

Live a Happy U Life



香港恒生大學
THE HANG SENG UNIVERSITY
OF HONG KONG



學生事務處



寬滙@恒大
Enrichment@HSUHK

Yes!



Live a Happy U-Life

New Stages, New Challenges

The University stage is important to personal growth and development. Being a university student, you have to face all the changes around you, such as learn to be self-discipline; change of learning style; manage your money, time and emotion; establish new interpersonal relationships and plan for further studies or your career in the near future, etc.

Possible challenges that a University student has to tackle

1. Learn to live independently;
2. Expand interpersonal relationship and networks, encounter colleagues or schoolmates come from different background, culture or nation, impact by multiple values and thinking;
3. Adjust study mode and methods from secondary / high school to university mode;
4. Adapt the hostel life, it may be difficult to live with roommates who may have different habits and are from other faculty, which may require mutual acceptance, as well as make adjustments;
5. Set a clear goal for yourself;
6. Learn to manage your time effectively and efficiently for study, leisure, constructive activities, and rest;
7. Get along well with your family despite of the tight course structure and university life;
8. Keep continuous improvement and manage other's expectations.

Tips for living a happy life at University



1. Develop independent self-management abilities, rearrange daily schedule and habits to fit the requirement of being a university student;
2. Actively participate in the activities organized by different student associations, establish supportive networks and develop friendship;
3. University education requires active learning, visit the library or form study group with classmates. Approach your professors or lecturers when there are difficulties or questions in your study;
4. Learn to communicate and discuss sincerely about each other's expectations based on mutual respect and support each other;
5. Strive for the opportunities to overseas exchange, internship and summer jobs, get more understanding of the strength and weaknesses of self in order to establish a clear career path in the future;
6. Learn effective time, emotional and stress management, make good arrangement or allocation of time for appropriate leisure activities, as well as the gathering with families and friends, pay attention to both physical and mental health;
7. Effectively make use of information technology and the resources of library, develop a worldwide view and keep the pace with world transition and development;
8. Actively grasp the learning opportunities, develop flexibility and adaptive ability to encounter changes and challenges ahead.



Appointment and enquiry

Telephone : 3963 5174 / 3963 5593

Address : M612

Office hour: Every Mon to Fri

9:00 to 18:00

Closed on Sat, Sun and Public Holidays

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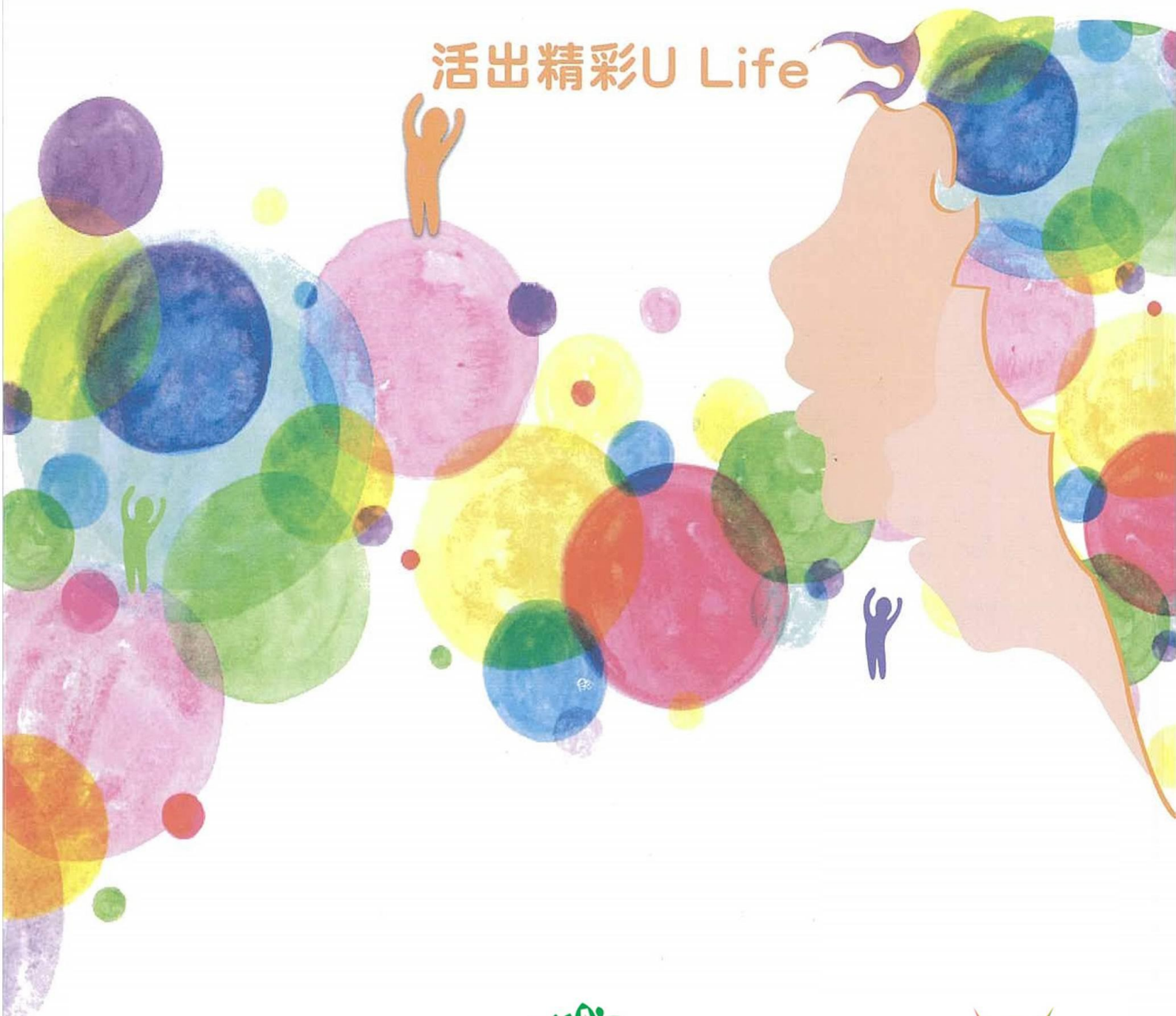


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活出精彩U Life



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新階段・新挑戰

大學階段對大多數的學生而言是邁入一個嶄新的學習及生活環境，也是個人成長一個重要的階段。作為大學生的你，將迎接各方面的轉變：需要學習獨立自主去安排生活、轉變新學習模式、支配金錢、時間和情緒管理、建立人際關係及規劃事業前途的抉擇等。

大學生可能面對的挑戰

1. 嘗試過獨立自主生活；
2. 擴闊人際網絡，接觸不同背景及文化的同學，受到多元化思想和價值觀的衝擊；
3. 調整自己的學習模式及方法，大學的學習方法與中學階段有很大差別；
4. 嘗試過宿舍生活，需與室友及其他學系同學緊密相處，彼此的生活習慣有一定的差異；
5. 成功進入大學，仍未訂定明確的目標；
6. 要學習善用時間，有效地編排作息時間和課外活動；
7. 緊密的課程和繁忙的大學生活，影響與家人的相處和關係；
8. 社會對大學生的要求不斷提升，同學需不斷自我增值。

如何活出精彩U Life?



1. 培養獨立自理能力，重新編排起居飲食、作息時間表，多與他人交流處理日常生活的心得；
2. 多主動參加不同學會的活動，積極建立支援網絡，花點時間及心思培養友誼；
3. 大學教育要求主動學習，多接觸教授、導師及學長，可找老師與同學組讀書會、討論學術的疑難；
4. 適應宿舍生活的需要，與室友坦誠溝通及討論彼此的需要，學習互相遷就提點；
5. 爭取海外交流、實習及暑期工的機會，了解自己專長，認清事業發展方向；
6. 學習有效時間及情緒管理，安排適當的消閒活動及分配時間與家人和朋友相聚，學習減壓技巧來保持身心健康；
7. 善用資訊科技和圖書館，開拓世界視野，與時並進；
8. 積極把握學習機會，培養靈活變通的適應能力，迎接不同的轉變和新挑戰。





聯絡我們 查詢及預約

辦公室：M612

聯絡電話：39635174 / 39635593

辦公時間：星期一至五上午9:00至下午6:00

QR Code:



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