SS SERVING THE COMMUNITY
A Taste of University

"A University should aim to improve the community; therefore we should use the university to the greatest advantage." - Dr. John Wing LING TSE

Co-organized by the Counselling Services Department of the HKSTP and the School of Continuing and Professional Education of City University of Hong Kong, "A Taste of University" was held at the Tang Tsui Convocation Centre in September 2003. Over 1,000 participants attended the programme. Dr. John Wing LING TSE, chairman of the Programme Committee, said: "I believe that the programme can serve as a platform for students to exchange ideas."

The programme has been well received since it was first offered. This year, more than 90 students from 30 tertiary institutions virtually participated in the programme. Thomas LEE, who attended the programme, said: "I feel really interested and inspired."

Dr. John Wing LING TSE, programme chairman, said: "This is a unique opportunity for students to learn about the social and cultural context of the programme."

Positive Ageing

Positive Ageing is not about living longer, nor about how to grow old gracefully—it is about having a positive life to live.

Ageing is a serious issue in Hong Kong. Government statistics reveal that 11.7% of the population of Hong Kong (1,620,000) were aged 65 or older. That proportion is likely to rise to 27% by 2033.

Instead of viewing the ageing population as a burden to the community, Professor Ng Siu-kung believes Hong Kong is positioned to set itself as a leader in promoting the idea of entering old age with dignity. To find out the quality of life of older people, researchers at the University of Hong Kong interviewed 4,000 people aged 60 and older. They found that 62% of the respondents were satisfied with their quality of life.

Professor Ng Siu-kung, who is the head of the Department of Community and Family Studies at City University of Hong Kong, told the gathering that there are many factors that determine the quality of life and the expectation of older people. Among these factors are their health, social support and their ability to continue to participate in society.

According to Professor Ng Siu-kung, the Head of the Department of Community and Family Studies at City University of Hong Kong, the quality of life of older people can be improved by increasing their social support and their ability to continue to participate in society.

SS FEATURING
Learning Counseling with Support

Joseph Lau, chairman of the Department of Social Sciences in Counseling

To begin with, I would like to say this programme has helped me a lot in my personal growth. I have used my new skills to help others, including my self-understanding. When asked to share his experience in the counseling seminar of the Master of Social Sciences in Counseling, Joseph Lau, a student of the programme, said that he had realized the benefits the programme can bring to people. He shared with the audience some of the techniques he had learned, as well as how these techniques had helped him in his counseling work.

"I feel positive and have done a good job in giving students useful advice and guidance," he added. "I have realized the potential of the programme, and I believe that it can benefit the students and help them grow in their counseling skills."

Apart from the support given by supervisor, Joseph also mentioned the importance of peer support and the supportive team. Joseph found the group supervision sessions of the programme especially useful. "In group supervision," he said, "I have learned to learn from others, and I have learned to support others."

"I have learned to understand others and to support them," he added. "I have learned to understand my role in supporting others."

Finally, my hopes for the students are that they will continue to grow in their counseling skills and become better counselors."

Written by Vincent Wong