

The Chinese University of Hong Kong
Office of Student Affairs
Wellness and Counselling Centre



uPals Wellness Promotion Team
Application Guidelines

Criteria

Applicants must be **full-time non-final year undergraduate students** of The Chinese University of Hong Kong.

Application and selection procedures

1. Applicants should complete and submit the E- application form.
2. Applicants will be shortlisted for an online interview and completion of the personality inventory. Successful candidates are required to pay a deposit of HK\$500. Deposits will be refunded upon the completion of the programme (over 80% attendance of training).

Obligations:

1. Attend all training sessions, adventure camp, and workshops. (All training will be conducted **in English**)

Dates	Training (conducted in English)
15 Jan, 2021 (Fri) 4:00 pm – 5:30pm	✧ Orientation
23 Jan, 2021 (Sat) 9:00 am – 5:00 pm	✧ Adventure training camp in building team spirit and enhancing self-confidence
29 Jan, 2021 (Fri) 5 Feb, 2021 (Fri) 4:30 pm – 7:00 pm	✧ 2 sessions of Basic Helping Skills Training
26 Feb, 2021 (Fri) 3:30 pm – 5:30pm	✧ Handover Ceremony
05 Mar, 2021 (Fri) 12 Mar, 2021 (Fri) 19 Mar, 2021 (Fri) 26 Mar, 2021 (Fri) 4:30 pm – 7:30 pm	✧ 12 hours on Mental Health First Aid Standard Course Training
Apr to May 2021	✧ Attend 2 Wellness Workshops (Expressive Art, Mindfulness Tasting, Emotion Regulation or Horticultural Therapy, etc.)

2. Organize service projects focused on the promotion of mental wellness, positive psychology and resilience.

Qualifications:

Upon completion of all trainings and service projects, you will obtain the following qualifications:

- ✧ CUHK uPals Certificate
- ✧ Mental Health First Aid Certificate
- ✧ Eligible for the election of 'Best Service Project of the Year'
- ✧ The qualification obtained will be recorded in the Student Development Portfolio (SDP)

Application deadline

Friday, 16 October 2020

Enquiry

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