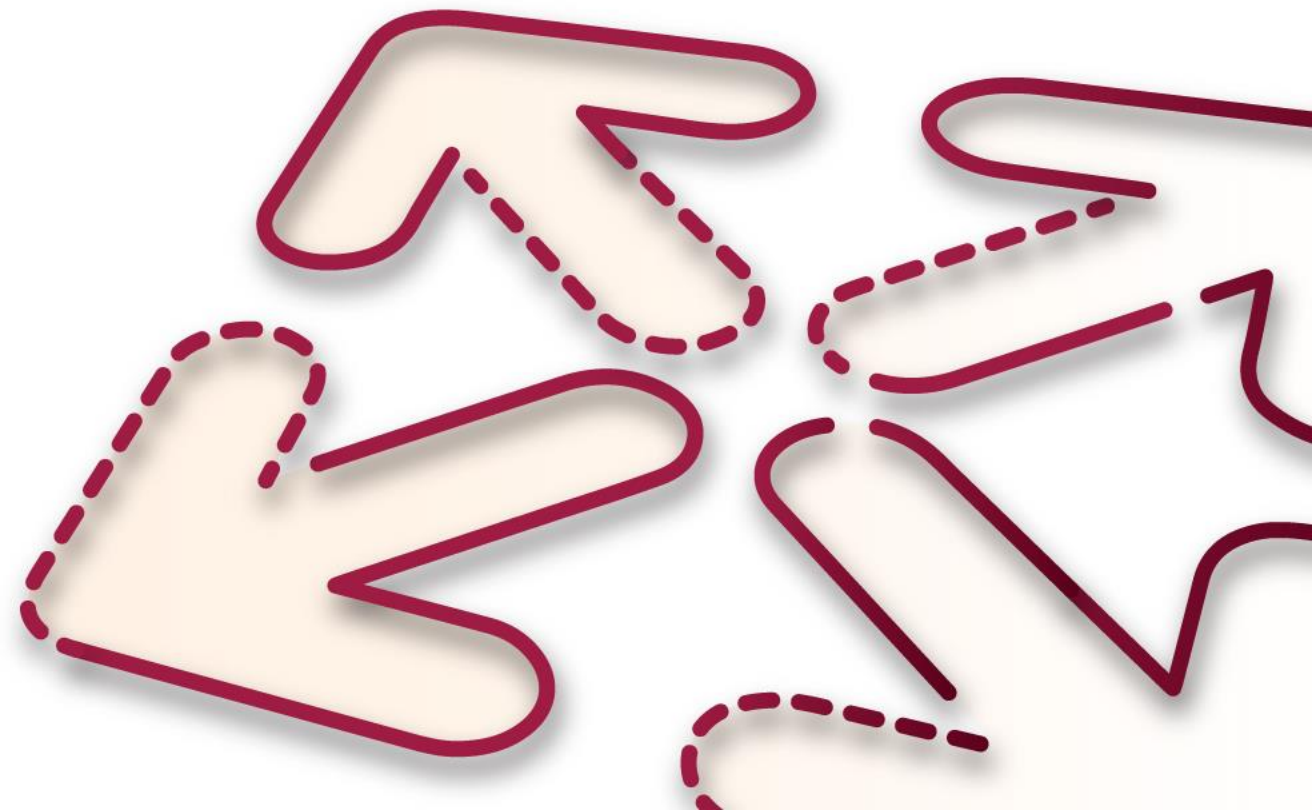


# The Eighth Annual General Meeting



香港輔導教師協會

Hong Kong Association of Careers Masters and Guidance Masters



# Agenda of Meeting

4:00 pm – 4:30 pm	Welcoming Remark by Chairperson (Dr. Esther HO)
	Confirmation of the Minutes of last AGM on 22 October 2020 (Dr. Esther HO)
	Chairperson's Report 2020-2021 (Dr. Esther HO)
	Secretary's Report 2020-2021 (Mr. Raymond IP)
	Hon. Treasurer's Statement of Account 2020-2021 (Ms. Sharon LEE)
	Executive Council Members for 2021-2022 (Ms. Amanda CHAN/Dr. Esther HO)
4:30 pm – 5:15 pm	Keynote Speech Digestive health and emotional health of Hong Kong students and their parents during the period of Covid-19  Guest Speaker: Professor Justin Che-Yuen WU Associate Dean (Health Systems), Faculty of Medicine, CUHK
	5:15 pm – 5:30 pm



Confirmation of Minutes (2020 AGM)  
&  
Chairperson's Report

# AGM document sent to member schools on 28 Oct 2021

## The Eighth Annual General Meeting (29<sup>th</sup> October 2021)



Hong Kong Association of Careers Masters and Guidance Masters Limited

### 香港輔導教師協會有限公司 第七屆會員大會會議紀錄

日期：2020年10月22日(四)  
時間：下午4:00至5:30  
地點：寶血會上智英文書院  
主席：曾志滔老師

- 全體會員通過第六屆香港輔導教師協會有限公司會員大會會議紀錄。
- 主席報告

2.1 現時全港共有約400所學校是本會會員，多謝各會員學校一直以來對本會的支持和鼓勵。

2.2 感謝今天主講嘉賓香港大學教育學院副教授、本會榮譽顧問袁文得博士在百忙中抽空擔任本年會員大會的主講嘉賓。

2.3 也感謝本會榮譽顧問：趙榮德先生、陳榮年先生、李桂芳博士、王啟銳先生、袁文得博士、李少鋒先生抽空出席今天的活動，給予我們支持。

2.4 全體員工努力工作，確保本會各項服務，如教育展及校園工作、老師及導師培訓、上書院坊、

#### Appendix 1: Records of Programmes/Activities by HKACMG

##### A. Career Guidance-related activities

Event/Programme	Event date/period	Objectives	Collaborator(s), if any	Review
Talk on Further Studies in Canada	1 Mar 2021	Targets: Teachers, parents and students	Canada-China Culture and Education Association	Number of participants: over 300; A comprehensive set of fieldnotes is downloadable at: <a href="https://www.hkacmgm.org/information/2021/03/01/%e5%b8%9c%e5%8b%bb%e5%84%7e4%7e4%b8%ad%e5%ad%b8%e5%8c%8e%5a4%78e5%ad%b8%e5%8d%87%e5%ad%b8%e5%8b%91%98%e6%81-2021-02-27/">https://www.hkacmgm.org/information/2021/03/01/%e5%b8%9c%e5%8b%bb%e5%84%7e4%7e4%b8%ad%e5%ad%b8%e5%8c%8e%5a4%78e5%ad%b8%e5%8d%87%e5%ad%b8%e5%8b%91%98%e6%81-2021-02-27/</a>
Talk on Further Studies in Taiwan	18 Mar 2021	Targets: Careers teachers; Focus: Updates on admission figures of 個人普選	台北經濟文化辦事處 / 海華服務基金	Number of participants: over 500; Speakers from Taipei Economic and Cultural Office, University Entrance Committee for Overseas Chinese Students and Yan Chai Hospital Law Chan Chor Si College were invited to conduct the talk. The full set of PowerPoint Presentation slides are available at: <a href="https://www.hkacmgm.org/professional-development/seminar/2021/03/18/%e8%87%ba%e7%81%a3%e3%8d%87%e5%ad%b8%e5%8c%8e%5a4%78e5%ad%b8%e5%8b%91%98%e6%81-2021-02-27/">https://www.hkacmgm.org/professional-development/seminar/2021/03/18/%e8%87%ba%e7%81%a3%e3%8d%87%e5%ad%b8%e5%8c%8e%5a4%78e5%ad%b8%e5%8b%91%98%e6%81-2021-02-27/</a>
Workshop: China CITIC Bank International Job Interviewing Skills	24 Mar 2021	Targets: Senior form students (Underprivileged will have priority)	Hong Kong Women Professionals & Entrepreneurs Association	Number of participants: over 200; Students' performance was highly impressive. They responded very eagerly to the speakers' questions even on Zoom and a fruitful sharing was accomplished.
Talk on Further Studies in UK	21 Apr 2021	Targets: Teachers, parents and students; Focus: Further studies at different entry points	The British Council	Number of participants: about 420; Representatives from the British Council, the British Universities International Liaison Association and University of Bath were speakers of the talk. The responses from the participants were overwhelming and positive.
Talk on Further Studies in Australia	13 May 2021	Targets: Teachers, parents and students	Australian Consulate-General	Number of participants: about 280; PowerPoint slides and Q&A field notes are available at: <a href="https://www.hkacmgm.org/professional-development/seminar/2021/05/13/%e6%be%b3%e6%b4%2%e5%8d%87%e5%ad%b8%e5%8c%8e%5a4%78e5%ad%b8%e5%8b%91%98%e6%81-2021-02-27/">https://www.hkacmgm.org/professional-development/seminar/2021/05/13/%e6%be%b3%e6%b4%2%e5%8d%87%e5%ad%b8%e5%8c%8e%5a4%78e5%ad%b8%e5%8b%91%98%e6%81-2021-02-27/</a>

#### Financial Report

##### HONG KONG ASSOCIATION OF CAREERS MASTERS AND GUIDANCE MASTERS LIMITED STATEMENT OF ACCOUNT FOR THE YEAR ENDED AUGUST 2021

	\$	\$
<b>Opening balance as at 1 September 2020</b>		
HSBC ak (817-02910-001)	133,894.46	
HSBC ak (817-02910-002)	1,000,909.80	
HSBC ak (817-02910-002) - Project	3,981,648.16	
Bank of Communications ak (3023991028410102)	-	7,191,412.42
<b>Receipts (1 Sept 2020 - 31 Aug 2021)</b>		
Education fee income	617,572.00	
Annual Membership Fee	157,200.00	
Transfer fees HKCF Guidance Course	13,921.65	
Project:		
- Other of IEP tools	513,981.00	
- In-house Talk	3,000.00	
- Life*	89,990.00	
- Project Workshop	3,462,781.27	
		4,889,243.92
		<u>14,080,630.34</u>
<b>Less: Payments (1 Sept 2020 - 31 Aug 2021)</b>		
Finance Cases Related Expenses Scheme	11,203.84	
Clinical Support	238,275.90	
Annual General Meeting	976.00	
Movie appreciation activity "1548 Education" (二次人生)	12,300.00	
Travel Allowance for courses delivery	28.20	
Zones website subscription for T&A/Session	6,815.55	
News letters/Publiations	4,640.00	
ITP&S Statistics	15,820.00	
Audit & Professional fee	8,360.00	
Study Office expense	9,094.62	
Bank Charge	990.00	
Office Assets	1,600.00	
Postage	300.00	
Home Page Maintenance & Server Service	6,000.00	
Telephone & Internet Charge	30,825.00	
Short term loan to Project V&M-Integ	142,918.67	
Expense on Project:		
- IEP Tools Publication, storage & delivery	275,730.00	
- "To be Watchmen 2.0" Campaign	3,000.00	
- Life*	1,360.00	
- Project Workshop	4,300,604.52	
		5,657,572.30
<b>Balance as at 31 August 2021</b>		<u>8,423,058.04</u>
<b>CASH AT BANK</b>		
HSBC ak (817-02910-001)	133,671.99	
HSBC ak (817-02910-002)	1,530,416.81	
HSBC ak (817-02910-002) [in Project]	4,166,812.50	
Bank of Communications ak (3023991028410102) [in Project Workshop]	795,156.74	
		6,626,057.04

Signatures:  
  
 Mi Le Po Yin (Treasurer)  
 (28 October 2021)  
  
 Dr. Ho Yuk Pau, Edith (Chairperson)  
 (28 October 2021)

Executive Committee Members  
2020-2021

Chairperson 主席	Dr HO Yuk Fan, Esther 何玉芬博士
Vice-Chairperson 副主席	Mr TSANG Chi To, Joseph 曾志滔副校長
Vice-Chairperson 副主席	Mr HO Chun Yan 何俊恩副校長
Vice-Chairperson 副主席	Ms SIN Nga Lam, Caroline 冼雅琳副校長
Secretary 秘書	Mr IP Wai Man, Raymond 葉偉民助理校長
Hon. Treasurer 司庫	Ms LEE Po Yin, Sharon 李寶賢老師
Committee Member 幹事	Ms CHAN Hoi Yan, Amanda 陳凱茵校長
	Mr CHAN Wai Man, Eric 陳偉民老師
	Mr CHAN Wai Man, Ricky 陳偉文助理校長
	Ms CHENG Wai Yee, Monica 鄭惠儀校長
	Ms CHUNG Shuk Ting, Jenny 鍾淑婷老師
	Dr CHOI Oi Ling, Irene 蔡愛玲博士
	Ms LEUNG Ho Sze, Louisa 梁可思老師
	Mr NGAN Chiu Yeung, Cyrus 顏昭洋老師
	Mr TSUI Yan Cho, Joe 徐恩祖副校長
Ms YAU Shun Yee, Flora 邱信儀校長	

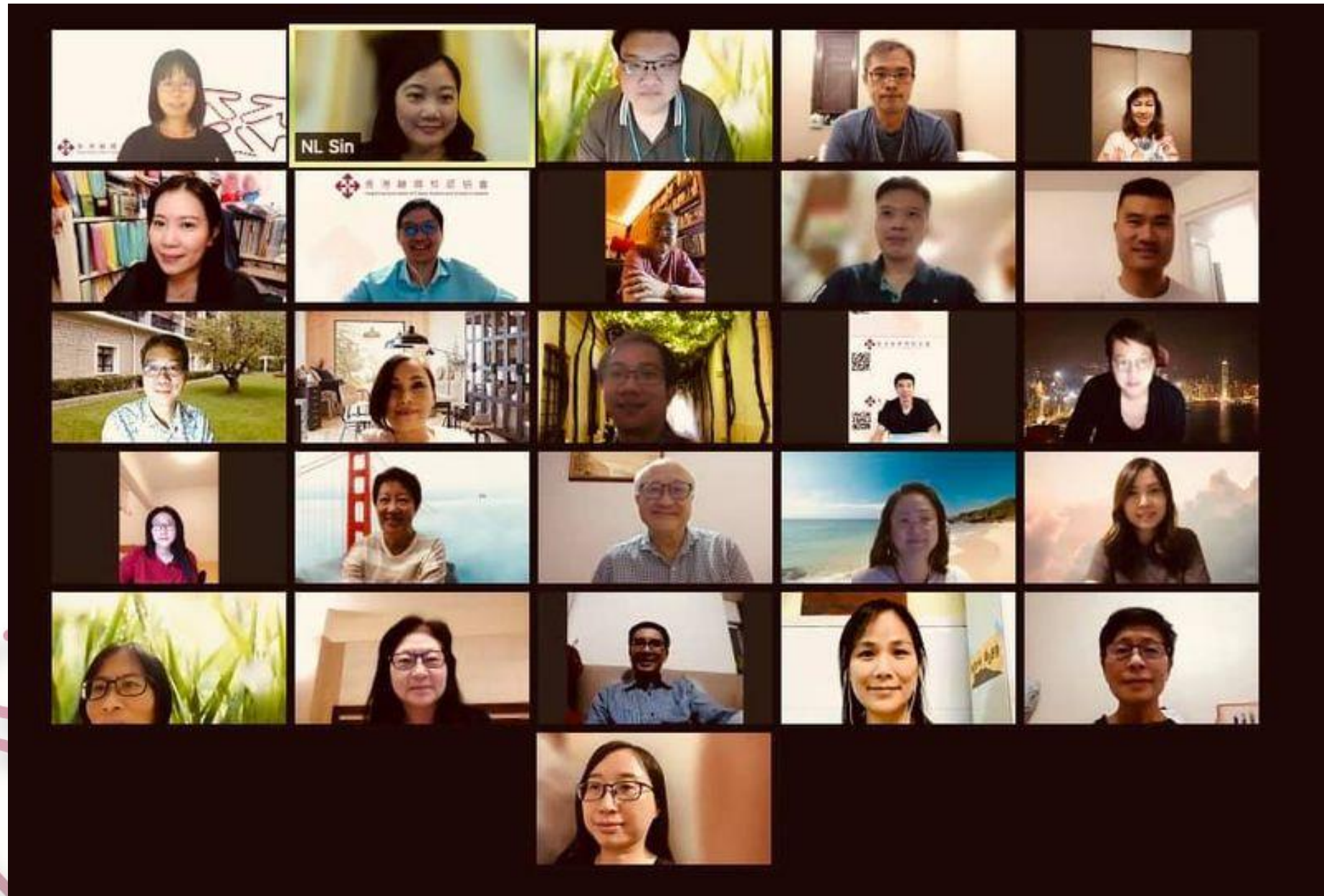
Affiliated Executive Committee Members  
2020-2021

Mr CHING Tak Chi 程德智老師
Mr KWOK Ka Ho, Terrence 郭嘉豪老師
Mr LAU Chun Por, Paul 劉振波副校長
Ms LAW Chui Lin 羅翠蓮副校長
Ms LEE Yuk Yi, Shirman 李玉怡老師
Ms TANG Yee Man, Mandy 鄧綺雯老師
Ms YIM Ching Kwan 嚴靜君老師





A selfless team



香港輔導教師協會

Hong Kong Association of Careers Masters and Guidance Masters



# Jockey Club Project Well-being 賽馬會幸福校園實踐計劃

Organised by 主辦機構



香港輔導教師協會  
Hong Kong Association of Careers Masters And Guidance Masters Limited



THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學

COLLEGE OF PROFESSIONAL AND  
CONTINUING EDUCATION  
專業及持續教育學院



保良局  
PO LEUNG KUK



東華三院  
Tung Wah Group of Hospitals



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust





34 sessions of PD for  
2000+ teachers

50+ sessions of school-  
based support /  
interflow







# Teacher Learning Platform

www.jcprojectwellbeing.hk/educators



你好劉俐君

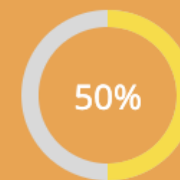
歡迎來到線上培訓平台

ID: avalau@jcprojectwellbeing.hk



完成

12 視頻課程



我的成就

50%



尚有

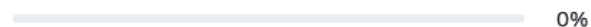
10 視頻課程

## 我的培訓課程

### Level 1: PD 103

Intervention approaches of positive psychology and well-being in educational settings (II)

3.2 hours | 7 video lessons



0%

開始

### Level 2: PD 202

Pre-training Session: Introduction to Mental Health and Learnings under COVID-19

0.3 hours | 1 video lesson



100%

資源下載

重溫



15 videos (→100)

On-line PD platform for ALL

Annual Dissemination Seminars 合作夥伴連結

Photography Campaign

HK

Search

Jockey Club Project Well-being  
157 subscribers

HOME VIDEOS PLAYLISTS CHANNELS DISCUSSION

boards PLAY ALL

「正向一分鐘短片」：跑出正生  
4 views • 4 days ago

「正向一分鐘短片」：突破困境 自我超越  
31 views • 4 days ago

「正向一分鐘短片」：正向環境 · 創造機會  
40 views • 6 days ago

「正向一分鐘短片」：正向劇場  
118 views • 6 days ago

我的成就 **25%**

尚有 **21** 視頻課程



登入



聯絡我們

## 資源分享

賽馬會幸福校園計劃採用的「正向發展模型」

線上培訓

資源分享

 電子書  
 PDF 下載  
 雲端硬碟



### 社交情緒教學資源套 (小學)

二零二一年五月

引用此資源：  
香港賽馬會慈善信託基金和 Anna Freud National Centre for Children and Families (2021)。  
《社交情緒教學資源套 (小學)》。

主辦機構

香港輔導業教師協會  
Hong Kong Association of Careers Masters And Guidance Masters Limited

THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學  
COLLEGE OF PROFESSIONAL AND  
CONTINUING EDUCATION  
專業及持續教育學院

保良局  
POLYUNG KUK  
東華醫院  
The Eastern Hospital  
香港中文大學  
The Chinese University of Hong Kong  
香港中文大學  
The Chinese University of Hong Kong

資源緊合作機構

Anna Freud  
National Centre for  
Children and Families

協助機構

香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust

PDF (電子書 / 下載)

教學材料下載



### 社交情緒教學資源套 (中學)

二零二一年五月

引用此資源：  
香港賽馬會慈善信託基金和 Anna Freud National Centre for Children and Families (2021)。  
《社交情緒教學資源套 (中學)》。

主辦機構

香港輔導業教師協會  
Hong Kong Association of Careers Masters And Guidance Masters Limited

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香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust

PDF (電子書 / 下載)

教學材料下載





Jockey Club Project Well-being  
賽馬會幸福校園實踐計劃

關於我們

在校幸福感

活動

合作夥伴連結



登入



聯絡我們

## 幸福感貼士

幸福感貼士



主辦機構



THE HONG KONG POLYTECHNIC UNIVERSITY  
香港理工大學



資源合作機構



協助機構



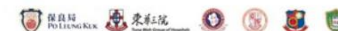
PDF (電子書 / 下載)



主辦機構



THE HONG KONG POLYTECHNIC UNIVERSITY  
香港理工大學



資源合作機構



PDF (電子書 / 下載)

# Three practical tools/kits on well-being for ALL... 與全港中、小學分享三項優質又「貼地」的資源...



*“Among the factors that promote well-doing are engaging in project pursuits that are meaningful, manageable, connected with others and which generate positive, relative to negative affect.” (Little, 2020)*

- 與Dustykid 塵團隊創作的探索幸福歷程小書
- 「塵」與你相伴，由設定一個小小的正向目標開始，從逐步實踐的過程中更認識自己的特質和情感，建立心理韌性
- 應用：正向教育課程；暑期well-doing個人企劃；給學生／家人的禮物；親子活動
- 全書 50 頁；本計劃以成本價出售:\$10

# An evidence-based approach through LIFE+ at [www.mycareermap.org](http://www.mycareermap.org)

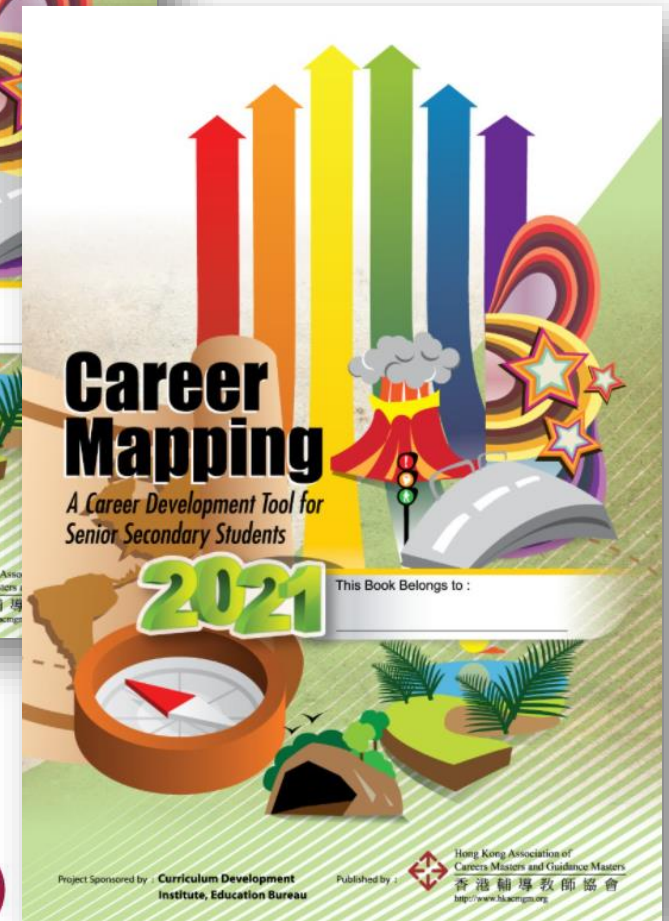
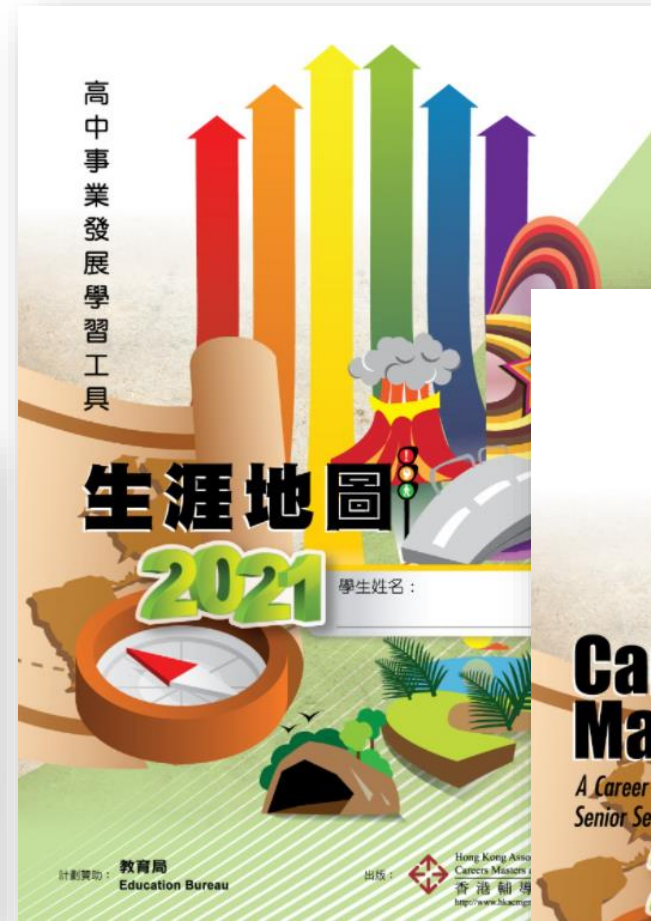
## Life+

一個協助你了解自己的「聯繫感」、「生命意義」、「生活技能」及「生涯發展」狀況的問卷平台。





# Upcoming...







# The **CAREER FINGERPRINT** Series

生涯指紋系列  
2021版本

Occupation  
Card Sort  
職業咭

SKILLS &  
Styles Card  
Sort  
能力探索咭





# Secretary's Report



# The membership for the school year 2020/21

Type of schools	Number
Government schools	27
Aided schools (fully aided schools and DSS schools)	348
Private schools (private independent schools, caput schools & assisted private schools)	1
Special schools	7
International Schools	0
Total:	383



# Subvention from the Education Bureau

- Subvention received from the Education Bureau was \$617,372.00 in 2020-2021.
- It was used for hiring staff and expenses for the Summer Career-related Experience Scheme.



# Programmes and Activities

## A. Career Guidance-related activities

Event/Programme	Event date/period	Objectives	Collaborator(s), if any
Talk on Further Studies in Canada	1 Mar 2021	Targets: Teachers, parents and students	Canada-China Culture and Education Association
Talk on Further Studies in Taiwan	18 Mar 2021	Targets: Careers teachers; Focus: Updates on admission figures of 個人管道	台北經濟文化辦事處 / 海華服務基金
Workshop: China CITIC Bank International Job Interviewing Skills	24 Mar 2021	Targets: Senior form students (Underprivileged will have priority)	Hong Kong Women Professionals & Entrepreneurs Association
Talk on Further Studies in UK	21 Apr 2021	Targets: Teachers, parents and students; Focus: Further studies at different entry points	The British Council
Talk on Further Studies in Australia	13 May 2021	Targets: Teachers, parents and students	Australian Consulate-General





Event/Programme	Event date/period	Objectives	Collaborator(s), if any
Further studies in Germany	20 May 2021	Targets: Teachers, parents and students	German Consulate General Hong Kong and DAAD
Talk on Diploma Yi Jin & VTC Courses	17 Jun 2021	Targets: Careers teachers and students	Federation of Self-Financing Tertiary Education / VTC
Summer Career-Related Experience Scheme	May - Jul 2021 (Online Kick-off: 19 Jun 2021; Closing Ceremony: 18 Sep 2021)	Targets: S5 and S6 students	Letters sent to partnering organizations in Nov / Dec 2020. Awaiting responses.
Talks on multiple pathways by invitation	Jun-Jul 2021	In partnership with various organizations	EDB; Mingpao News; Singtao News; Hong Kong Central Library; VTC & HKFY
VPET visit and sharing session	25 Jun 2021	Targets: Careers teachers; Aim: To promote VPET-related info to careers teachers	VTC PCVPET Team
Workshop: Presentation and Communication Skills	26 Jun 2021	Targets: Senior form students (Underprivileged will have priority)	Hong Kong Women Professionals & Entrepreneurs Association



## B. Professional Development

Event/Programme	Proposed date/period	Brief descriptions of objectives	Collaborator(s), if any
實用輔導課程	Mar-May 2021	Targets: guidance teachers and new teachers; curriculum to be updated in alignment to the HK context	HKCS
電影「二次人生」輔導老師專場	Jun 2021	Targets: principals, teachers, youth workers and HKACMGM work partners	Director Ho Lik Hang & 百步電影公司
LIFE+ Training	Feb 2021	Interpretation of data for PIE	
Updating of ISP tools	Aug 2021	Updating pages related to secondary curriculum optimization and multiple pathways	



## C. Research and Development

Event/Programme	Proposed date/period	Brief descriptions of objectives	Collaborator(s), if any
myCareerMap on-line assessment platform	whole-year	Provide quality assessment tools on life-skills, career development, well-being on school and individual levels to facilitate student support and individual advising/counselling	Dr. Mantak Yuen, HKU
Collection, analysis and compilation of JUPAS statistics data	Sep-Nov 2020	Collection and checking of data; printing of hardcopies; maintenance and improvement of JUPAS Statistics platform with enhanced search/sort functions	---
Updates on DSE and JUPAS package	Jun-Jul 2021	Update the contents of the various files of the DSE and JUPAS package	---
Revamping Career Fingerprint Card Sorts with complementary on-line training platform	Apr - Sep 2021	Renewal of design, with training videos available on a new HKACMGM on-line training platform	Dr. Chui Yat Hung





## D. Others

Event/Programme	Proposed date/period	Brief descriptions of objectives	Collaborator(s), if any
<b>Jockey Club Project Well-being (HKACMGM's Action Team is responsible for professional development, research and knowledge dissemination, and school-based support for 7 out of 15 project schools of the Project)</b>	whole year  (2020-2023)	Funded by The Hong Kong Jockey Club Charities Trust, the three-year Jockey Club Project Well-being is a concerted endeavor among the Hong Kong Association of Careers Masters & Guidance Masters Limited (HKACMGM), College of Professional & Continuing Education of Hong Kong Polytechnic University (CPCE), Po Leung Kuk (PLK), Tung Wah Group of Hospitals (TWGHs) and 15 local primary and secondary schools, which aims at developing students' social and emotional skills, positive mindsets and resilience, and cultivating an enabling school culture by place-making, design thinking and other multimedia tools so as to improve well-being in students, teachers and parents. Complementary to the initiative is to construct a well-being resource platform, as well as to co-create an effective, contextualized and sustainable model of positive education.	PLK, PolyU, Project Schools, consultants and researchers



Event/Programme	Proposed date/period	Brief descriptions of objectives	Collaborator(s), if any
<b>HKACMGM's Newsletter #1 (electronic)</b>	Late Feb 2021	Updates on ApL & Vocational training opportunities	---
<b>HKACMGM's Newsletter #2 (electronic)</b>	Late June 2021	Recap of 2020-2021 events	---
<b>Response paper to potential changes in optimization of the senior secondary curriculum and university admission requirements</b>	Dec 2020		
<b>Caring School Award 2020</b>	Dec 2020 - May 2021	To recognize good practices of schools in promoting a caring and supportive culture	HKCS & EDB
<b>「環境因素與情緒及腸胃健康」問卷調查</b>	Apr - Jun 2021	了解學生及其家長在心理及腸胃健康方面如何受各項環境因素所影響	香港中文大學醫學院消化疾病研究所、何善衡腸胃健康中心(簡稱中大腸胃健康中心)



- Dr. Esther HO, our Chairperson of the Association, contributed in various advisory boards of the Bureau or education bodies, such as the Public Exam Board of HKEAA.
- Dr. Esther Ho and Ms. Flora Yau served in the School Committee at British Council, Hong Kong.
- Mr. Joseph Tsang, the Vice-chairperson, served as a member of Curriculum Development Council and Task Force in the promotion of VPET .
- Mr. Ho Chun Yan, the Vice-chairperson, served as a committee member of Apprenticeship Training Board and VTC.
- Mr. Raymond Ip served as a member of the Applied Learning Subject Committee under the CDC.







# Honorary Treasurer's Statement of Account

# Financial Report (9/2020-8/2021)

- 上年度的結餘 加 本年度的收入 合共 **\$14,080,650.34**
- 本年度的支出 **\$5,457,572.30**
- 本年度的結餘 **\$8,623,078.04**





Executive Council Members  
&  
Affiliated Executive Council Members  
**2021-22**



# 2021-2022 Executive Committee Members

Dr CHOI Oi Ling, Irene 蔡愛玲博士	Buddish Ho Nam Kam College 佛教何南金中學
Dr HO Yuk Fan, Esther 何玉芬博士	Carmel Alison Lam Foundation Secondary School 迦密愛禮信中學
Mr CHAN Wai Man, Eric 陳偉民老師	Stewards Pooi Tun Secondary School 香港神託會培敦中學
Mr CHAN Wai Man, Ricky 陳偉文助理校長	Stewards Pooi Tun Secondary School 香港神託會培敦中學
Mr HO Chun Yan 何俊恩副校長	C & MA Sun Kei Secondary School 基督教宣道會宣基中學
Mr IP Wai Man, Raymond 葉偉民副校長	China Holiness Church Living Spirit College 中華聖潔會靈風中學
Mr KWOK Ka Ho, Terrence 郭嘉豪老師	STFA Leung Kau Kui College 順德聯誼總會梁銶琚中學
Mr NGAN Chiu Yeung, Cyrus 顏昭洋助理校長	SKH Li Ping Secondary School 聖公會李炳中學
Mr TSANG Chi To, Joseph 曾志滔副校長	Ying Wa College 英華書院
Mr TSUI Yan Cho, Joe 徐恩祖副校長	CCC Kei Heep Secondary School 中華基督教會基協中學
Ms CHAN Hoi Yan, Amanda 陳凱茵校長	Christian Alliance S C Chan Memorial College 宣道會陳瑞芝紀念中學
Ms CHENG Wai Yee, Monica 鄭惠儀校長	Holy Trinity College 寶血會上智英文書院
Ms LEE Po Yin, Sharon 李寶賢老師	Elegantia College 風采中學
Ms LEUNG Ho Sze, Louisa 梁可思老師	Fukien Secondary School 福建中學
Ms SIN Nga Lam, Caroline 冼雅琳副校長	Mungsang College (HK Island) 港島民生書院
Ms YAU Shun Yee, Flora 邱信儀校長	Rotary Club of Hong Kong Island West Hong Chi Morninghope School 香港西區扶輪社匡智晨輝學校

# 2021-2022 Affiliated Executive Committee Members

Ms Cheung Wai Yi 張惠儀副校長	Law Ting Pong Secondary School 羅定邦中學
Mr CHING Tak Chi 程德智老師	The Mission Covenant Church Holm Glad College 基督教聖約教會堅樂中學
Mr Wong Ching Fu, Jeff 黃正夫老師	Ying Wa College 英華書院
Ms LAW Chui Lin 羅翠蓮副校長	St Francis Xavier's School, Tsuen Wan 荃灣聖芳濟中學
Ms TANG Yee Man, Mandy 鄧綺雯老師	Ling Liang Church E Wun Secondary School 靈糧堂怡文中學
Ms YIM Ching Kwan 嚴靜君老師	Aberdeen Technical School 香港仔工業學校



## Keynote Speech:

*Digestive health and emotional health of Hong Kong students and their parents during the period of Covid-19*

Guest Speaker:

Professor Justin Che-Yuen WU 胡志遠教授

Associate Dean (Health Systems),

Faculty of Medicine, CUHK





CUHK Medicine

July 29 ·

【「腸易激」增 親子壓力響警號】腸易激綜合症（腸易激）是一種常見的功能性腸胃病，患者會出現腹部疼痛、便秘或腹瀉、脹氣和腹脹等症狀。中大醫學院聯同香港輔導教師協會，進行了一項有關本港學生及其家長的腸胃和情緒健康問卷調查，約兩成半學生及一成家長有中等至嚴重程度的腸易激症狀，並表現出較嚴重的抑鬱及焦慮。

測試結果亦顯示當孩子有較多的腸道症狀時，其父母往往也有較多的腸道症狀，而在焦慮和抑鬱症狀方面也有同樣結果。研究專家形容「腸胃是第二個大腦」，兩者互相影響，建議學生和家長們受腸胃問題困擾時，要同時留意自身的精神及情緒健康是否已亮起紅燈。

詳情: <https://bit.ly/3yeY4bP>

亞洲之冠

全球第8  
腸胃及肝臟科

全球第36  
內分泌及代謝科

亞洲首五

- ◆ 放射學、核子醫學及醫學影像科
- ◆ 臨床醫學科
- ◆ 腫瘤科
- ◆ 外科

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學科排名2022

CUHK Medicine

CUHK - MING LI MEDICAL SCIENCES BUILDING

CUHK Medicine  
Faculty of Medicine  
The Chinese University of Hong Kong

40  
40th Anniversary  
1982-2022



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