Hall Life
Hall life is an integral part of the University education. Living and learning in Student Halls offer abundance of opportunities for you to develop and make a difference if you have a clear idea of the “SPECIAL” framework below to chart your hall life.

**What’s under SPECIAL**

“SPECIAL” stands for different domains of desirable generic competencies contributing to students’ all-round development and successful future. A wide range of programmes / activities grouped under the following domains are offered by SAO and other PolyU Units.

- Social Development
- Physical and Psychological Development
- Ethics
- Career Development
- Intellectual Development
- Aesthetics
- Learning

**Why SPECIAL**

- It provides you with a comprehensive guide for meeting your developmental needs
- It facilitates your goal setting and planning for your own development
- It enables purposeful learning to inspire you to life-long learning
- It helps enhance your competitiveness upon graduation

**How to be SPECIAL**

SPECIAL helps you adopt a strategic approach to plan your own development:

1. **Self-Assessment of All-Round Development (SAARD)**
2. Find out your developmental needs
3. Set goals and targets for all-round development
4. Participate in **SPECIAL** programmes / activities
5. Set time frame for personal development plan
6. Reflect on your learning outcomes
7. Adjust plans, if needed
8. Accomplish goals
9. Record in **SPECIAL** ePortfolio

**Record in SPECIAL ePortfolio**
Social Development
### Social Development

- Enhance your capability in motivating and engaging a team to work towards a common goal, to support and collaborate with teammates.
- Learn to communicate and relate with others appropriately, confidently and effectively.

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<tr>
<th>Generic Competencies</th>
<th>Some examples of the social development opportunities in Student Halls</th>
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</table>
| **Communication & Interpersonal Effectiveness** | **Communication starts small**  
- take an initiative to greet hall-mates or introduce yourself at hall common areas  
- offer a helping hand to help others settle down and feel at home  
**Interpersonal effectiveness develops**  
- with your openness to communicate and willingness to bear with personal differences, living habits & cultural diversity of others as you would have them bear with yours  
- with some efforts to go through the Roommate Agreement Checklist together and come up with a mutually agreed Agreement of your own  
**Communication can also be in different forms in Student Halls**  
- write in to the Hall E-magazine, and Hall Yearbook  
- be a Master of Ceremony at hall functions |
| **Leadership & Teamwork**                | Sharpening leadership skill and teamwork spirit is at your grasp if you are prepared to:  
- run for the new election of the Hall Association in your hall  
- help organize or contribute as a student helper in hall activities  
- Join in one of the Living and Learning Communities to organize hall life programmes for hallmates |
| **Biliteracy & Trilingualism**           | Make use of every chance in Student Halls to practise your English & Putonghua with students of different nationalities |
Physical & Psychological Development
Physical & Psychological Development

Physical fitness, healthy lifestyle, sportsmanship and psychological wellness are all critical to set a solid foundation for your career life and development.

### Generic Competencies

#### Sportsmanship
Inter-hall Sports Competitions welcome not just the professionals but also the majority of hall residents at amateur level to participate and have fun. Join and support your hall sports teams to experience the team spirit and the joy of triumph and sportsmanship.

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<tr>
<th>Sept 09</th>
<th>Oct</th>
<th>Nov</th>
<th>Jan 10</th>
<th>Feb</th>
<th>March</th>
<th>April</th>
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<tbody>
<tr>
<td>Swimming Gala</td>
<td>Table tennis</td>
<td>Athletic relay</td>
<td>Soccer (Men)</td>
<td>Basketball (Men)</td>
<td>Volleyball (Ladies)</td>
<td>Badminton</td>
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#### Healthy Lifestyle
- Learn to manage time effectively so as to keep a healthy lifestyle among academic pursuits, balanced diet, exercise and other competing goals.
- Make good use of fitness facilities and enroll in many physical fitness workshops held in Student Halls.

#### EQ & Psychological Wellness
Watch out to join the stress relief workshops organized in Student Halls and share your troubles with your tutors or friends when necessary.
Ethics & Career Development
Ethics

Some examples of the Ethical initiatives in Student Halls

As a miniature of the society, the Hall is a perfect ground to shape your ethics and due exercise of your civic rights & obligations, e.g.

- a sense of community shared that you will take proper care of the communal properties
- a sense of self-respect to keep the pantry clean and tidy after use
- the self-discipline to respect hall rules such as observing guest visiting hours and smoke-free residence
- a respect of others’ rights such as to keep your voice down at small hours and uphold personal hygiene

Other than these, you are strongly encouraged to actively participate in the Inter-hall Cleaning and Energy Saving Competitions. You are also welcome to join the activities organized by the Hall Community Services Group and the Green Green Hall Community to better contribute yourself.

Career Development

Student Halls is an excellent platform in enhancing inter-disciplinary interactions and nourishing life-long friendship among hall residents. This social network established will definitely be of great value for your future career development.

At the meantime, a series of Workshops in Student Halls ranging from Western Dining and Social Etiquette to Dressing for formal occasions, and the associated real-life practice at High-Table Dinners will all enhance your overall competitiveness in the career market.
Intellectual Development

& Aesthetics Development
**Intellectual Development**

In Student Halls, you are free to exercise your critical and creative thinking, e.g. showing your flair and originality by making a difference to the design, backdrops and decoration of High-table Dinners.

You can also sharpen your problem solving skill by getting involved in organizing various kinds of hall activities. What is more, you may initiate to form a learning community with hallmates who share a common interest with you. To help your academic pursuit, scholarship students of various departments are invited to share their study skill and experience with freshmen. Watch out and join in these sharing sessions organized in the beginning of the semester.

**Aesthetics Development**

Living in the Student Halls offers you great opportunities for aesthetics and cultural appreciation. You may explore other cultures through daily interaction with students of diverse cultural background or join different cultural activities such as heritage trail visits, eco-tours, festive workshops organized in the Student Halls.

Also you can enhance your aesthetics appreciation by joining poster design and photo competitions and other hall education programmes in dance, music and so on. For music lovers, you can also enjoy, participate and have fun in the Inter-hall Singing Contest.
Learning
**Learning**
The networking and interactions in Student Halls with peer students of different disciplines and nationalities can be a good nurturing ground to enhance your global outlook and life-long learning aspiration.

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<td><strong>Global Outlook</strong></td>
<td>You can be a buddy to exchange students of diverse background and nationalities and make good use of your daily interactions with them to get a feel of their culture. You are also welcome to join and have fun at the Cultural Nights held in Student Halls.</td>
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<tr>
<td><strong>Life-long Learning</strong></td>
<td>Find and cultivate a life-long interest in music and dance by enrolling in the hall education programmes or join the Hall Choir/Social Dance Community etc.</td>
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<tr>
<td><strong>Academic Excellence</strong></td>
<td>Some 100 Hall Scholarships will be available for your application by the end of 2009. Do strive your best on both academic excellence and active engagement in co-curricular activities.</td>
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In Student Halls, you can always approach Graduate and Peer Mentors for academic assistance or fine-tune your study skill by attending the Sharing Session held by hall scholarship holders. Other than these, you are welcome to initiate and set up Living and Learning Community (LLC), by pooling hall-mates of the same passion and interest to form study group on a specific subject.

“I aimed to become “the best of the best”; I have set high standards for my studies and participated in many activities to develop myself and make more contributions to the university as well as the society....I have fully used the international living environment at hall to learn about the values of different inbound exchange students.

Through the hall activities, especially the high table dinner and the culture night, I have enhanced my social skills by interacting and sharing with others. During this time I became more independent and started to know how to live with other people. I developed many friendships and gained valuable experiences in hall which brightened my PolyU life and made my university life unforgettable.”

Mr. Liu Man Kit  
The Most Outstanding Student 2008  
Resident of Lisheng Hall  
BEng (Hons) in Civil Engineering, Year 3