



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



學生事務處



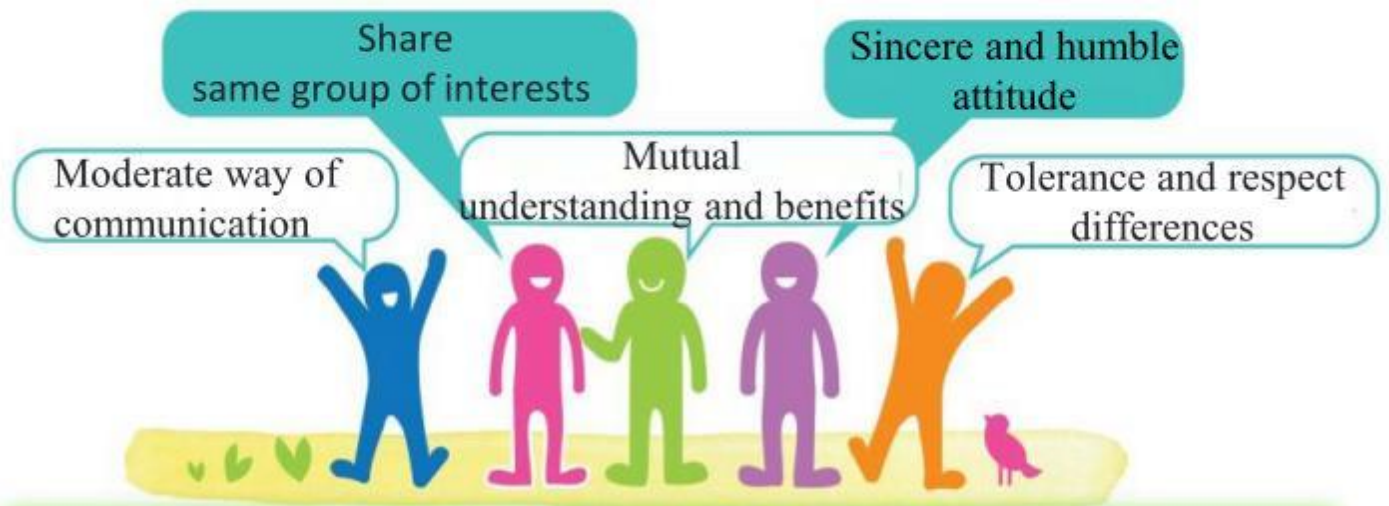
寬滙@恒大
Enrichment@HSUHK

Friendship

R
elationship



Principles of Interpersonal Relationship



Please answer the following questions and choose the most appropriate reaction of you:

1. When you make friend, which of the following criteria you would concerned most:
 - a. Career and social class
 - b. Wealth
 - c. Character
2. How would you evaluate someone before making friends with him/her:
 - a. First impression
 - b. Comments of others about that person
 - c. Personal experience gained from interacting with that person
3. In the midst of people who have different personality with you, you will:
 - a. Have an uneasy feeling
 - b. Try to avoid contact with them
 - c. Try to get to know them and communicate with them
4. When you encountering a personal problem, you would:
 - a. Try to figure out the solution by own effort and would not disturb other
 - b. Do something enjoyed and try to avoid the problem
 - c. Seek help from friends
5. A friend introducing a new activity to you and invite you to join, you will:
 - a. In order not to disappoint the friend, and take a trial
 - b. With no interest in the activity, and will not be influence by the friend
 - c. Willing to try, see if I would like it
6. Planning for a trip in the coming holiday with your group, and your friend suggested a place that you dislike, you would:
 - a. Do not join to show your dissatisfaction
 - b. Lost your temper and against the suggestion
 - c. Make other suggestion and wish the group would change their mind



7. You have already promised A to go to swim, and B invite you to see a movie that you want to watch for a long time, you will:
 - a. Persuade A to see the film with you two
 - b. Decline the invitation of A
 - c. Decline the invitation of B
8. If you have a holiday that can be free to use, you would like to:
 - a. Date 1 to 2 close friends and have a heart-to-heart talk
 - b. Read a book at home alone
 - c. Date a group of friends for a picnic
9. Do you prefer to do something with friends together or doing something on your own:
 - a. Depends on the mood
 - b. Alone
 - c. With friends
10. Among your friends, do you think that:
 - a. Other are more popular than you
 - b. They dislike you
 - c. They love to getting along with you
11. Your friend had join the same competition with you, he/she won the prize and you have failed:
 - a. concede that your friend is better qualified
 - b. Jealous and suspect the judgement is unfair
 - c. Felt happy with the friend
12. Your friend had a wrong quote in his speech during a banquet, you will:
 - a. Correct him in front of the others immediately
 - b. Let him continue with the fault and do nothing
 - c. After he had competed his speech, seek for a chance to talk to him privately
13. Something unfortunate had happened in your friend's home, you will:
 - a. Not mention, because you don't know how to handle it
 - b. Felt upset with your friend or no special feeling since it has no relation with you
 - c. Share his/her pain and try to comfort him/her
14. Your friend had an accident and was injured and required hospitalization, you will :
 - a. Sent a card or a message to greet him/her
 - b. Ask another friend to pay a visit to him
 - c. Schedule some time to pay a visit to him

15. A friend reminds you that you neglected some manners, you will:
- Accept but do nothing
 - This is your habit and he/she seems meddlesome
 - Accept and try to improve your behaviour
16. A friend seek for your help with a small errand, you will :
- Feel reluctant, but still will help him/her
 - Reject his/her request
 - Willing to help
17. A friend ask for help in his assignment, and you are willing to help. Later, you discovered that you have taught some wrong things to him/her, you will:
- Shut your mouth and pretended you did not know
 - Wait and see if he/she will discover that, and if so, using some excuse to defence
 - Apologize to him/her and correct the fault immediately
18. You borrowed a book from the library, and must return within 2 weeks and cannot keep borrowing. Your friend also need this book but unable to borrow it. He/she therefore wishes you can lend him/her for a week, you will:
- Do not make a promise and just tell him/her you will pass the book to him/her once you have used the book
 - Reject his/her request and leave the book for own use
 - Borrow the book to him/her, even you know that the consequence is you may not have sufficient time to read it through when your friend return the book to you
19. Would you discuss or share your goal, dream, disappointment or difficulties with your friend:
- I will share to every friends I know
 - I will keep this as my secret and do not share with friends
 - I will only share with close friends who are trust worthy
20. Would your friends willing to tell or share with you about their difficulties:
- Occasionally
 - Never
 - Always



"Friendships are relationships that involve two very critical dimensions – interdependence and voluntary participation," (Suzanne Degges-White)

"True friendships are hallmarked by each member's desire to engage with the other – it's about mutual interest in one another's experiences and thoughts, as well as a sense of 'belongingness' and connection," she says. "Friendships require reciprocity – of admiration, respect, trust, and emotional and instrumental support."

How to Create and Maintain Strong Friendships

1. Accept who they are and Don't force your friend to change
2. Be honest with each other
3. Provide support and encouragement
4. Show your appreciation
5. Embark on new experiences together
6. Forgive the unintentional fault and mistakes
7. Show them that you care about the relationship
8. If you had do someting wrong that had influence on your friend, please admit and make an apologize



If you need the analysis of the test, please feel free to contact our counselor.

Appointment can be made / requested in various ways, you may

- Call us at 39635174 /39635593
- Come to us at M612 Main Building HSUHK Campus
- Send us an online request form: <https://bit.ly/2HgkqC1>

(Your request will be confirmed from our counselor via phone or email within the next 3 working day)

QR Code:



Quality friendships are extremely important to our general happiness.



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交友之道

人關係
際篇



有人能相識滿天下，有人卻處處犯眾憎，要與人建立和維繫友誼有何竅門？人際交往有五個重要規則：



請誠實的回答下列問題，在三個答案中 只 選擇對你最恰當的一個：

- 當你衡量朋友時，以下那一個因素你最為重視？
 - 他的職業和社會地位
 - 他的財富
 - 他的品格
- 你對朋友的評價，受那一方面影響最大？
 - 第一印象
 - 別人對他的批評
 - 與他交往所獲得的親身感受
- 身處在一些與你性格不合的人當中，你會：
 - 覺得很不自在
 - 避開他們
 - 嘗試認識他們，努力與他們攀談
- 當你遇到個人問題，你會：
 - 自己找辦法解決，盡量不麻煩別人
 - 做一些自己喜歡的事，嘗試逃避面對問題
 - 向熟朋友求助
- 朋友介紹你一種新的運動，希望你也一起參加，你會：
 - 在他再三邀請下，不願令他掃興而稍作嘗試
 - 不為所動，因你對運動完全沒有興趣
 - 樂於嘗試，看看自己是否喜歡
- 假日大家相約去旅行，朋友提議到一處你不喜歡的地方，你會：
 - 不參加，消極抗議
 - 大發脾氣，立時提出反對
 - 提出其他建議，希望能轉去較理想的地方
- 你一早答應了甲去游泳，朋友乙提議你去看一齣你渴望已久的電影，你會：
 - 游說甲一同去看電影
 - 推辭甲的約會
 - 推卻乙的邀請
- 有一天假期供你隨意運用，你喜歡：
 - 約一兩知己促膝談心
 - 獨個兒坐在家裏看書
 - 約一群朋友到郊外旅行



9. 你喜歡跟朋友一塊兒做事抑或單獨做事?

- a. 看心情而定
- b. 單獨
- c. 與朋友一起

10. 在朋友當中，你認為:

- a. 別人比你更受歡迎
- b. 朋友都不喜歡你
- c. 人家很愛和你交往

11. 你的朋友和你一起參加某項比賽，對方得獎，而你卻落選了，你會:

- a. 自嘆不如
- b. 心感妒忌，甚至懷疑評判不公正
- c. 衷心的為他感到高興

12. 在一個宴會中，你的朋友引經據典滔滔不絕，忽然他引錯一句話，你會:

- a. 立即在眾人面前糾正他
- b. 讓他繼續錯下去，不加糾正
- c. 會後找機會單獨告訴他

13. 朋友家中發生了不愉快事件，你會

- a. 不敢提起，因你不知怎樣應付
- b. 自己也悲從中來或是覺得與自己無關而沒有特別感受
- c. 願意分擔他的痛苦，安慰他

14. 當朋友生病或意外受傷入了醫院，你會:

- a. 寄上問候咭或發送短訊問候
- b. 請朋友代問候他
- c. 去探望他

15. 朋友提醒你疏忽了一些禮貌，你會:

- a. 默默接受，卻不經心
- b. 覺得這是你的習慣，他未免太過愛管閒事
- c. 接受並改變自己的行為

16. 朋友請你替他們作件小差事，你會:

- a. 雖感到勉強，但仍會去做
- b. 大多推辭
- c. 樂意效勞

17. 朋友向你請教功課，你後來發覺部份教錯了他，你會:

- a. 不作聲，假裝不知道
- b. 待對方發現時再找藉口替自己辯護
- c. 向他道歉，承認自己的錯誤，立即更正

18. 你在圖書館借了一本參考書，但兩星期後要歸還並不可續借，你的同學亦需要這本書但卻借不到，所以請你借給他一個星期，你會:

- a. 不敢肯定答應，總之自己用完後就借給他
- b. 推卻他，保留自用
- c. 明知事後要熬夜讀完，也會趕借給他用

19. 你會對朋友談論你的志願、失望或難題嗎?

- a. 告訴每一個你遇到的朋友
- b. 對每一個朋友都守口如瓶
- c. 只會向熟朋友傾訴

20. 你的朋友會願意告訴你他們的困難嗎?

- a. 偶然
- b. 從來沒有
- c. 經常



朋友之間的溝通是一個循環往復、給予和接受交替的過程。在任何的友情關係中都有可能感到其中的一個人好像總是接受多於給予。別讓這種階段性的「不平等」破壞你們之間的關係，要善待這份友情。你希望別人怎樣對你，你就要怎樣對別人，絕不要在背後議論自己的朋友。當你被一個朋友所傷害，切忌抱有報復的念頭。想想事情的緣由，預測下你要做的舉動會有怎樣的後果、以後你會不會感到後悔。衝動和爭執最終很可能將永遠地斷送你們的友誼。嘗試站在對方的角度考慮、試著去理解對方的觀點，中間是不是有誤會？這誤會能否消除？即使在那些最難以忍受的時刻也要把友誼放在首位。

維持友誼必須要做到的八大點

- 1 照著別人原來的樣子、性格接納他 / 她。不要強迫別人改變。
- 2 欣賞別人。在適當的機會合宜地稱讚他 / 她的優點。
- 3 鼓勵別人。告訴別人他/她做得很好，使對方有信心繼續努力。
- 4 設身處地為人著想。嘗試瞭解並尊重別人的感受。
- 5 不要和別人爭執或責罵對方，亦不要以這方法來解決問題。
- 6 別人犯錯的時候，盡量原諒對方及嘗試使他 / 她好過一點。
- 7 無論何時，當你做了一件影響朋友的錯事，務必要承認，請對方原諒。
- 8 偶然向朋友表示你的情意，為朋友做些事，如送小禮物或慰問。

如需有更詳盡之分析，歡迎與輔導員聯絡。

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:



- 備註**
- 本服務所搜集的個人資料的面談內容絕對保密
 - 費用全免，歡迎查詢及預約



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