FOSS2018 Social Innovation Internship
Term-time 2019-2020

Internship Orientation
September 23, 2019
# Social Innovation Internship Orientation (Term-time 2019-2020)

## Programme

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
<th>Venue</th>
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</thead>
<tbody>
<tr>
<td>6:00pm - 6:10pm</td>
<td>Welcoming Remark</td>
<td>Professor William Hayward</td>
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<tr>
<td></td>
<td></td>
<td>(Dean of Social Sciences)</td>
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<tr>
<td>6:10pm - 6:30pm</td>
<td>Sharing by Past Interns</td>
<td>Miss Radhika Bansal</td>
<td>Social Sciences Chamber</td>
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<td></td>
<td></td>
<td>(Past Intern, JEMS Character Academy)</td>
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<td></td>
<td></td>
<td>Ms. Victoria Yeo</td>
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<td></td>
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<td>(Past Intern, Inner Edge)</td>
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<tr>
<td>6:30pm - 7:30pm</td>
<td>Parallel sessions</td>
<td>Experiential Learning Team</td>
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<td></td>
<td>Meet your Academic Tutors -</td>
<td>Mr. Ken Yau</td>
<td>Social Sciences Chamber</td>
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<tr>
<td></td>
<td>• Overview of the academic</td>
<td>Dr. Shing Au-Yeung</td>
<td>Room 1103</td>
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<tr>
<td></td>
<td>deliverables</td>
<td>Miss Elsa Lam</td>
<td>Room 1104</td>
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<tr>
<td></td>
<td>• Briefing on work ethics</td>
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<td></td>
<td>and work culture</td>
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Welcoming Remark

Professor William HAYWARD
Dean of Social Sciences
How to survive & thrive in your internship
Social Innovation Internship Orientation  (Term-time 2019-2020)

Sharing by Past Interns

Miss Radhika Bansal  
JEMS Character Academy

Ms. Victoria Yeo  
Inner Edge
WORKING AT JEMS CHARACTER ACADEMY
MY DUTIES

• TEACHING ASSISTANT
  - OBSERVE STUDENTS
  - PREPARE CLASS MATERIALS
  - HELP OUT IN ANY WAY I CAN
BALANCING WORK AND STUDIES

• MAXIMISE YOUR TIME AT THE INTERNSHIP
• COMMUNICATE AND COLLABORATE
• PRIORTISE
FACING CHALLENGES

• DON’T BE AFRAID TO ASK
• HAVE A POSITIVE ATTITUDE
• KEEP SUPERVISOR UPDATED ON PROGRESS
BEING A NON-LOCAL

• PLAN AND ORGANISE
• OBSERVE
• FOCUS ON OTHER WORK
ON-FIELD WORK
<table>
<thead>
<tr>
<th>Statement</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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</thead>
<tbody>
<tr>
<td>I communicate my thoughts and feelings clearly to my coach and teammates.</td>
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<tr>
<td>I feel confident and my coach and teammates understand my thoughts.</td>
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<tr>
<td>I fear competitions.</td>
<td>2</td>
<td>3</td>
<td></td>
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<tr>
<td>I set my own performance goals for each practice.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
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<tr>
<td>I handle unexpected situations in sports effectively.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
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<tr>
<td>I play well in important games and against even matched opponents.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>I think I can achieve my athletic goals.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
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<tr>
<td>Frustration gets the best of me on the field/court, making me play poorly.</td>
<td>1</td>
<td>2</td>
<td></td>
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<tr>
<td>While competing, I worry about making mistakes or failing.</td>
<td>1</td>
<td>2</td>
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Assisting my supervisor
Preparing and Conducting
OFF-FIELD WORK
香港運動心理學會
實用運動心理學技巧A2課程

Upcoming events
活動預告

Karen launched the first Sport Psychology book on Mar 29, 2019!
Karen推出首部首部運動心理學書籍

香港中文大學運動醫學日
運動心理學講座

盧綉蘭小姐
香港運動心理學會副會長
Inner Edge Ltd 顧問
美國應用運動心理學會註冊顧問
前香港陸軍代表

詳情請瀏覽www.cuhkiiamart.hk
網上報名：免費 (於9月30日截)　
現場報名：HK$20（25歲以下小童，60歲及以上長者及殘疾人士免費）
SPORT & PERFORMANCE PSYCHOLOGY IN HONG KONG

“THE BODY ACHIEVES WHAT THE MIND BELIEVES.”
Meet your Academic Tutors (Parallel Sessions)

Allocation of Academic Tutor @ Internship Handbook p.18

• Mr. Ken Yau @ Social Sciences Chamber
• Dr. Shing Au-Yeung @ Room 1103
• Miss Elsa Lam @ Room 1104