

Personal Development Programmes 2011/12  
 Programme Schedule by Themes in Summer

5 May 2011

Themes	Name	Medium of Instruction	Special	Date	Time	Venue
Enhancing Your Psychological Wellness	Understanding Our Unexplainable Dreams (2-session)	English/ Cantonese	P	4/Jul/2011 (Mon)	14:00-18:00	P 309
	Kick Away Your Stress	English/ Cantonese	P	12/Jul/2011 (Tue)	14:30-16:30	ST 313
	Understanding Your Personality from a Family Perspective <b>New!</b>	English/ Cantonese	P	21/Jul/2011 (Thu)	14:30-16:30	ST 313
Love and Dating	Understanding Your Love Style from a Family Perspective <b>New!</b>	English/ Cantonese	S	11/Jul/2011 (Mon)	18:30-20:30	ST 313
	Am I Really in Love with Him/Her?	English/ Cantonese	S	21/Jul/2011 (Thu)	18:30-20:30	ST 313
	My Mr Right and Miss Right	English/ Cantonese	E	26/Jul/2011 (Tue)	18:30-20:30	ST 313
Positive Psychology	Seeking Happiness: What is Happiness?	English/ Cantonese	P	13/Jul/2011 (Wed)	14:30-16:30	ST 313
	The 7 Habits of Highly Effective People	English/ Cantonese	P	14/Jul/2011 (Thu)	14:30-16:30	ST 313
	Seeking Happiness: Positive Attitude	English/ Cantonese	P	20/Jul/2011 (Wed)	14:30-16:30	ST 313
Self-understanding for Personal / Career Development	MBTI Personality Testing for Career Planning (2-session)	English/ Cantonese	P	18 & 25/Jul/2011 (Mon)	18:30-20:30	ST 313
	Understanding Personality through 16PF Psychological Testing (2-session)	English/ Cantonese	P	20 & 27/Jul/2011 (Wed)	18:30-20:30	ST 313
The Art of Relationship Building	Understand the Psychological Differences Between Men and Women <b>New!</b>	English/ Cantonese	S	19/Jul/2011 (Tue)	18:30-20:30	ST 313

**Remarks:** All PolyU students of full-time undergraduate degree programmes are required to participate in Co-curricular Activities (CCA) for a minimum of 6 hours as graduation requirement and participation of PDP workshops will help you fulfill the requirement.