



In spite of the COVID-19 situation and delivery of online teaching and learning until 16 May, students' personal development and well-being remain our paramount priority. We are here to support you and hope to make this challenging period as easy on you as possible. Check out our online services, support and co-curricular programmes.

- **Flexible Counselling Service:** We provide counselling service to students who need support by phone or on Zoom in a confidential manner. We encourage you to talk to our counsellors about your needs and concerns related to studies, relationships and mental health. For counselling service, please call 3917 8388 or send an email to cedars-cope@hku.hk, or visit our [website](#) for more details.
- **One-on-One Career Advising Service:** Talk to our Career Consultants from diverse industries and CEDARS Student Advising Officers via phone or on Zoom / Skype to get personalised career advice on career planning, job searching skills, application writing review and interview preparation. [Make an appointment](#) NOW.
- **“Peer to Peer” Person Enrichment Programme – Zoom Version (27 March – 24 April):** We are offering a series of online workshops to explore your strengths and weakness, and learn how to better support your peers! [Register](#) NOW. Limited seats on a first-come-first-served basis!
- **HKU Virtual Career Fair 2020 (30 March - 1 April):** Over 90 companies / organisations across a wide range of industries are offering over 1,500 graduate and internship vacancies. Grab the opportunity to interact with employers and submit job applications instantly at your fingertips! [Register](#) NOW.
- **Online Recruitment Talks:** Companies / organisations from various sectors are hosting online recruitment talks for students to understand employers' expectations, and explore job opportunities and career prospects. [Register](#) NOW.
- **Online Self-help Resources:** Self-help tips, guided relaxation and mindfulness exercises, as well as

mental health and enrichment information are available [here](#). If you or your peers are feeling anxious amid the novel coronavirus spreading, check out the tips for maintaining psychological health [here](#).

- **Online Psychological Tests on Psychometer:** You can deepen your self-understanding through completing various tests for feedback on your current psychological well-being, learning status and personal strengths. Click [here](#) to develop your profile and obtain online tips for your personal enrichment.

More information will continue to be shared as it comes available. Please stay tuned!

Best regards,

Centre of Development and Resources for Students

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