Study Smart · Build Confidence · Enhance Resilience –
Person Enrichment Workshop Registration Day (13-14 Sept)

Message from CEDARS-Counselling and Person Enrichment

What kinds of skills would you like to learn or develop at university? Below are 3 categories of workshops which are highly popular amongst students:

**Study Smart Series**
- note-taking: techniques, shortcuts & practicum (NEW)
- listening skills: getting the essential facts & enhancing attention span (NEW)
- how to schedule and plan my time smartly?

**Confidence Building Series**
- effective public speaking
- image building 1001 (male/female)
- how to be a lady/gentleman (social etiquette training)

**Resilience Enhancement Series**
- relaxation through arts (NEW)
- mindfulness relaxation exercises for well-being
- coffee workshops series @ cafe330

All workshop details can be viewed [here](#).

Come to our NEW office at Room 323, 3/F, Main Building to enroll in the workshops starting **13 September, 10:00 am**!

For enquiries, please contact us at cedars-cope@hku.hk or 3917-8388.

Counselling and Person Enrichment Section (CoPE)
Centre of Development and Resources for Students (CEDARS)