



Change Focus Counselling and Training Limited

Training Workshops Jan - May 2018

Workshop 1 -

Psychological Adjustment for adolescents who will be studying abroad in September 2018

- Trainers:** Dr Gracemary Leung, Chartered Clinical Psychologist;
Ms Ivy Yip, Counsellor
- Target audience:** Adolescents who will be studying abroad in September 2018
- Capacity:** Limited 6 participants per group
- Dates:** Group A – 20, 27 Jan, 3, 10 Feb 2018 (Saturdays)
Group B – 3, 10, 17, 24 Mar 2018 (Saturdays)
Group C – 7, 14, 21, 28 Apr 2018 (Saturdays)
- Time:** 11am – 12 noon (1 hour per session x 4)
- Fees:** HKD\$3,200 for 4 sessions (for each participant)
- Medium:** either in English or Cantonese, depends on group needs

Rationale and Contents

I have witnessed many young adolescents studying in public/ private schools in UK, Canada and Australia, they all had to have a period of adjustment to their environment before they can cope with language training and concentrate on their study matters.

In attending this course (4 hours) before leaving home, they can feel more confident in coping and adjustment skills. It is important to foster other skills and abilities - independence, building resilience, communication skills, team spirit, and other protective psychological skills like assertiveness, dealing with bullies, with mood or separation problems.



Session 1: Familiarising with the place you are going to

Familiarising with the place you are going to, its culture, practicalities (host families/halls; medical facilities, banks, money and post offices, social places of interaction). Explore your type of sports or for relaxation and problems that may be encountered. Self control on media time. Build our own friendship group here before leaving.

Session 2: Assertion Skills

Defending yourself, stop being bullied and aggression. Learn how to communicate effectively with friends, parents and teachers. What is your coping style? Learn how to deal with conflicts. Role plays.

Session 3: Tips for Managing problems

Dealing with separation anxieties/fears; sadness/loneliness from family and friends; being left out, or cannot cope with lessons. How to motivate yourself in difficult times?

Session 4: Learning to build team spirits and leadership

Exercise/ role plays and practices. Individual discussion on any further problems/ needs.

Remark: training venue to be confirmed, for registration or enquiry, please contact info@changefocus.com.hk

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