

<b>Course Title</b>	:	<b>Becoming effective: Empowering self and others</b> 提升效能：造就自己及他人
<b>Course Code</b>	:	<b>GEF1034</b>
<b>Department</b>	:	<b>Special Education and Counselling</b>

### **Synopsis**

The course examines ways of becoming effective beings in the communities by sharing individuals' visions and voices with others, and the empowerment of the self of individuals and that of others to a higher efficacy level. The course enhances participants' critical and reflective understanding of self-identity, beliefs and values, and to facilitate them to develop effective self-management plans and purposeful life-goals. With the adoption of the experiential learning approaches, participants are led to examine their roles and commitment to the community for now and future.