

# AdjUST Well

Counseling and Wellness Center



- **You're Not the Only One**  
Making friends in my first year
- **Achieving Study-life Balance**  
The fun in taking charge of my own time
- **Counseling and Wellness Center**  
A place to discover more about myself

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# Welcome Message



**Mrs. Pandora YUEN**  
Director of Student Affairs

## What does university education mean to you?

At HKUST, we believe that after these four years, you will not only be proud of the knowledge that you will have acquired, but also be proud of the person that you will have become. You will experience growth in many ways – academically, intellectually, mentally and emotionally. You will have many decisions and choices to make, and you will learn from all of them – the brilliant and the not so brilliant ones. That is how growth comes about.

But before all that happens, the first challenge is perhaps to simply adjust to this new way of learning. Things are no longer prescribed; you suddenly have this freedom which could be exciting but at the same time overwhelming. With so many options, which path should you take? What should you say 'yes' or 'no' to? We hope this magazine will give you an idea of how to make your education at HKUST work for you – personally. There are many resources available in this university; sorting them out could be a daunting task. This magazine will offer you an overview of how to kick off your 'university mode' and get started on the right track.

The rest, however, is up to you. The support will always be there, but ultimately it is you who have to do the work. Yet I can assure you that hard work always pays off – perhaps not the way you think it should nor at the time that you want it most, but it certainly will. Four years from now, you can look back with satisfaction, knowing that you are the one who has taken control of your own life and enabled your own achievements.

**Enjoy your journey at HKUST!**



You will experience growth in many ways – academically, intellectually, mentally and emotionally. You will have many decisions and choices to make, and you will learn from all of them.

# You're Not the Only One

## Making friends in my first year

Starting your university life can feel like entering a maze. One thing that is for sure: you cannot go through the next four years on your own. You will be meeting people everywhere you go – some of these people will be your good friends at HKUST; some of them might become your trusted companions for life. Some say friendships just happen naturally. While that is true to a certain extent, everyone needs to put in effort and dedication in order for the friendship to grow.



**Be yourself, first and foremost.** Yes, making new friends requires effort but never try too hard. Don't try to be someone you are not in order to impress someone. You can't wear that mask for long anyway. Every person is unique, so be confident of who you are. Pretense has no place in any true and meaningful relationship.

**Look up and smile.** Yes, smile to that stranger who just sat down next to you at the cafeteria and start a casual conversation. Step away from social media for a while. Real relationships happen in person – not on Facebook. Perhaps you are not good at striking up conversations and doing the small talk thing, but smile anyway. Maybe the other person is waiting to see that smile before initiating your first chat. You can never lose with a smile.

**Don't assume.** HKUST is a very international community. Students, professors and staff come from different backgrounds, each with their own interesting stories to tell. Before you approach a new friendship, let go of preconceptions – especially those as a result of some noticeable differences

like the language you speak and the way you dress. Open your mind and you will start to find similarities between you and the other person in no time.

**Join something.** Perhaps the question is not whether to join or not, but what to join. Whether it be an interest club, an academic society, a sports team, or the executive committee of your residence hall, being part of something not only gives you plenty of opportunities to make new friends, it also helps to foster a sense of belonging and a sense of community during your time at HKUST. To start off, you may be able to meet like-minded people by getting involved in something that you really care about. You will find friends who share the same passion or similar values as you.

**It's OK to tag along.** In time, you may take up the role of the social convenor of your friend group. But before that happens, everyone will go through the stage of being the 'newbie'. Don't say no to party invitations simply because you "only know a few people there". If someone you know from class asks you to join a dinner in Sai Kung with his/her hallmates,

whom you haven't met before, go anyway. Your friend must have invited you for a reason. Everyone has tagged along before. You just don't know them yet.

**Share, even if you're shy.** So you have passed that stage of small talk. What else is there to talk about? Perhaps it is time to get to know more about each other and get deeper into the relationship. Not everyone is comfortable sharing about their lives. But without that step of faith, the friendship will go nowhere. So be the first one to open up – share about your fears, perhaps your past hurts, that does not make you less of a person. In fact, that could pave the way for building trust and set the tone of a beautiful friendship.

**Give it time.** They say cultivating a relationship is like planting a garden. You need to give it time, patience, and a lot of TLC – tender loving care. Spend time with each other; do stuff together; be around for each other. There is no short cut. Consider joining a volunteer activity or attending the same elective course together. Shared experiences can enhance your connection to one another and create special memories that last long after the event is over.

**Last but not least, be the friend you want to have.** Treat others as you would want to be treated. Appreciate their strengths. Accept their weaknesses. Love their weirdness. (Every person is a little 'weird' in their own way!) Remember how your friendship started off with that first smile at the cafeteria? Yes, when you smile, you will get a smile back.



In his book *The Four Loves*, C. S. Lewis wrote that friendship begins when one person says to another, "What? You too? I thought I was the only one!" No, you're never the only one. You just need to take that first step and say, "Hello". The rest will be history.

# Achieving Study-Life Balance

The fun in taking charge of my own time



Now that you're in university, all of a sudden you realize you are in possession of something that you've always hoped for - freedom. All these years you've hated the rigid class schedule in secondary school and wondered how it is like to be able to pick your own classes and plan your own schedule. The time has come for you to find out.



## Structure vs Spontaneity

For people who love structure, impromptu activities could sound like a nightmare. On the other hand, fixed schedules could be extremely suffocating for people who are more spontaneous. Regardless of your personality, however, effective study requires discipline. Now that you're 'free as a bird', you also have to set some boundaries; and developing regular routines would be a necessary first step.

Honoring your class schedule would be a start. Extra-curricular activities or student societies that you've committed to would also have practices or meetings that demand regular attendance. Try your best to follow your schedule and if at any point it doesn't seem feasible, adjust accordingly rather than ignore it. If you keep skipping classes and missing appointments, you might end up with a tremendous sense of defeat, which could lead to a downward spiral where you find yourself procrastinating and losing control of your time altogether. That is a dangerous path you need to avoid.

At the same time, it is also important for you to allow some flexibility. If you're too set on your structured life, you might miss out on opportunities that happen to come up at short notice. And if you only have your eyes fixed on your schedule, you won't even see those opportunities at all. Ultimately, you have to find the right balance between structure and spontaneity - one that works for you specifically.

But with freedom also comes responsibility. Yes, you've heard that before. With your newfound freedom, your biggest responsibility would be to know how to manage your time properly. Another thing you need to manage is your energy. You're young but your body is not invincible. You would need to prioritize: decide what's worth your time and energy and what's not. Then out of all those priorities, you would still need to determine which one is 'more' worth it .....

It's tough, but taking charge as an independent individual can also be fun and challenging. You'll be constantly searching for a balance between two values that seem to be at odds with each other. As in life, the art of striking a balance is the key to ultimate fulfillment and well-being. This is the time to start learning and practicing.



## Urgent vs Important

There will be many things that seem important; and they probably are. But you only have that much time. How do you prioritize when everything seems to be a priority?

First of all, make a to-do list. When things get busy, you might need to revise the list every day. Then assess the value of each item - that would be the time when you need to differentiate between what is urgent and what is important. Everything can be urgent, but not everything is of equal importance. Some tasks fulfill short-term goals; some others serve a more long-term purpose. You need to weigh the ramifications of each task and determine the degree of importance to each of them.

You would also need to honestly assess your ability especially when you need to allot time for each task. Setting unrealistic goals will only cause disappointment down the road. At the same time, be flexible. It's OK to change your priorities as circumstances evolve. And a note to the perfectionists out there: Tell yourself to 'move on' when it's time to do so. Enforcing strict deadlines will prevent yourself from getting stuck, feeling frustrated, and going nowhere.



## Engaged vs Vacant

You've seen this in toilet door signs, but it also applies to life. As university students, you will be encouraged to maximize your time and seize every opportunity to learn and explore. While that is absolutely true, you cannot stay engaged every second of your life, or you'll be burnt out sooner or later. You need to designate a time when you can just take your shoes off and relax. Basically, it's that b-word again: Balance. Know that without balance there will be no well-being; and without well-being you won't be able to take in as much or dive in as deep. Leave some vacant slots in your calendar. Give yourself a break every now and then. Date yourself for a change. By not over-stretching it, the rubber band can retain its elasticity and stay adaptable to whatever may come.

So there is no prescription when it comes to time and energy management. The fun comes from finding out what works for you and what doesn't. There will be a lot of trial and error, but even though you don't have all the time in the world, you still have a whole life ahead of you! Maintaining balance will be a life-long lesson. Start practicing it early and you will thank yourself for years to come.

# Counseling and Wellness Center



A place to discover more about myself

## Serenity Lounge to Rest Well & De-stress

You are most welcome to rest and gather in the lounge of our Counseling and Wellness Center. Self-help resources including reference books and soothing music are always available for you to gain serenity and recharge energy at your own pace.



**Reception**  
We welcome you and hope you find the environment warm and refreshing.



**Waiting Area**  
Our Student Counselors will receive you here for counseling sessions.



**Multi-purpose Room**



**Open Lounge**  
You are welcome to spend your time, enjoy coffee and tea here during office hours.



- We provide the following services:**
- Professional Personal Counseling
  - Psychological Assessment
  - Crisis Prevention and Intervention
  - Services for Students with Special Educational Needs

**We also organize the following events and training every year:**

- Mental Health First Aid (MHFA) Course
- Healthy Living Festival
- Peer Counselor Training Program
- Self-enrichment Workshops and Training
- Examination Support Activities



Please stay tuned with us at <http://counsel.ust.hk> or follow our Facebook



# My Impression of HKUST

Heartfelt Sharing from Peer Counselors & HKUSTers

Gladys MAN



"University is a great place to discover yourself. Some people say every university student should engage in relationship, join the executive committee of a student society, live in hall and take a part-time job. I think you should not follow what everyone chooses to do, you just need to follow where your real interest lies. As for me, I enjoy studying in the library and working out at gym. I feel energetic and happy afterwards. I also hope you choose what you like best!"

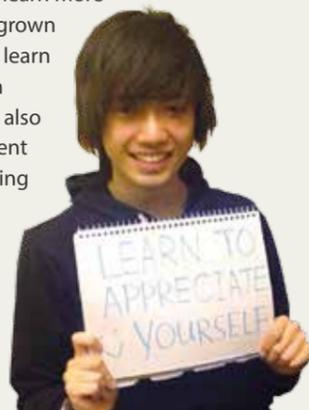
Bella CHAN

"Hongkongers are always busy that many don't even wanna stop their pace for others and are cool to everything around them. Hardworking is essential to keep our economy vibrant, but don't forget love and care are the most important of all in today's civilized world! Be nice to everyone around you and you will find life is beautiful."



Lorenzo WAN

"Having participated in the exchange program not only provided me a chance to explore the world, it was also a precious opportunity for me to learn more about myself. I feel that I have grown up a lot and I have managed to learn how to take care of myself in an unfamiliar environment. I have also learned to treasure every moment in my life and to do the right thing at the right time."

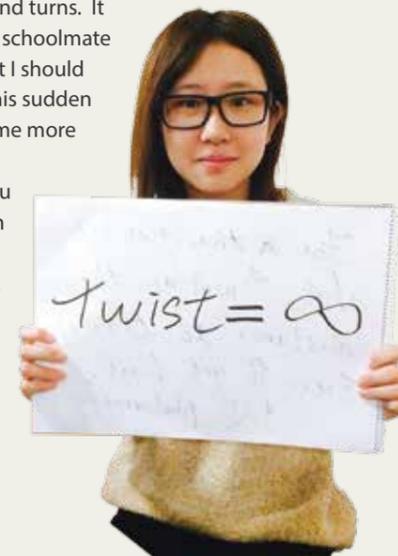


Jimmy FAN

"I have found my dream and have been striving for it at HKUST where it is full of opportunities. I felt frustrated and helpless when I first stepped in this university. I had no friend and without any goal so I was pretty lost. I realized I need to change thus I joined many activities to learn more and meet new friends. At the beginning, I had tremendous pressure from the heavy workload of my ex-co duties and I also did not receive full cooperation from the partners I worked with. Luckily, I have friends who are willing to listen to me and I feel relieved after chatting with them. My keys of success are to be persistent, hardworking and tolerant. Find your dream, strive for it and never give up!"

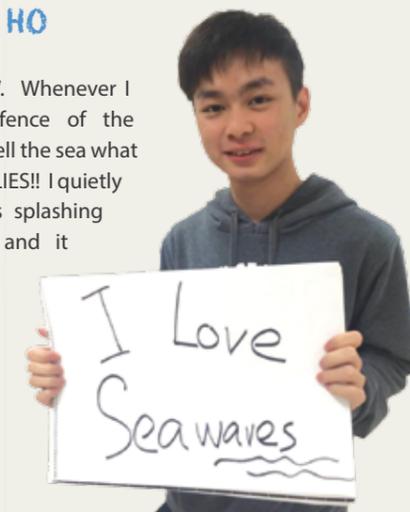
Man Ching LEE

"Honestly, I did not expect I would end up studying at HKUST. My priority was Chinese and journalism. But I didn't do well in the public exams so my application was declined. You know, life is full of twists and turns. It was a not too close schoolmate who suggested that I should consider HKUST. This sudden twist had brought me more POSSIBILITIES and now, I am good. You can't plan too much ahead, things somehow will work out on their own."



Yuen Ming HO

"I love the SEAVIEW. Whenever I lean against the fence of the balcony in Hall IX, I tell the sea what I am afraid of. It REPLIES!! I quietly listen to the waves splashing against the coast and it soothes all the stresses I have."



Robin LIU

"Take initiative, think independently, and take charge. At HKUST, you will not only be equipped with the knowledge that can help you succeed, but also get a chance to shape your values and realize your dream. What you need to do is to cherish every opportunity to take the challenge and change yourself! Good Luck!"



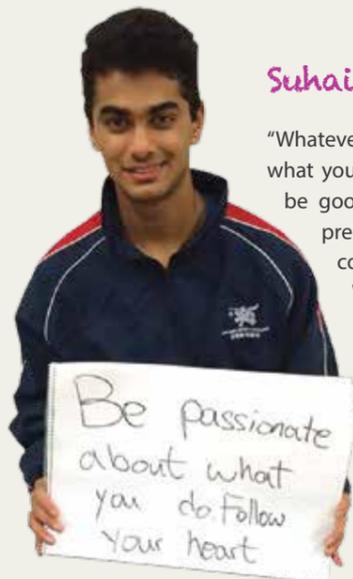
Mohamed Thalha THAIKA UBaidULLAH

"I'd like to ask everyone to be stupid. Only because when you are stupid, you will then be willing to learn harder and have the courage to try. Whatever it comes out, you can still gain something from it. I once did cliff diving without even knowing how to swim. You can learn more about life if you DARE TO TRY. JUST DO IT and don't be affected by anyone else."



### Donna SUN

"A lot of friends asked me why I always laughed whenever they saw me. Am I having a happier and easier university life than others? In fact, I often worried about my academic performance and had broken up with my loved one. I sometimes felt lost in social activities ..... But then I realized it was no point for me to grieve for my own pain, so I decided to laugh it off and I tell myself, 'life goes on no matter what happens and I should always stay happy.' So, please enjoy the adventure and LAUGH WITH ME!"



### Suhaib AHMAD

"Whatever you do, just try to do what you LOVE because you will be good at doing it. I wanna present Hong Kong to compete for the Cricket World Cup."



### Ivan GONDOPRASTOWO

"I co-founded the Entrepreneurship Academy at HKUST and have been appointed to start the Department of Computer Science and Engineering Entrepreneurship Club. Both clubs do not only promote entrepreneurship, but more importantly, an avid entrepreneurial mindset. I also established 2 other student organizations and a profit-making organization. I believe by having people to work together as a team to do things that they love and care about, we can make this world a better place to live."



### Vincent MAN

"Welcome all of you to start a new chapter of life at HKUST. If you have problem adapting the new environment, just ask people around you for help. To make new friends, first of all you should offer your trust to them. Everyone has their own dream. Sometimes you may need a good friend to help you realize your dream. You need help and others need your help too. It is important to appreciate and learn from each other. Get connected with people here and have a fruitful life at HKUST."

## Peer Counselor Training Program



Peer Counselors are a group of students who are trained by Student Counselors to promote mental health awareness, identify and assist students with psychological challenges and to build a caring culture among HKUST students on campus.

Peer support is valuable and important to most of you especially at times when one needs encouragement or advice. You who voluntarily serve as Peer Counselors will form a close network with friends who have similar vision, and have chances to actualize your caring and helping leads which are largely beneficial to others. Your contributions and commitments will be recognized upon satisfactory completion of the whole training program.



### Program Contents:

#### 1 Training



Through the comprehensive training, you can equip yourselves with basic helping skills and solid mental health knowledge. Your own emotional management and interpersonal abilities can also be enhanced through workshops and small group practices.

#### 2 Caring Projects



You will form groups to deliver Caring Projects aiming to apply what you have learned into real-life scenarios by promoting a caring culture in the HKUST community.

#### 3 Supporting Services



There are needs of other supporting services to fellow students where you can render help according to your own strengths and interest. These could be good occasions for you to further practice your helping skills and reach out to those in need.



**Counseling and Wellness Center of Student Affairs Office will recruit Peer Counselors from the following groups at the beginning of each academic year:**

- All UG & PG students
- Teaching Assistants
- Hall Tutors



[http://counsel.ust.hk/peer\\_counselors.html](http://counsel.ust.hk/peer_counselors.html)



# Leading My Way

## Interview with Professor Melody Chao



"Remember, experience is what you get when you didn't get what you wanted"

### Brief introduction of Professor Melody Chao:

Professor Melody Chao, Associate Professor in the Department of Management, School of Business and Management, received her undergraduate degree in Psychology at the University of California, Berkley. After graduation, she worked in a non-profit substance abuse treatment agency for two years, and then attended graduate school at the University of Illinois at Urbana-Champaign, majoring Social Psychology. After getting a PhD degree in 2009, she started her career at HKUST. Professor Chao's research interest is on culture and intergroup relations.

In this interview, we'll learn about Professor Chao's experiences when she was an undergraduate student and her encounters of a different culture at the college. We'll also explore issues regarding adjustment to university life.

### Culture matters: Let's explore and enjoy!

At the beginning of the interview, we asked Professor Chao to share with us some interesting "cultural" experience. She told us that it went back all the way to the very first day of her first class in college as an undergraduate student.

"Growing up in Macau, I had developed a keen interest in understanding culture. As a high school student, I thought that culture was the Ruins of St. Paul's that is adjacent to Mount Fortress, the St. António Church that is right next to my home, the A-Ma Temple that faces the sea, and the many other historic sites that are now known as UNESCO World Heritage," said Professor Chao. "I also thought that being culturally competent means studying English, Mandarin, and Portuguese at school and speaking Cantonese at home. To me then, culture was what we see, what we speak, and what we hear. It was my curiosity to know more about 'culture' that led me to go to the other side of the globe by myself, seeking new opportunities to learn and grow."

"I began my undergraduate education in the US, where my 'real' cultural adventure started. The first class that I attended in college was an Introduction to Psychology class. On the very first day of class, when the professor walked into the classroom, I stood up and prepared to greet her. It was a formality expected of all students when I was in high school. It came so natural to me that I did not even think about it. As I stood up half way, I realized that no other student in the class stood up, except me and another classmate, who was from the same high school as I did. Naturally, we paused, turned around, and looked at each other in search for answers, 'Do the students take longer to stand up here in the US? Should we wait for the others to stand up? Do they not have the custom to greet professors? What are we supposed to do? What is going on here?' I was puzzled," said Professor Chao.

Professor Chao continues, "One would probably think that my friend and I should have learned our lesson after that first lecture. However, at the beginning of the second lecture, when the professor walked in, we stood up and prepared to greet her again. It came so automatically to us that we did not even think about it. Even though years have gone by, I still vividly remember this scene from my first two days of class. From that point on, I started to realize that 'that' is culture. Culture is not only what we see and speak. Culture is something that is often unquestioned. It is something that defines our standards of behaviors, something that can influence our world view and behaviors with or without our conscious awareness."

Professor Chao further commented that living in different cultures and working with people from diverse backgrounds are like an expedition. It is important to explore differences as well as similarities, keep an open mind, and enjoy the journey. Most importantly, although culture can influence us, we can also make use of our cultural knowledge as tools to help us solve problems. In some recent research studies, Professor Chao and her colleagues have found that **students who are more open to diverse cultural experiences are more creative and are more able to solve complex problems.**

### Experience Life!

"How was your university life like as an undergraduate student? Every one of us probably encounters different challenges and difficulties. How did you deal with them then?" we asked.

"For me, university life was the most carefree. Looking back, I did encounter challenges that were seemingly insurmountable to me at that point in time. But now that I look back years later, they become a microscopic speck of life. One of my favorite quotes is from The Last Lecture, by Randy Pausch. It says, 'Experience is what you get when you didn't get what you wanted'. In other words, sometimes we may be disappointed when we cannot get what we want (e.g., grades, job offers, internships, etc.), but we need to remember to ask ourselves what we have learned from the experiences. Often time, experience is the most valuable thing that we get after all," said Professor Chao.

Professor Chao also added that when we encounter challenges and difficulties, it is important to have social support and to seek advice. People around are often very willing to help, if we only ask. So, it is important to keep ourselves open and do not be afraid to ask. At HKUST, in addition to peer and faculty support, there are different kinds of services provided to the students, such as career advising services and counseling services. Everyone is just right there for you, all you need to do is to ask!



### Finding THE right path?

"Some students are very anxious about planning for their further study or career after graduation. They want to find out the right path. How was your experience like when you were about to finish your undergraduate education?" we asked.

"I think it is okay not to have an answer immediately. It is very common that no matter what you decided to do, there are always people who hold different views, and we often feel torn in between." Professor Chao smiled and added, "I can foretell the future. For those who decide to continue their graduate study after finishing their undergraduate degree, there would always be someone telling them that they should start working immediately because graduate school is not for them. For those who decide to work immediately after graduation, someone would tell them that they should continue to study rather than working." Professor Chao said that she had encountered similar situations before. To her, when it comes to career choices, it is good to listen to and consider other people's opinions. However, we need to decide for ourselves because we are the ones who need to walk down the chosen paths at the end of the day.

Sometimes, we might be reluctant to make our own choices and would prefer to have our choices made by the others because we are afraid of making mistakes. But by letting the others make choices for us, we have made our choices already. There are people who take the same paths but end up going to different directions eventually; there are also people who take different paths initially but end up in the same destination. Sometimes, new paths will unveil to us along the way. So, **it is hard to say what the right path is. Just explore and experience life.**

# Leading My Way

## Interview with Professor Kevin Tam



"Open up yourself and approach people, be they local or overseas students"

### Brief introduction of Professor Kevin Tam:

Professor Kevin Tam, Associate Professor in the Division of Social Science, earned his Bachelor, MPhil and PhD degrees in Psychology at The University of Hong Kong. Before joining HKUST in 2008, he worked at CUHK as a lecturer for two years. Professor Tam's research interests range from cultural influence, norm perception to environmental psychology, such as pre-environmental behavior.

Each year there are many freshmen joining the HKUST big family. Life at the university is very different from secondary school and students are expected to be totally independent while they are enjoying their entire period studying here. Professor Tam shared with us his opinions on how freshmen could better adapt to the new environment in the University.

"I think the biggest difference between secondary school and university is the structured and unstructured modes of learning," said Professor Tam. "In secondary school, life is structured and disciplined. Teachers and the school tell you what to do at what time. However, life in university is unstructured. You can choose to skip or not to skip classes; there is no fixed lunch hour; you can do extracurricular activities at any time. You don't even have fixed social network."

"The first key adjustment to university life is to construct your life when things are unstructured," according to Professor Tam. "It involves a lot of decision making, such as which class to take, which activity to join, which group of peers to hang out with, how to spend your leisure time, etc. When you make decisions, the most important thing is how much you understand yourself."

However, Hong Kong students may be strong academically but weak in self-understanding. Students learned a lot about theories in different subjects, but how much they know about themselves is a question that has rarely been addressed in secondary schools as well as in the university. "Many decisions become difficult when you don't really understand yourself," continued Professor Tam. "I have seen students getting lost in schools. They might not like their major subject, but they didn't really know what they wanted to do; they became frustrated and lost their motivation to study."

Professor Tam encourages students to talk to your professors, friends, classmates, and ask them how they think about you. Chinese people tend to conceal their impressions on other people because this is not part of their upbringing. But your friends know you well. Also, professors can give you insights for your future planning. It is a way to allow you to understand more of yourself through talking to them. On the other hand, you also need to reflect on your own experience. Could you find any kind of consistency in the pattern of your decisions? Maybe from there you get to learn what your own values and priorities are.

Other than having a good understanding of yourself, Professor Tam talks further about how to adapt to the university life well. He uses an analogy comparing entering into university with traveling to a foreign country where you have never been. You will read travel guides and try to find out certain landmarks that tourists must visit, and perhaps try to interact with the local people to learn a bit more about the culture. It is the same for university. Understanding this university, getting more information about your major subject and talking to students and staff here are very important for you to familiarize with the university environment as well as its culture.

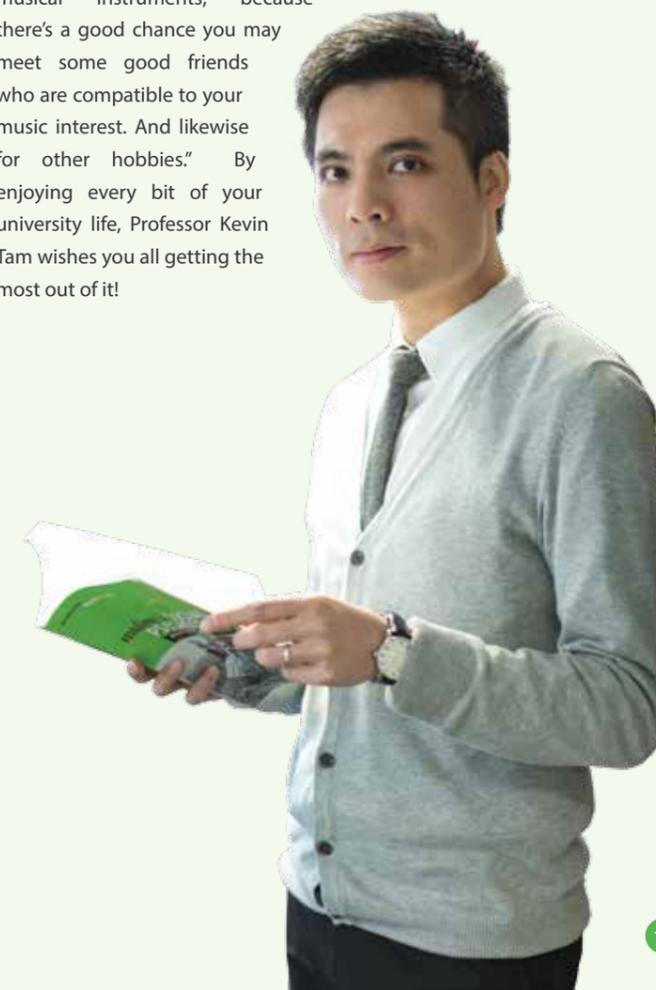
"Students talk to me from time to time and there are two main difficulties I have observed among them," said Professor Tam. "The first one is that some students do not like their major subject. They may choose a major that their parents like them to study but not what they prefer; or they are not informed enough to choose the major they like. Studying something that you don't like is really discouraging. Therefore, it is important to think thoroughly before you choose your major. But there is still way out if you are not getting into your most desirable major. To remedy, some students are fortunate enough to change their major, but some need to strive to complete their degree and to start a more desired path after graduation, such as attending certain conversion programs."

"Another challenge is about time management. My golden rule of time management is: never over-commit yourself," continued Professor Tam. "Always be realistic with how much you can handle and take some time to map out a sensible timetable. You need to learn how and when to say 'no' to yourself and others."

"Dealing with procrastination is another key of time management," added Professor Tam. "My own way of coping with procrastination is about goal-setting. By breaking down my long-term goals into smaller, manageable and concrete, short-term goals, I am much more confident to achieve them one step at a time to work towards my long-term goals."

Last but not least, Professor Tam encourages freshmen to make more friends and enjoy their life in university as much as they can. "Open up yourself and approach people, be they local or overseas students," said Professor Tam. "I randomly

assigned students from different cultures in my class into project groups, and the outcome was good." He added, "Some students are over-worried with cultural barriers which, as a result, would hinder their learning from others and broadening of horizon. All in all, you have to work with people from different backgrounds, starting from university to the working environment that you will be involved in the coming future." His last remarks, "A good point to start is to find someone who shares common interests. For example, you can join a music group if you love playing musical instruments, because there's a good chance you may meet some good friends who are compatible to your music interest. And likewise for other hobbies." By enjoying every bit of your university life, Professor Kevin Tam wishes you all getting the most out of it!



# Be Friends with Stress

## Student Counselors

Learn more about us:  
<http://counsel.ust.hk/counselors.html>

### April

"Travel is the best way for me to get relaxed and refreshed. I am always interested of learning about different cultures and experiences. In between the trips, reading and planning about the next destination, as well as recalling the beautiful moments of last trips, would light up my days and make me smile."



### Josephine

"Looking into the sky, listening to the sea, savoring every moments, and discovering yourself in silence. In solitude we find strengths and joy. In connecting with ourselves, we connect to peace, we connect with the world."



### Eric

"We all create our own Happiness. Try to see things from different angles, you would find that everything has its beautiful side. Pick up your camera, start to appreciate the beauty around you and discover more in your journey."



### Clare

"The path to Happiness is to connect with the people you love, connect with the nature, and connect with your true and inner self."



### Fanny

"Hiking with friends is one of the ways for me to unwind myself. Connecting myself with the nature and people always bring me broadened insights and satisfaction which refresh and energize myself."



### silver

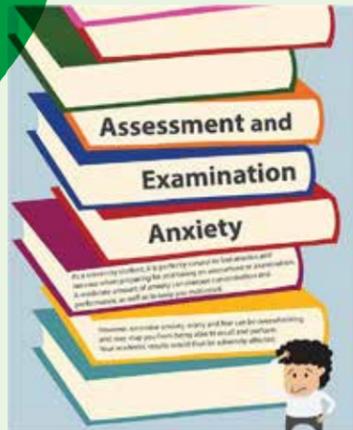
"Create More. Taste Humor. Feel Good. That's the way to Happiness and Tranquility!"



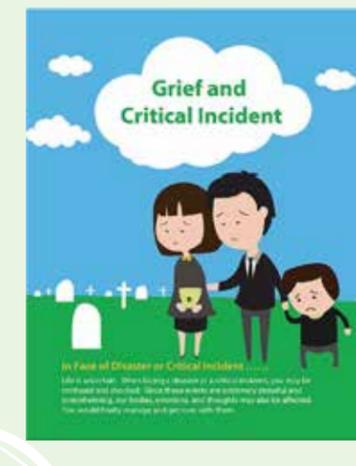
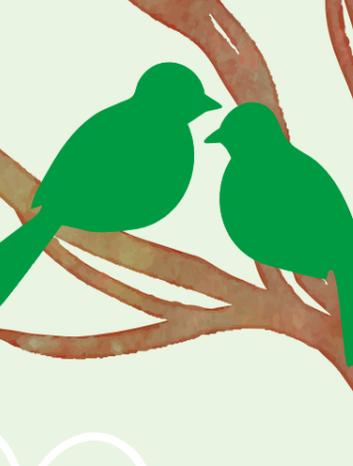
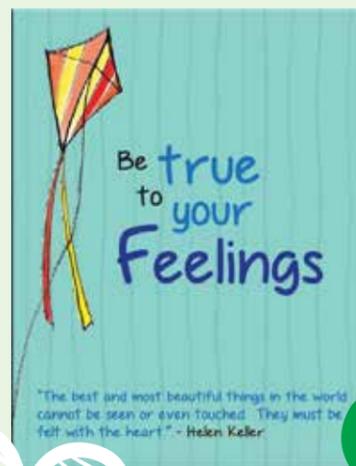
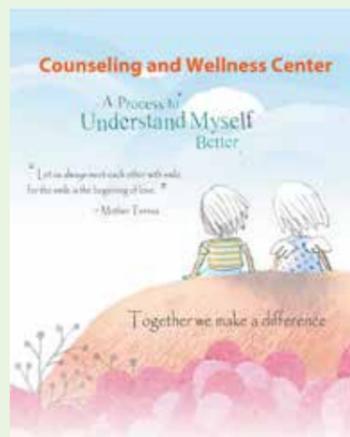
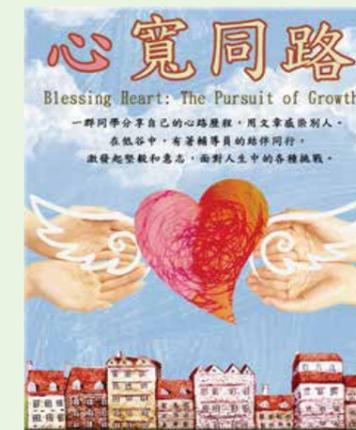
### Java

"Killing two birds with one stone! As I concentrate when cooking, the process brings me away from issues bothering me. Delicious food is a secondary gain :-)"





# Psychoeducation Resources



You may download from:  
<http://counsel.ust.hk/publications.html>



# Words of Encouragement

Reference from  [Words.of.Encouragement](#) 

**HAPPINESS** is a **CHOICE**.  
You are the only person who can make yourself happy. You can be as happy as you choose to be.

**STRENGTH** doesn't come from what you can do. It comes from **OVERCOMING** hurdles that you thought you **COULDN'T**.

The act of **FORGIVENESS** takes place in our own mind. It really has nothing to do with the other person.

Everything is going to be **alright**. Maybe not today but **eventually**.

**FAILURE** is not in the falling down, but in the decision to not get up again.

You can't control everything. Sometimes you just need to **RELAX** and have **FAITH** that things will work out. **LET GO** a little and just let life happen.

**Life is like an elevator:** on your way up, sometimes, you have to stop and let some people off.

**Angels can fly** because they take themselves lightly.

I breathe in my **COURAGE** and exhale my **FEAR**.

**GRATITUDE** unlocks the fullness of life. It turns what we have into enough, and more. It can turn a meal into a feast, a house into a home, a stranger into a friend.