香港教育大學
The Education University of Hong Kong

Research Assistant II (Ref: 2600977)
Department of Health and Physical Education

Project Title: The Effect of Mindfulness and Self-compassion Meditation on Brain Activities and Mental Health
[Appointment Period: 6 months]

The appointee will assist in the implementation and monitoring of a research project on a hybrid mindfulness and self-compassion training intervention for Chinese young adults. Key responsibilities include coordinating participant recruitment, facilitating intervention sessions, collecting and managing questionnaire and EEG data, conducting data analysis, and supporting the preparation of academic reports and manuscripts. The appointment will be for a period of 6 months.

Applicants should have Level 2 or equivalent or above in 5 subjects including Chinese Language, English Language and Mathematics in the HKDSE; or Grade E (Level 2) or above in 5 subjects including Chinese, English (Syllabus B) and Mathematics in HKCEE or equivalent. Preference will be given to applicants with a Bachelor's degree in Physical Education, Sports Science, Psychology, Social Science or related fields.

Applicants should have a good command of both written and spoken English and Chinese (including Cantonese), as well as good communication skills and the ability to work independently under pressure.

For further enquiries about the post, please contact: Dr Wong Ming Yu Claudia at cmywong@eduhk.hk.

Salary will be commensurate with qualifications and experience. Fringe benefits include leave and outpatient medical benefits.

The University only accepts and considers applications submitted online for this post. Applicants should complete the online application form and upload a full CV on or before **3 December 2026**. Applications which are incomplete or without the required documents may not be considered. Personal data provided by applicants will be used for recruitment and other employment-related purposes. For details of the Personal Information Collection Statement, please refer to http://www.eduhk.hk/jobsopp/index.php?glang=en.

All applications will be treated in strict confidence. Only those who are shortlisted will be contacted. The University reserves the right not to fill the position(s) advertised.

Further information about the University is available at *http://www.eduhk.hk.*

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