

2017/18 TIMETABLE

學年時間表



Professional Development Programme
for Mental Health
「精神健康」
專業發展課程

ELEMENTARY AND IN-DEPTH COURSES ON MENTAL HEALTH PROMOTION AT SCHOOLS AND SUPPORTING STUDENTS WITH MENTAL HEALTH NEEDS

校園精神健康推廣及
支援有精神健康需要學生
初級及深造課程

2017/18
School Year
學年

Date 日期		Time 時間
ELEMENTARY COURSE 初級課程		
18th October, 2017	Wednesday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
19th October, 2017	Thursday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
20th October, 2017	Friday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
20th November, 2017	Monday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
21st November, 2017	Tuesday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
22nd November, 2017	Wednesday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
17th January, 2018	Wednesday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
18th January, 2018	Thursday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
19th January, 2018	Friday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
26th February, 2018	Monday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
27th February, 2018	Tuesday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
28th February, 2018	Wednesaday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
IN-DEPTH COURSE 深造課程		
23rd April, 2018	Monday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
24th April, 2018	Tuesday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
25th April, 2018	Wednesday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
26th April, 2018	Thursday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm
27th April, 2018	Friday	9:15 am - 12:15 pm 1:30 pm - 4:30 pm

I-WELL Centre, EdUHK reserves the right for any modification and cancellation for the courses.
香港教育大學整合成長發展中心保留更改、調動及取消課程的權利

Enquiry 查詢  iwell@eduhk.hk  2948 7935  2948 8714

PROFESSIONAL DEVELOPMENT PROGRAMME FOR MENTAL HEALTH 2017/18 SCHOOL YEAR 「精神健康」專業發展課程(2017/18 學年)

To enhance primary and secondary school teachers' capacity to promote students' mental health and support students with mental health needs, the Education Bureau (EDB) of the Government of the Hong Kong Special Administrative Region has commissioned the Integrated Centre for Wellbeing at the Education University of Hong Kong to provide Elementary and In-Depth professional development programmes for teachers to enhance their knowledge on handling students with mental health needs.

為提升中小學教師推廣精神健康及支援有精神健康需要學生的能力，香港特別行政區政府教育局委託香港教育大學整全成長發展中心開辦「精神健康的專業發展課程」，該課程包括初級培訓及深造培訓。

STRUCTURE PROGRAMMES 課程結構

ELEMENTARY COURSE

初級課程

18 contact hours
小時授課

This course aims to provide fundamental knowledge and skills in nurturing the mental wellbeing of students through establishing an accepting atmosphere at school for healthy development of students and de-stigmatization of mental illness, enhancing knowledge and skills to identify students with mental health needs as well as sensitivity to identify students at risk of self-harm or suicidal behaviours.

課程旨在為教師提供基礎知識和技巧，透過建立學校關愛接納的校園氣氛，培養學生的心理健康及消除對精神病的標籤效應，並增強識別有精神健康需要和有自我傷害或自殺風險學生的敏感度、知識和技巧。

IN-DEPTH COURSE

深造課程

30 contact hours
小時授課

This course aims to provide an advanced training on assessing the needs of and support for students with mental health needs, including those at risk of self-harm or suicidal behaviours. This course consists of not only a framework with substantiation of sound educational theories, practicable strategies and skills, and ample examples of good overseas and local practices, but also comes with the application of skills and knowledge in real life situation.

課程旨在為教師提供進階培訓，讓他們能評估有精神健康需要的學生(包括有自我傷害和自殺風險的學生)的需要及為他們提供合適的支援。課程內容包括教育理論、實用策略及技巧、海外及本地的良好措施及實踐方法。

PARTICIPANTS

學員

a ELEMENTARY COURSE Serving teachers in primary and secondary schools including special Schools
初級課程 現職中、小學及特殊學校教師

b IN-DEPTH COURSE Serving School Guidance Teachers/ Student Guidance Officers/ teacher assigned with guidance duties in primary schools, serving Guidance Team masters/ mistresses / teachers or teacher assigned with guidance duties in secondary schools / special schools (primary and secondary section) or serving teachers including principals and vice-principals in primary and secondary schools (including special schools) who are tasked with the responsibilities of assessing the needs of and supporting students with mental health needs, including those at risk of suicide in collaboration with other teachers in schools.

深造課程 負責支援有精神健康需要(包括有自殺風險)的學生的現職小學學生輔導教師/學生輔導主任/負責輔導的教師、中學/特殊學校(小學及中學部)的輔導組主任/輔導組教師/負責輔導的教師及中/小學(包括特殊學校)校長及副校長

Enrollment 報名方法

School participants must enroll the courses on the Training Calendar System provided by the EDB (<https://tcs.edb.gov.hk>).

所有參加者須透過教育局培訓行事曆(<https://tcs.edb.gov.hk>)登記。

Location 上課地點:

Study Centre, The Education University of Hong Kong, No.1, King Yin Lane, Tseung Kwan O, New Territories
新界將軍澳敬賢里1號香港教育大學將軍澳教學中心

TCS course ID 課程編號:

Elementary course 初級課程 SE0020180018

In-Depth course 深造課程 SE0020180019



LOCATION 上課地點

Study Centre, The Education University
of Hong Kong, No.1, King Yin Lane,
Tseung Kwan O, New Territories

新界將軍澳敬賢里1號香港教育大學
(將軍澳教學中心)



ENROLLMENT 報名方法

School participants must enroll the courses
on the Training Calendar System provided by
the EDB <https://tcs.edb.gov.hk>

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TCS course ID 課程編號
SE0020180018



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Professional
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**MENTAL HEALTH PROMOTION
AT SCHOOLS AND
SUPPORTING STUDENTS WITH
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校園精神健康推廣及
支援有精神健康需要學生

ELEMENTARY COURSE
初級課程

2017/18
SCHOOL YEAR 學年

PROGRAMME SUMMARY

課程大綱

To enhance primary and secondary school teachers' capacity to promote students' mental health and support students with mental health needs, the Education Bureau (EDB) of the Government of the Hong Kong Special Administrative Region has commissioned the Integrated Centre for Wellbeing at the Education University of Hong Kong to deliver a professional development programme for mental health, including Elementary and In-Depth trainings.

為提升中小學教師推廣精神健康及支援有精神健康需要學生的能力，香港特別行政區政府教育局委託香港教育大學整全成長發展中心開辦「精神健康的專業發展課程」，該課程包括初級培訓及深造培訓。

What will you learn in this Elementary course?

您將會在初級課程學到...

- A** Understand the Healthy School Policy as well as the current approaches, practices and strategies in promoting students' wellbeing and resilience;

認識教育局的「健康校園政策」以及一些推廣學生整全發展和抗逆能力重要性的方法和策略；

- B** Understand the learning, social and emotional needs of students with mental health needs and develop a positive attitude for cultivating an inviting environment for students with mental health needs;

認識有精神健康需要的學生在學習、社交和情緒上的需要，建立正面的態度為他們營造一個包容的學習環境；

- C** Understand the principles, process in deploying the appropriate curriculum, pedagogy, assessment and strategies in supporting students with mental health needs, including self-harm and suicidal risk; and

認識如何有效利用課程、教學法、評估法，以及制定不同的策略來支援有精神健康需要（包括有自我傷害及自殺風險）的學生；及

- D** Identify warning signs of self-harm and suicidal behaviour of students and acquire basic skills in performing gatekeeping.

認識自我傷害和自殺行為的警告訊號，及識別有危機的學生的基本技巧。

Participants

學員

Serving teachers in primary and secondary schools including special Schools

現職中、小學及特殊學校教師

Medium of instruction

教學語言

- Cantonese, supplemented with English
廣東話，輔以英文補充

Study mode

學習模式

- Lectures
(18 contact hours)
講座(18小時授課)

Fee

學費

- Free (Tuition fee will be funded by EDB)
全免(教育局全數資助)

Award Certificate

證書頒授

Participants must attend at least 80% of the course to receive a Certificate of Completion of this Elementary course.

出席率達80%以上的學員可獲授予證書。



LOCATION 上課地點

Study Centre, The Education University
of Hong Kong, No.1, King Yin Lane,
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ENROLLMENT 報名方法

School participants must enroll the courses
on the Training Calendar System provided by
the EDB <https://tcs.edb.gov.hk>

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What will you learn in this In-Depth course? 您將會在深造課程學到...

A Plan, develop, implement and evaluate school based policy and practices for promoting mental health at schools and support students with mental health needs;

如何策劃、執行及檢視校本政策和措施來推廣校園精神健康，以及支援有精神健康需要的學生；

B Collaborate effectively with other teachers, parents and other professionals to support students with mental health needs;

如何有效地與其他教師、家長及專業人士合作支援有精神健康需要的學生；

C Increase awareness, develop positive attitudes, and apply knowledge and skills in supporting students with mental health needs, including self-harm and suicidal risk;

提高教師支援有精神健康需要(包括有自我傷害及自殺風險)的學生的意識，並且協助他們建立正面態度及運用相關的知識和技巧；

D Coordinate the deployment of manpower and resources to support students with mental health needs.

如何有效地協調和分配校內的人力及資源來支援有精神健康需要的學生。

Participants 學員

Serving School Guidance Teachers/ Student Guidance Officers/ teacher assigned with guidance duties in primary schools, serving Guidance Team masters/ mistresses / teachers or teacher assigned

with guidance duties in secondary schools / special schools (primary and secondary section) or serving teachers including principals and vice-principals in primary and secondary schools (including special schools) who are tasked with the responsibilities of assessing the needs of and supporting students with mental health needs, including those at risk of suicide in collaboration with other teachers in schools.

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Medium of instruction 教學語言

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Study mode 學習模式

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(30 contact hours)
講座(30小時授課)

Fee 學費

- Free (Tuition fee will be funded by EDB)
全免(教育局全數資助)

Award Certificate 證書頒授

Participants must attend at least 90% of the course and passed the required assessment of individual written assignments to receive a Certificate of Completion of this In-Depth course

出席率達90%以上的學員，在個人書面報告取得合格後，可獲授予證書。