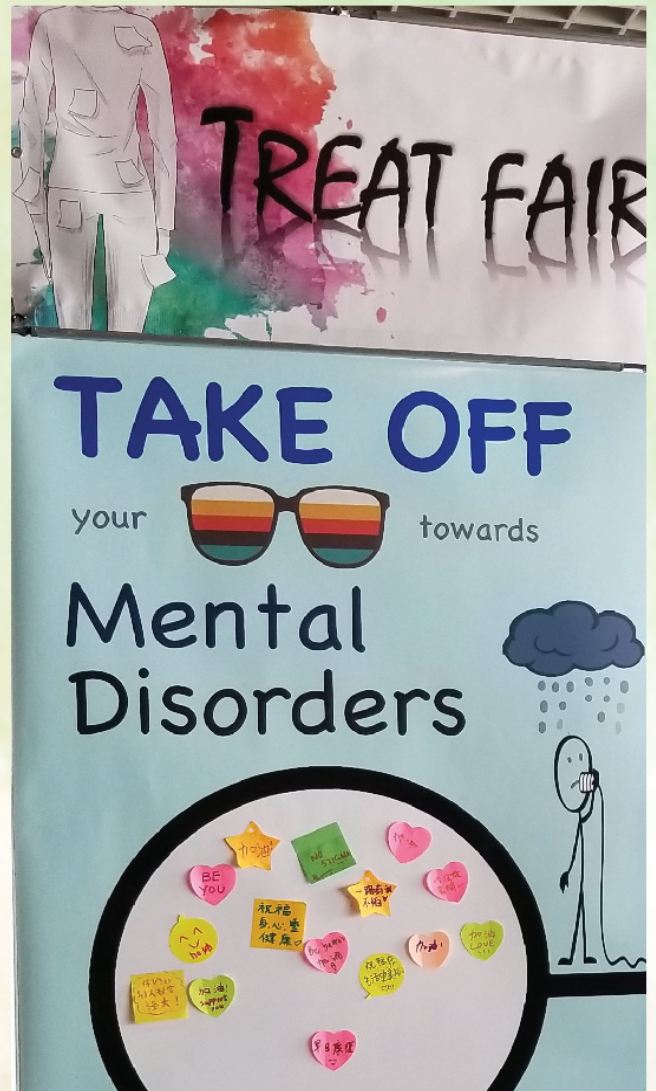
Treat Fair, Less Stigma

Aiming to promote anti-stigma against mental illnesses, our Peer Counselors collaborated with the Yung Fung Shee Psychiatric Day Hospital to set up an educational booth outside LTB on 3 May 2018.

We promoted the "Integration" and "Inclusion" messages through experiential games, survey on public attitudes towards mental illness, a photo booth and a message board.



Beautiful DIY souvenirs made by service users of the Day Hospital.



Our students / staff leave encouraging messages to people recovering from mental illness.

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Reflection



Let's fight social stigma together!

Becky (BISC, Year 3)

This is an honor for me to participate in the "Treat Fair, Less Stigma" event which was collaborated with the Yung Fung Shee Psychiatric Day Hospital. I was inspired by all the efforts and work done by the rehabilitated patients. They were brave to share their stories to our students, staff and visitors. They have been encouraged, at the same time encouraging others, including myself. Our society should really treat everyone fairly without stigma.

Dickson (COMP, Year 3)

I can't imagine they have faced such big hurdles in their lives. Although they are under challenges brought by their mental illnesses, they can still be as productive as ordinary people, or even better. This was an unforgettable experience for me and I learned from them to stay positive at all times. I hope that there will be no more social stigma among the community and everyone can be treated equally.



Students playing experiential game simulating auditory hallucination in daily life.

Sam (COMP, Year 4)

During the project, I worked together with the Day Hospital service users and saw how they cooperated with others. We are just basically the same if you remove those labels and give them an equal chance. I found them very willing to pay effort. After talking with them, I knew that they overcame a lot of hurdles and finally appreciated their blessed learning - improved emotional management ability which is needed for everyone.



Collecting "Public Attitudes towards Mental Illness" through survey.

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Dumpling Workshop

Introduction

Our caring project aims to create a relaxing ambience by making Chinese dumplings (Jiao Zi 餃子). Participants could mix and customize the ingredients to suit their own taste. Some of them were so creative to invent their new shape of dumplings too! We all enjoyed the delicious treats while making new friends. By making Chinese dumplings together, we shared the fun and warmth just like we did in traditional Chinese families.



Participants' Feedback

Tania FW (BIBU, Year 2)

The dumpling workshop made me realized that making dumplings isn't as complicated as I thought! The Peer Counselors were great at teaching us the basics of folding and cooking dumplings. As a result, they came out delicious. Thank you so much for organizing this event, I had a lot of fun!

Mauricio (MATH, Year 2)

The dumpling workshop was a great event to join. Not only did I learn how to make delicious dumplings but it was also very satisfying. Peer Counselors were very helpful throughout the making of the dumplings and most importantly it was a lot of fun.

Charlie K. (AE, Year 4)

It was the first time I made my own dumplings and I enjoyed every step in the process. From preparing the filling, wrapping the dumplings to cooking them. It also gave me a great opportunity to mingle with new friends.

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Rachel (CIUL, Year 2)

The dumpling making workshop was a huge success and everyone enjoyed it. Participants learnt how to make Chinese dumplings and then were very happy to try their delicious treats. I'm very glad that the participants had a good time with their friends amidst the stress surrounding midterms, assignments and projects. Overall, I felt this workshop really helped everyone to relax and take some time to chill.

Vianna (LIFS, Year 2)

I was happy that our dumpling workshop turned out to be a great success that everyone enjoyed. Our group organized this event enthusiastically that it didn't feel like a burden despite our midterms, projects, and assignments. Moreover, nothing is better than having a happy tummy from filled with delicious food made on our own. :)



Benjamin (CIUL, Year 2)

The event was very successful as many participants signed up and the execution was smooth. Students not only learned how to make dumplings, they enjoyed eating their own dumplings with us and other participants. Even though we were busy with our school work, we distributed the work equally, including promotion, follow-up, venue booking, utensils and ingredients preparation. The event would not be held successfully without the help of my groupmates and the Counseling and Wellness Center.



Aldo (IEDA, Year 2)

I was grateful for the total participation of the Peer Counselors and the participants in this event. The event was really cheerful despite it was near to the midterm exam period. It was a pleasure of serving in this event. It was a good experience among the Peer Counselors and the participants. In the future, hopefully there will be another event like this again.



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Explore Hong Kong Street Food



For Non-local New Students



● Introduction ●

Adapting to a **new environment** could be challenging especially with cultural and language differences. To facilitate **international freshmen** to know better about the **Hong Kong local culture**, we organized a one-day tour near the **Mid-Autumn Festival** so that participants could taste some local food, learn more about local festivals, and also make new friends! We took the new USTers to **Tai On Building**, where participants could know more about the history of Hong Kong while getting a taste of **delicious local food**. After that, we went to seafront area near **Tai Koo Cityplaza** and we introduced the **Victoria Harbour** and the **Lion Rock** in addition to other famous places. Then, we took a tram to the **Victoria Park** as there were some fairs about the **Mid-Autumn Festival**. The tour was full of **pleasure and fun!**

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• Words from our Peer Counselors •



Samuel (COGBM, Year 5)

It was such a pleasure to organize the HK one-day tour activity as a local student. While being the only local student in the group, we had a lot of fun during that day. Thanks to all our Peer Counselors' passion and help in ice-breaking. I thought that cultural difference could never be a barrier to mutual communication, but an excellent channel to get connected with new friends. Overall, I enjoyed so much for being a PC, in which we had the opportunity to make friends who are all great listeners, or even learn to expand our love and passion with our own peer friends. This marked a great ending in my final year in HKUST!

Tina (RMBI, Year 2)

I am the kind of person that likes to make friends, which I mean building a strong bonding with others instead of just having many acquaintances. Being a Peer Counselor is definitely a good chance to build close connections with my partners. During the process of discussion and event preparation, we not only worked on the project but also chatted about our personal issues and feelings. I appreciated the experience and the help from all my partners as well as the staff of Counseling and Wellness Center.



Dolores (CSE, Year 2)

During the pre-trip, I first carefully thought about the feasibility and some details about our plans. I learned that real practice is quite important, and we then modified our plan. Thanks to the work of all my partners as well as the participants' enthusiasm, our tour successfully gave the non-local freshmen a taste of Hong Kong street food as well as some cultural features. As a Peer Counselor, I not only tried many delicious local food myself, but also met some new interesting people from different backgrounds. It was really a great Mid-Autumn Festival!



Riyad Feng (MAEC, Year 3)

Thanks to our diligent teammates who went on several pre-trips for preparation. The trip was well organized with fruitful activities. The majority of participants were non-local students who had just arrived in Hong Kong for a few weeks. The trip recalled my memory when I was new to Hong Kong, trying to explore the city with my seniors. It was also the first time we celebrated the Mid-Autumn Festival in Hong Kong and enjoyed the exhibition in the Victoria Park. We enjoyed a lot from the activities.