

Counselling Workroom



STARTING A NEW PAGE IN UNIVERSITY

Every end is a new beginning.
- Proverb



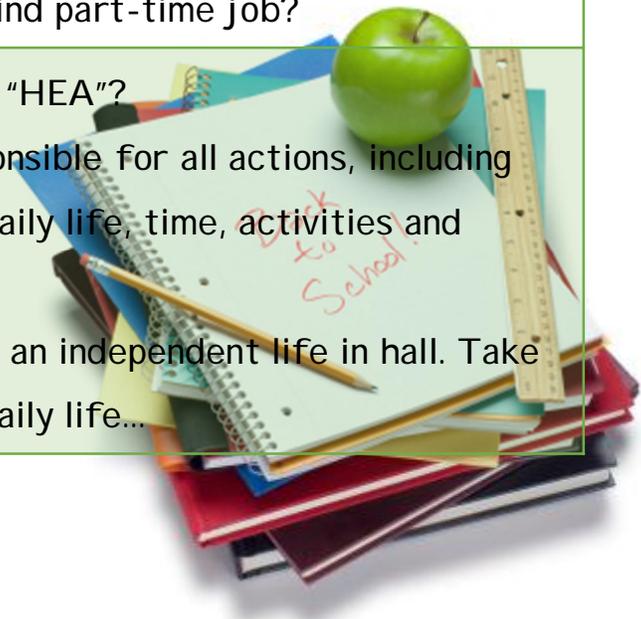


Secondary
School



University

<p>Learning Format</p>	<p>→ They are ALL your responsibilities to attend classes, drop notes and ask questions.</p> <p>→ Emphasize on self-learning. You have to search for relevant materials on your own.</p> <p>→ Assignments, quizzes and exams are less frequent than in Secondary School, but the requirement on the level and number of words is much higher. Emphasize on independent thinking, critical analysis and referencing. Group projects are also common.</p>
<p>Social life</p>	<p>→ Difficult to meet new friends. Only HI -BYE FRIENDS?</p> <p>→ Need to afford with lots of reunion?</p> <p>→ Meet and mingle with classmates/roommates from different background/culture.</p>
<p>Financial Arrangement</p>	<p>→ Depend on family? Apply Government Grant/Loan, Scholarship/Bursary? Find part-time job?</p>
<p>Self Management</p>	<p>→ More freedom = can "HEA"?</p> <p>→ You have to be responsible for all actions, including managing your own daily life, time, activities and emotions.</p> <p>→ Leave home and lead an independent life in hall. Take care of own diet & daily life...</p>



Tips for Freshmen

Learn more about yourself

- University is a stage for “searching self-identity”. Try to find out your strengths, weaknesses, abilities, personality preference and value system. Establish your own identity via exploration and commitment. Student Affairs Office has organized many activities on personal development and self-understanding for you to join (<http://saoinfo.ied.edu.hk/>).



Familiarize with IEd

- Including different resources and facilities in campus, support for basic necessities, arrangement on curriculum and other requirements etc. For instance, familiarization with library resources help much with your study of different subjects. There are different support services, as well as activities and training to facilitate student development in Student Affairs Office. Remember to have the habit of regularly checking your IEd email!

Establish your support network

- Including your classmates in University and Secondary School, senior students, Campus Life Tutors (CLTs), teachers etc. If you cannot find others to share your difficulties, even for trivial matters, our Counsellors would be happy to talk with you and offer support!

Set goals & manage your time wisely

- Understand your own needs and capabilities. Set your own goals. List out the tasks that you have to do. Set priority, implementation plan and schedule. Let's take a schedule book or electric calendar to start planning & monitoring.

Have a healthy lifestyle

- You should know the importance of healthy lifestyle. Even you are young, it's still important to have enough quality sleep and eat healthily. Make good use and don't abuse your freedom and autonomy. Let's be a happy and healthy new member of IEd.

