



**THE UNIVERSITY OF HONG KONG**

**DEPARTMENT OF SOCIAL WORK & SOCIAL ADMINISTRATION**

**Master of Social Sciences in Behavioral Health**

# **Student Handbook**

**2021 Intake**

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## **I. Introduction**

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The Master of Social Sciences in the field of Behavioral Health is a self-funded one-year full-time or two-year part-time postgraduate programme for healthcare and social service professionals who aspire to develop an evidence-based and integrative model of clinical practice in their workplace.

This student handbook aims to provide important information to facilitate the learning process of a student studying in the Master of Social Sciences degree in the field of Behavioral Health.

## II. Important Dates

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Date	Events
<b>2021</b>	
Aug 12	Orientation
Aug 16 – Sep 10	Add/drop period for courses (first & second semesters)
Sep 1	First day of teaching (first semester)
Sep 3, 4	Library workshops
Oct 11 – 16	Reading Week*
Nov 30	Last day of teaching (first semester)
<b>2022</b>	
Jan 17	First day of teaching (second semester)
Jan 17 – 28	Add/drop period for courses (second & summer semesters)
Feb 1 – 7	Class suspension period for the Lunar New Year
Mar 7 – 12	Reading Week*
Apr 30	Last day of teaching (second semester)
May 16	First day of teaching (summer semester)
May 16 – 27	Add/drop period for courses (summer semester)**
Aug 20	Last day of teaching (summer semester)

\*Classes may be arranged during the reading week, please refer to the schedules in the course outlines.

\*\*To be confirmed

### III. Regulations

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These regulations apply to candidates admitted to the Master of Social Sciences in the academic year 2021-22 and thereafter.

Any publication based on work approved for a higher degree should contain a reference to the effect that the work was submitted to the University of Hong Kong for the award of the degree.

The degree of Master of Social Sciences (MSocSc) is a postgraduate degree awarded for the satisfactory completion of a prescribed course of study in one of the following fields: Behavioral Health; Clinical Psychology; Corporate Environmental Governance; Counselling; Criminology; Educational Psychology; Gerontology; Media, Culture and Creative Cities; Mental Health; Nonprofit Management; Psychology; Social Service Management; and Social Work. These fields of study will not necessarily be offered every year.

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#### Admission requirements

MSS 1. To be eligible for admission to the courses leading to the degree of Master of Social Sciences, candidates

- (a) shall comply with the General Regulations and the Regulations for Taught Postgraduate Curricula;
- (b) shall hold
  - (i) a Bachelor's degree of this University; or
  - (ii) another qualification of equivalent standard from this University or from another University or comparable institution accepted for this purpose;
- (c) for a candidate who is seeking admission on the basis of a qualification from a university or comparable institution outside Hong Kong of which the language of teaching and/or examination is not English, shall satisfy the University English language requirement applicable to higher degrees as prescribed under General Regulation G2(b);
- (d) shall satisfy any other admission requirements which may be specified for individual fields of study in the regulations below; and
- (e) shall satisfy the examiners in a qualifying examination if required.

MSS 1.1 To be eligible for admission to the courses leading to the degree of Master of Social Sciences in the fields of Behavioral Health, Counselling, Gerontology, Mental Health, Social Service Management and Social Work, candidates shall preferably have had a minimum of two years of post-qualification experience in the relevant fields, in addition to the requirements set out in Regulation MSS 1.

MSS 1.2 To be eligible for admission to the courses leading to the degree of Master of Social Sciences in the field of Clinical Psychology, candidates

- (a) shall hold a Bachelor's degree with a major in Psychology, or a recognized equivalent qualification;
- (b) shall have had an empirical research dissertation completed in the Bachelor's degree programme or another equivalent programme in psychology;
- (c) shall be eligible for the Graduate Membership of the Hong Kong Psychological Society; and

(d) shall preferably have relevant working experience, in addition to the requirements set out in Regulation MSS 1.

MSS 1.3 To be eligible for admission to the courses leading to the degree of Master of Social Sciences in the field of Criminology, candidates

- (a) shall hold a Bachelor's degree preferably with a major in the social sciences or humanities discipline; or
- (b) shall preferably have working experience in the criminal justice system, social welfare agencies, or in other work with offenders, in addition to the requirements set out in Regulation MSS 1.

MSS 1.4 To be eligible for admission to the courses leading to the degree of Master of Social Sciences in the field of Educational Psychology, candidates

- (a) shall hold a Bachelor's degree with a major in Psychology, or a recognized equivalent qualification;
- (b) shall be eligible for the Graduate Membership of the Hong Kong Psychological Society; and
- (c) shall preferably have relevant working experience in educational or related settings, in addition to the requirements set out in Regulation MSS 1.

MSS 1.5 To be eligible for admission to the courses leading to the degree of Master of Social Sciences in the field of Nonprofit Management, candidates shall preferably have three years of relevant working experience, in addition to the requirements set out in Regulation MSS 1.

MSS 1.6 To be eligible for admission to the courses leading to the degree of Master of Social Sciences in the field of Psychology, candidates

- (a) shall hold
  - (i) a Bachelor's degree of this University (in a discipline other than psychology and without completion of any other programme in psychology which is designed to bring the degree holder up to the standard of a graduate majoring in psychology); or
  - (ii) another qualification of equivalent standard from this University or from another University or comparable institution accepted for this purpose (in a discipline other than psychology and without completion of any other programme in psychology which is designed to bring the degree holder up to the standard of a graduate majoring in psychology);
- (b) shall preferably have more than one year of work experience; and
- (c) shall satisfy the examiners in a qualifying examination and interview if shortlisted, in addition to the requirements set out in Regulation MSS 1.

MSS 2. An application for exemption from the above requirements shall be considered on a case by case basis.

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### **Qualifying examination**

MSS 3.

- (a) A qualifying examination may be set to test the candidates' formal academic ability or their ability to follow the courses of study prescribed. It shall consist of one or more written papers or their equivalent and may include a project report.

- (b) Candidates who are required to satisfy the examiners in a qualifying examination shall not be permitted to register until they have satisfied the examiners in the examination.
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### **Award of degree**

MSS 4. To be eligible for the award of the degree of Master of Social Sciences, candidates

- (a) shall comply with the General Regulations and the Regulations for Taught Postgraduate Curricula; and  
(b) shall complete the programme as prescribed in the syllabuses and satisfy the examiners in accordance with the regulations set out below.
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### **Period of study**

MSS 5. The curriculum shall normally extend over one academic year of full-time study; or two academic years of part-time study, with a maximum period of registration of two academic years of full-time study or three academic years of part-time study, unless otherwise specified for individual fields of study in the regulations below.

MSS 5.1 In the field of Clinical Psychology, the programme shall normally extend over two academic years of full-time study, with a maximum period of registration of four academic years of full-time study.

MSS 5.2 In the field of Counselling, the programme shall normally extend over two or three academic years of part-time study, with a maximum period of registration of three academic years for the two-year part-time study or four academic years for the three-year part-time study.

MSS 5.3 In the field of Criminology, the programme shall normally extend over one academic year of full-time study or two academic years of part-time study, with a maximum period of registration of two academic years of full-time study or four academic years of part-time study.

MSS 5.4 In the field of Educational Psychology, the programme shall normally extend over two academic years of full-time study or three academic years of part-time study, with a maximum period of registration of four academic years for both full-time and part-time study.

MSS 5.5 In the fields of Media, Culture and Creative Cities, the programme shall normally extend over one academic year of full-time study or two academic years of part-time study, with a maximum period of registration of two academic years of full-time study or four academic years of part-time study.

MSS 5.6 In the field of Nonprofit Management, the programme shall normally extend over one academic year (three semesters) of full-time study or two academic years of part-time study, with a maximum period of registration of two academic years of full-time study or three academic years of part-time study.

MSS 5.7 In the fields of Mental Health, Social Service Management, and Social Work,

the programme shall normally extend over two academic years of part-time study, with a maximum period of registration of three academic years of part-time study.

MSS 6. Candidates shall not be permitted to extend their studies beyond the maximum period of registration specified in the above regulations, unless otherwise permitted or required by the Board of the Faculty.

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### **Advanced Standing**

MSS 7. Advanced Standing may be granted to candidates in recognition of studies completed successfully before admission to the curriculum. Candidates who are awarded Advanced Standing will not be granted any further credit transfer for those studies for which Advanced Standing has been granted. The amount of credits to be granted for Advanced Standing shall be determined by the Board of the Faculty, in accordance with the following principles:

- (a) a candidate may be granted a total of not more than 20% of the total credits normally required under a curriculum for Advanced Standing unless otherwise approved by the Senate; and
  - (b) credits granted for Advanced Standing shall not normally be included in the calculation of the GPA unless permitted by the Board of the Faculty but will be recorded on the transcript of the candidate.
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### **Exemption**

MSS 8. Candidates may be exempted, with or without special conditions attached, from the requirement prescribed in the regulations and syllabuses governing the curriculum with the approval of the Board of the Faculty, except in the case of a capstone experience. Approval for exemption of a capstone experience may be granted only by the Senate with good reasons. Candidates who are so exempted must replace the number of exempted credits with courses of the same credit value.

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### **Progression in curriculum**

MSS 9. Candidates may, with the approval of the Board of the Faculty, transfer credits for courses completed at other institutions during their candidature. The number of transferred credits may be recorded in the transcript of the candidate, but the results of courses completed at other institutions shall not be included in the calculation of the GPA. The combined total number of credits to be granted for Advanced Standing and credit transfer shall not exceed half of the total credits normally required under the curricula of the candidates during their candidature at the University.

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### **Completion of curriculum**

- MSS 10. To complete the curriculum, candidates
- (a) shall satisfy the requirements prescribed in TPG 6 of the Regulations for Taught Postgraduate Curricula;
  - (b) shall follow courses of instruction and complete satisfactorily all prescribed written work and field work;



- (c) shall complete and present a satisfactory dissertation or capstone project as prescribed in the syllabuses; and
  - (d) shall satisfy the examiners in all prescribed courses and in any prescribed form of examination.
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### **Dissertation and Capstone project**

MSS 11. Subject to the provisions of Regulation MSS 10(c), the title of the dissertation or capstone project shall be submitted for approval by not later than March 31 of the final academic year in which the teaching programme ends and the dissertation or capstone project shall be presented by a date as prescribed in the syllabuses for each field of study; candidates shall submit a statement that the dissertation or capstone project represents their own work (or in the case of conjoint work, a statement countersigned by their co-worker(s), which show their share of the work) undertaken after registration as candidates for the degree.

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### **Assessment**

MSS 12. Candidates shall be assessed for each of the courses for which they have registered, and assessment may be conducted in any combination of continuous assessment of coursework, written examinations and/or any other assessable activities. Only passed courses will earn credits.

MSS 13.

- (a) Where so prescribed in the syllabuses, coursework or a dissertation or a capstone project shall constitute part or whole of the examination for one or more courses.
- (b) An assessment of the candidates' coursework during their studies, including completion of written assignments and participation in field work or laboratory work, as the case may be, may be taken into account in determining the candidates' result in each written examination paper; or, where so prescribed in the syllabuses, may constitute the examination of one or more courses.

MSS 14. Candidates shall not be permitted to repeat a course for which they have received a passing grade for the purpose of upgrading.

MSS 15. Candidates who have failed to satisfy the examiners at their first attempt in not more than half of the number of courses to be examined, whether by means of written examination papers or coursework assessment, during any of the academic years of study, may be permitted make up for the failed course(s) in the following manner:

- (a) undergoing re-assessment/re-examination in the failed course; or
- (b) re-submitting failed coursework, without having to repeat the same course of instruction; or
- (c) repeating the failed course by undergoing instruction and satisfying the assessments; or
- (d) for elective courses, taking another course in lieu and satisfying the assessment requirements.

MSS 16. Subject to the provision of Regulation MSS 10(c), candidates who have failed to present a satisfactory dissertation or capstone project may be permitted to submit a new or revised dissertation or capstone project within a specified period.

MSS 17. Candidates who have failed to satisfy the examiners in any prescribed field work/practical work/internship may be permitted to present themselves for re-examination in field work/practical work/internship within a specified period.

MSS 18. Candidates who are unable because of their illness to be present at the written examination of any course may apply for permission to present themselves at a supplementary examination of the same course to be held before the beginning of the following academic year. Any such application shall be made on the form prescribed within two weeks of the first day of the candidate's absence from any examination. Any supplementary examination shall be part of that academic year's examinations, and the provision made in the regulations for failure at the first attempt shall apply accordingly.

MSS 19. There shall be no appeal against the results of examinations and all other forms of assessment.

MSS 20. Candidates who

- (a) are not permitted to present themselves for re-assessment/re-examination in any failed course(s) or to repeat the failed course(s) or take another course in lieu under Regulation MSS 15; or
- (b) have failed to satisfy the examiners in any course(s) at a second attempt; or
- (c) are not permitted to submit a new or revised dissertation or capstone project under Regulation MSS 16; or
- (d) have failed to submit a satisfactory new or revised dissertation or capstone project under Regulation MSS 16; or
- (e) have exceeded the maximum period of registration.  
may be required to discontinue their studies.

MSS 20.1 In the field of Clinical Psychology, candidates who have failed two external placements or the second attempt of either the external placement or internal practicum may be required to discontinue their studies.

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## Grading systems

MSS 21. Individual courses shall be graded according to the one of the following grading systems:

- (a) Letter grades, their standards and the grade points for assessment as follows:

<i>Grade</i>		<i>Standard</i>	<i>Grade Point</i>
A+	}	Excellent	4.3
A			4.0
A-			3.7
B+	}	Good	3.3
B			3.0
B-			2.7
C+	}	Satisfactory	2.3
C			2.0

C-			1.7
D+	}	Pass	1.3
D			1.0
F		Fail	0

or

(b) 'Pass' or 'Fail'.

Courses graded according to (b) above shall not be included in the calculation of the GPA.

### **Classification of awards**

MSS 22. On successful completion of the curriculum, candidates who have shown exceptional merit may be awarded a mark of distinction, and this mark shall be recorded in the candidates' degree diploma.

## IV. Curriculum Structure

Students are required to complete 4 compulsory courses, 4 elective courses, a practicum or a dissertation. Each course comprises the equivalent of at least thirty-six contact hours. The practicum comprises no less than 220 hours of prescribed work in behavioral health under the guidance of supervisors and it consists of 8 clinical training sessions, a practicum group and a final sharing session.

### 1-Year Full-time

<b><u>First Year</u></b>		
<b>Semester 1</b>	<b>Semester 2</b>	<b>Summer Semester</b>
2 compulsory courses	1 compulsory course	1 compulsory course
4 elective courses		
Clinical training sessions Practicum group or dissertation Final sharing session		

### 2-Year Part-time

<b><u>First Year</u></b>		
<b>Semester 1</b>	<b>Semester 2</b>	<b>Summer Semester</b>
1 compulsory course		1 compulsory course
1 to 3 elective course(s)		
Clinical training sessions		
<b><u>Second Year</u></b>		
<b>Semester1</b>	<b>Semester 2</b>	<b>Summer Semester</b>
1 compulsory course	1 compulsory course	
1 to 3 elective course(s)		
Clinical training sessions Practicum group or dissertation Final sharing session		

## **V. Learning Outcomes**

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Upon completion of the programme, students should be able to:

1. Demonstrate knowledge and understanding on the history, background and cultural issues of the topics related to behavioral health;
2. Integrate Eastern and Western health philosophies and apply the related knowledge and practical skills in tackling health-related issues in the field;
3. Express facts, ideas and opinions effectively in various types of oral and written communication in academic, professional and social settings;
4. Raise the level of self-awareness and personal reflection on their own concept of holistic health and well-being;
5. Be aware of the global and local development of behavioral health issues; and
6. Develop and establish their own evidence-based and integrative practice model in workplace.

## **VI. Syllabus**

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The Department of Social Work and Social Administration offers a postgraduate programme leading to the degree of Master of Social Sciences in the field of Behavioral Health. The programme provides systematic and comprehensive training in behavioral health with the integration of Eastern and Western holistic orientation for healthcare professionals such as medical doctors, nurses, social workers, psychologists, physiotherapists, occupational therapists, counsellors, counselling teachers, sports and fitness instructors, dieticians, Chinese medicine practitioners and complementary and alternative medicine (CAM) practitioners. The programme shall extend over not less than one and not more than two academic years of full-time study; or not less than two and not more than three academic years of part-time study, inclusive of intervening vacations.

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### **EXEMPTION**

Candidates may be granted exemption of up to three courses in recognition of studies completed in related areas. Exemption will only be considered in special circumstances and each application for exemption will be considered on its own merit. Candidates with exemption granted are required to take an additional elective course to replace the exempted course to meet the degree requirements.

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### **ASSESSMENTS**

To complete the programme, candidates shall satisfy the examiners in the assessment of courses as prescribed in the programme. Assessments of the courses may be conducted either by course assignments, by presentations, or by written tests, or a combination of both methods. The grading system follows the standard practice in the Faculty of Social Sciences.

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### **CURRICULUM**

The programme shall extend over not less than one and not more than two academic years of full-time study; or not less than two and not more than three academic years of part-time study, inclusive of intervening vacations.

Candidates are required to complete 60 credits, including 4 compulsory courses (6 credits each), 4 elective courses (6 credits each) and a practicum or dissertation (12 credits). Each course comprises the equivalent of at least 36 contact hours. They are expected to devote 220 hours on the practicum or dissertation and are required to present a progress report on their practicum or dissertation.

Candidates may be approved to enroll up to two courses offered by other postgraduate programmes of the Faculty as substitutes of elective courses in this programme. The substitute must be relevant to behavioral health and comprise the equivalent of at least 36 contact hours.

### **Compulsory Courses**

Candidates shall complete the following courses.

- MSBH6104. Spirituality in clinical practice (6 credits)
- MSBH7001. Introduction to behavioral health (6 credits)
- MSBH7005. Scientific inquiry and research methods in behavioral health (6 credits)
- MSBH7008. Integrative approaches to holistic well-being (6 credits)

### **Elective Courses**

Candidates shall complete four of the following courses.

- MSBH6001. The body: health and illnesses (6 credits)
- MSBH6101. Counselling and psychotherapy (6 credits)
- MSBH6103. Eastern cultural health practices (6 credits)
- MSBH6106. Abnormal psychology (6 credits)
- MSBH6117. Working with special target populations (6 credits)
- MSBH6118. Selected topics (6 credits)
- MSBH7007. Introduction to energy therapy methods (6 credits)
- MSBH7009. Contemplative practices in human services (6 credits)
- EXAT7101. Fundamentals of music therapy (6 credits)
- EXAT7102. Fundamentals of drama therapy (6 credits)
- EXAT7103. Fundamentals of art therapy (6 credits)
- EXAT7104. Fundamentals of dance and movement therapy (6 credits)
- EXAT7105. Assessment in clinical setting (6 credits)
- SOWK6185. Qualitative research methods (6 credits)
- SOWK6206. Play Therapy (6 credits)
- SOWK6259. Contemporary perspectives on death, dying and bereavement (6 credits)
- SOWK6274. Theories and practices in positive psychology and strength-based interventions (6 credits)
- SOWK6294. Use of expressive arts therapy in human services (6 credits)

### **Capstone Experience Course**

Candidates shall complete one of the following courses.

- MSBH6201. Practicum (12 credits)
- MSBH6202. Dissertation (12 credits)

(Note: not all courses will necessarily be offered in a given year.)

(Candidates may be approved to enroll up to 2 of the following arts-based elective courses: EXAT7101, EXAT7102, EXAT7103 and EXAT7104.)

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## **COURSE DESCRIPTIONS**

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### ***Compulsory Courses***

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#### **MSBH6104. Spirituality in clinical practice (6 credits)**

Illness is a subject experience that suggests malfunctioning of not just the physical body,

but the mind and the spirit. This subjective understanding of illness calls for the re-examination of our existence, both materially and non-materially. As such, clinical intervention should extend its target beyond the physical realm and into the area of spirituality. Spirituality comes from the Latin word spiritus, which means soul, courage, vigor, and breath. Nowadays, the word has taken on the meaning of a quest for an ultimate/sacred meaning, an examination of one's experience on a sacred dimension. Understanding and acknowledging the spiritual meaning of one's illness experience has proven to be a vital component in restoring holistic well-being. Aside from theoretical knowledge, personal reflection and experience in spiritual practices are also emphasized in this course. Assessment: 100% coursework

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### **MSBH7001. Introduction to behavioral health (6 credits)**

The course aims at orientating the students to the arts and science of behavioral health as well as the integrative body-mind-spirit approach in holistic health care. It covers the history, rationale, research, development and policy in behavioral health. Developments in both the East and the West will be briefly reviewed. This course is intended to introduce graduate students to the variety of intervention approaches and techniques in behavioral health. The theoretical framework and clinical efficacy of the approaches will be examined. Implications and practical applications for helping professionals will be deliberated. Assessment: 100% coursework

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### **MSBH7005. Scientific inquiry and research methods in behavioral health (6 credits)**

This course covers the nature and logic of scientific inquiry, and fundamental concepts like truth, reality, knowledge, and theory. Basic quantitative and qualitative research methods and research ethics are covered; advanced research methods and specific approaches in behavioral health e.g. social network analysis, use of images and movement in research, etc will also be introduced. Students will learn to be critical consumers of the scientific literature. Towards the end of the course, students are required to prepare a research proposal in which classroom learning can be applied to practical examples in behavioral health. Assessment: 100% coursework

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### **MSBH7008. Integrative approaches to holistic well-being (6 credits)**

This course aims at cultivating the students' confidence and competence in developing holistic care practice in an integrative manner. A 3-day experiential learning workshop will provide students the direct experience of the integrative approach, as well as the chance to reflect and develop the competence in adopting a holistic care approach. The theoretical framework and philosophical underpinning of the intervention design will then be reviewed. Students are expected to develop a deeper understanding and competence in developing their holistic care practice models through integrating what they have learnt in all preceding modules with their direct experience and new theoretical integration acquired in this course. Assessment: 100% coursework

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## *Elective Courses*

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### **MSBH6001. The body: health and illnesses (6 credits)**

This course covers the basic biomedical aspects of health and illnesses; making the link between the physical body to the emotional and behavioral manifestations; common clinical encounters covering marriage, sexual health, family and conception, infertility, child health, adolescent period, men's and women's health, mental health, the elderly and palliative care. Assessment: 100% coursework

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### **MSBH6101. Counselling and psychotherapy (6 credits)**

This course examines the basic tenets and therapeutic processes of the major counselling and psychotherapy treatments available to modern-day practitioners. It covers basic counselling skills and core issues in clinical practice, such as values, ethics and therapeutic alliance. Major psychological treatments are introduced, including psychodynamic therapy, behavioural treatment, cognitive-behavioural therapy, humanistic/existential approaches and mind-body approach. Students are expected to be active knowledge seekers. They are encouraged to participate actively in group discussion and role-play. Emphasis is placed on the cultivation of independent, critical, and reflective thoughts through reading, discussion and experiential learning. Assessment: 100% coursework

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### **MSBH6103. Eastern cultural health practices (6 credits)**

Eastern culture emphasizes the integration of body and mind in everyday life activities as the foundation to cultivate robustness, peace, and happiness in life. This course examines the merits of traditional Eastern culture and its relationship with the values of different health practices in the traditions, including the traditional teachings of Chinese Medicine and other healthcare systems like Energy healing and Ayurvedic medicine. Other Eastern concepts like non-striving attitude, moderation and transformation of suffering as described in the Three Religions (Daoism, Confucianism, and Buddhism) and their relevance to clinical practice will be reviewed. Illustration and experiential class activities of cultural practices like tea meditation and sound healing are included for exploration of their importance as practices for wellness in modern times. Assessment: 100% coursework

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### **MSBH6106. Abnormal psychology (6 credits)**

This graduate level course will discuss past and current research regarding theoretical, clinical and experimental perspectives of the study of psychological abnormality. Emphasis is on classification, etiology, assessment and accepted treatment of major categories of mental disorders described in the Diagnostic and Statistical Manual (DSM) of the American Psychiatric Association, Version 5. In addition, the course also aims to provide an appreciation for the incomplete nature of our understanding of mental illness. A variety of in-class exercises – including small group discussions and video tapes are used to understand mental disorders. Controversial and culturally-relevant issues, especially with reference to the Chinese context, in abnormal psychology will also be

explored and discussed. Case examples will be shared to enhance students' learning.  
Assessment: 100% coursework

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**MSBH6117. Working with special target populations (6 credits)**

This course covers selected topics that pertain to special populations or problems (e.g., cancer, AIDS, smoking, addictive gambling). Assessment: 100% coursework

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**MSBH6118. Selected topics (6 credits)**

This course covers selected topics that meet acute societal needs, or are of current interest or on the cutting edge of knowledge advancement in behavioral health. Examples are prevention and coping with pandemic crises; reproductive health; gender, sexuality, and well-being; domestic violence. Assessment: 100% coursework

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**MSBH7007. Introduction to energy therapy methods (6 credits)**

This course introduces a new paradigm known as Energy Medicine and offers a new approach in managing sickness and distress. Based on the idea that energy is the most fundamental form of existence, this approach focuses on the body as an energy system. It explores the bio-energetic aspects of our existence and introduces the chakra system made famous by Ayurveda Medicine. Energy Therapy represents a spectrum of methods that view emotional distress and illness as maladaptive energy configurations and offer rapid relief through dissipating these perturbations. Such methods include, but are not limited to, Reiki, Quantum Touch, and Magnified Healing. This course will discuss and demonstrate some particular methods, such as Quantum Touch that uses Life Force Energy resembling to the 'Chi' in Chinese, Energy Diagnostic and Treatment Method (EDxTM) that incorporates affirmative self-statements in Cognitive Behavioural Therapy and concepts of energy and meridians in Traditional Chinese Medicine, as well as other modern Energy Healing approaches. Assessment: 100% coursework

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**MSBH7009. Contemplative practices in human services (6 credits)**

This course aims at providing students with a basic understanding of contemplative practices, including the historical roots and the scientific evidence, as shown in its application in healthcare, education, and other human service contexts in the past 40 years. Both theoretical and experiential learning will be included. Students will partake in a four-week mindfulness training program with in-class exercises and home practices. The potential risks and ethical considerations for application among different target groups will be examined. Students will then be guided to develop their approach in integrating the contemplative practice in their professional settings based on their personal experiences, understanding of the theoretical background, and adherence to the ethical guidelines. Assessment: 100% coursework

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**EXAT7101. Fundamentals of music therapy (6 credits)**

Through both listening to and actively making music, the intentional application of sound and music in therapy has been used for a variety of purposes. Expressive arts therapists who wish to use music in treatment have to become aware of how the properties of rhythm, pitch, and tempo affect all levels of healing from expression to relaxation. By increasing comfort with a variety of musical instruments, genres and styles, students can identify when to offer specific interventions to advance therapy and healing. In becoming secure in the history and foundational theories of the field of music therapy, practitioners can locate their work in a larger theoretical context, while being mindful of cultural variances and considerations. Students who take this course are advised to take MSBH6101 also. Assessment: 100% coursework

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### **EXAT7102. Fundamentals of drama therapy (6 credits)**

Theatre and dramatic activity have often been used to communicate essential truths and to express particular values. Within the context of therapy, drama allows clients to recreate life experiences, imagine new ones, and experiment with alternate endings and choices. Through re-enactment or witnessing others tell one's story, acting is essential modality of healing. Understanding the history and theory of the fields of drama therapy while taking into consideration such activities as improvisation or pantomime can learn to offer drama in therapeutic and educational settings. Developing cultural sensitivity, self-awareness and critical appreciation will allow students to be competent in offering drama activities with clients. Students who take this course are advised to take MSBH6101 also. Assessment: 100% coursework

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### **EXAT7103. Fundamentals of art therapy (6 credits)**

This course is designed for helping service professionals, educators, and artists to learn about the practice and profession of art therapy. Content area covered will focus on history, theories and application of art therapy with various populations. In addition to lectures and discussions, students will participate in experiential art workshops to facilitate their understanding of the creative process. Although this course does not qualify students to practice art therapy, students will gain awareness of art in therapeutic settings and how to ethically apply art making in their work settings. This course is based on the education standards of the American Art Therapy Association. Students who take this course are advised to take MSBH6101 also. Assessment: 100% coursework

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### **EXAT7104. Fundamentals of dance and movement therapy (6 credits)**

As one of the modalities engaged by creative and expressive arts therapists, dance and movement allow individuals to express, communicate, and engage in healing through their bodies. Engaged in a variety of clinical and educational settings, dance and movement can be engaged as effective nonverbal interventions. In order to be able to use it effectively, practitioners must be grounded in anatomy, comfortable with their own body awareness, and attuned to the artistic, social, and cultural influences that affect movement. By exploring the history of the field of dance and movement therapy and the various ways to involve the body in therapy, students will be able to use dance and/or movement as a way to help facilitate the process during interventions with clinical and non-clinical populations. Students who take this course are advised to take

**EXAT7105. Assessment in clinical setting (6 credits)**

The course equips students with a range of knowledge and core skills in conducting clinical assessment, such as history-taking, mental state examination, and professional issues related to assessment in the clinical setting, informed by current evidence-based practice and research. The focus of this course goes beyond the medical model of assessment to address the multidimensionality nature of mental health issues from a systemic, bio-psycho-social perspective by paying attention to factors predisposing, precipitating, and perpetuating the presenting problems. The course emphasizes on strengthening students' competence in conducting clinical assessment, deriving multidimensional case formulation and deploying strategic-holistic treatment plan for common mental health issues. To broaden the students understanding of clinical assessment, the state-of-the-art and evidence-based assessment practices using different art modalities will be introduced. In addition, the course also focuses on enhancing students' awareness and critical appraisals of current issues related to assessment in clinical setting. Assessment: 100% coursework

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**SOWK6185. Qualitative research methods (6 credits)**

This course is designed for students with an interest in understanding all aspects of social life and social relations especially those who will undertake a dissertation study. Starting with the question what is reality, the course begins with an introduction to different perspectives on approaching reality, followed by an assessment of the general strengths and weaknesses of qualitative research in comparison with other conventions such as quantitative surveys. The lectures will focus on introducing the general process of ethnographic research and the variety of methods for data collection and analysis including ethnography, grounded theory, observation, interviewing, focus groups and narrative analysis, etc. Various cases will be used to demonstrate how qualitative research helps make meaningful policy and social work practice. Seminars will be organized around practical methodological issues with the objective of helping students proceed with their own research projects. Hands-on experience of a range of research techniques will also be provided. Assessment: 100% coursework

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**SOWK6206. Play Therapy (6 credits)**

The objective of the module is to introduce the student to the principles and practice of play therapy and its application to the counseling and psychotherapy for children, adolescents and families. At the end of the course, the students will have an introduction of the history and development of play therapy, an understanding of various theoretical models of play therapy, rationale for the use of play in therapy, and phrase of the client's progress in play therapy. Practice material will be provided including how to development therapeutic rapport, conduct a play based assessment, setting up of a playroom and the selection of therapeutic play materials. Best practice tips on engaging the client, recording keeping and other ethical issues will be discussed. Assessment: 100% coursework

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**SOWK6259. Contemporary perspectives on death, dying and bereavement (6 credits)**

Death is an inevitable life experience for everyone. Death-related problem is one of the commonest issues that clients brought to counseling, but is also rated as the most uncomfortable scenario by beginning counselors. This course offers a basic orientation to the knowledge and intervention approaches in working with death-related situations, including end of life care and bereavement counseling. Major theories and models related to death, dying and bereavement would be introduced. Corresponding clinical implications and practical work approaches would also be highlighted. Apart from the knowledge and skills, the course also emphasizes on personal exploration and review on one's attitudes toward life and death issues. It is hoped that students are better equipped with knowledge competence, practice competence as well as self competence in working with death, dying and bereavement. Assessment: 100% coursework

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**SOWK6274. Theories and practices in positive psychology and strength-based interventions (6 credits)**

Positive Psychology emphasizes the discovery and cultivation of human strengths and potential for a flourished life, and strength-based interventions include counseling and therapy models that foster psychological well-being and reduce distress and symptoms in clients. This course critically reviews the theory and practice of positive psychology, including the study of happiness, character strengths, optimism, resilience, compassion, meaning, goals, flow, creativity and hope and their relevance to psychological health and psychotherapy, as well as strength-oriented interventions which include mindfulness-based, compassion-based and valued-based models. The cultural relevance of Positive Psychology and strength-based interventions will also be examined. Assessment: 100% coursework

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**SOWK6294. Use of expressive arts therapy in human services (6 credits)**

Art is a natural form of communication that offers a way to expressive feelings and thoughts in a manner that is less inhibiting than solely verbal means. Expressive arts therapy has powerful healing potentials, enabling self-discovery, expression of feelings, stimulating insight, and as a means for relaxation and communication. Expressive arts therapy can be utilized as a viable intervention in the field of social work, developing people holistically and connecting the body, mind and spirit. This course will provide an opportunity for the students to experience the use of expressive arts therapy for personal growth and inner exploration. Theory will be introduced through lectures and integrated within experiential exercises and sharing of reflections. The integration of expressive arts therapy within the practice of individual counselling and group work will be shared through case studies, life demonstrations and video analysis. Various arts media will be introduced in this course e.g. visual art, craft work, music, dramatic exercises, and body movement giving the students firsthand experience in understanding how to use different art forms with potential clients. Assessment: 100% coursework

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***Capstone Experience Course***

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**MSBH6201. Practicum (12 credits)**

The practicum comprises 200 hours of prescribed work in healthcare settings under guidance by a supervisor, plus at least 20 hours of tutorials. A practicum report of not more than 10,000 words shall be submitted by not later than May 31 of the final academic year of study. Assessment: 100% coursework

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**MSBH6202. Dissertation (12 credits)**

The dissertation shall demonstrate the student's ability to apply sound research methodology to investigate problems relevant to the field of study. It shall not exceed 20,000 words in length. The title of the dissertation shall be submitted for approval by not later than March 31 of the final academic year of study, and the dissertation shall be presented by not later than August 1 of the final academic year of study. Assessment: 100% coursework

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## VII. Policies on Learning

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### A. Attendance and Absence

Students should explain to the course teachers and programme secretary concerned in advance and in writing, regarding absences from lectures/tutorials/seminars/workshops. If possible, prior notice should be given for reasonable absences. In case of illness, a medical certificate is required. Absences which are unexplained or unsatisfactorily explained will result in a deduction of marks. A minimum attendance rate of lectures/tutorials/seminars/workshops is stated in respective course outlines. A student who cannot meet these requirements without acceptable reasons may be deemed to have performed unsatisfactorily in which case G11 of the Postgraduate Degree Regulations may apply:

#### ***G11. Unsatisfactory performance or progress:***

A student whose performance at examinations or in continuous assessment as may be held from time to time is unsatisfactory, or in the case of a higher degree student whose progress is unsatisfactory, may be required by the Senate (a) to discontinue his studies, or (b) to repeat any part of his course before being admitted to further assessments or before being allowed to present his thesis or dissertation, or (c) to represent himself for assessment without repeating any part of his course.

### B. Grading System

Students will receive the following grades instead of marks for their assignment.

Grade		Standard	Grade Point
A+	}	Excellent	4.3
A			4.0
A-			3.7
B+	}	Good	3.3
B			3.0
B-			2.7
C+	}	Satisfactory	2.3
C			2.0
C-			1.7
D+	}	Pass	1.3
D			1.0
F		Fail	0

### C. Distinction List

Distinctions are proposed to be awarded to students who achieved a cumulative grade point average (CGPA) of 3.6 or above without any failed courses, and attained the grade of A- at least in practicum or dissertation. The chief examiner has the final decision on recommendation for conferment of the degree with a mark of distinction.

### D. Submission of Assignments

For most of the courses (subject to the course teachers), students are expected to submit their assignments via Turnitin @ Moodle system. This system will detect

any plagiarized materials. More information and training can be obtained in the Turnitin website: <http://lib.hku.hk/turnitin>.

For some courses, teacher may require students to submit the hard copies of their assignments. Please follow the instructions according to the respective course outlines.

### **E. Penalty of Late Submission**

All assignments should be submitted on time. According to the Departmental guidelines, late submission of assignment will receive the following penalties

<b>Late for</b>	<b>% of marks to be deducted</b>
1 day	10%
2 days	20%
3 days	30%
4 days	40%
5 days	50%
6 days	60%
7 days	70%
More than 7 days	No marks will be given

If the submission is overdue for more than 7 days, zero mark will be given to the assignment, but the teachers concerned will provide feedback on the paper.

### **F. Penalty on Late Submission of Re-assessment of Failed Paper**

If a student fails a particular paper, and if re-assessment is allowed by means of a resubmission of assignment, the student must submit the assignment for re-assessment on or before the due date. No mark will be given to late paper unless prior approval is sought from the teacher of the course.

### **G. Academic Conducts**

The University Regulations on academic dishonesty will be strictly enforced! Please check the University Statement on plagiarism on the web: <http://www.hku.hk/plagiarism/>.

Academic dishonesty is behavior in which a deliberately fraudulent misrepresentation is employed in an attempt to gain undeserved intellectual credit, either for oneself or for another. It includes, but is not necessarily limited to, the following types of cases:

#### **1. Plagiarism**

- (a) According to the HKU policy <http://www.hku.hk/plagiarism/>, "Plagiarism is defined as the unacknowledged use, as one's own, of work of another person, whether or not such work has been published."
- (b) The representation of someone else's ideas as if they are one's own. Where the arguments, data, designs, etc., of someone else are being used in a paper, report, oral presentation, or similar academic project, this fact must be made



explicitly clear by citing the appropriate references. The references must fully indicate the extent to which any parts of the project are not one's own work. Paraphrasing of someone else's ideas is still using someone else's ideas, and must be **acknowledged**.

- (c) The following also constitute plagiarism: (i) copying past papers of seniors or classmates without proper referencing, (ii) submission of assignments with similar content by the same student to different courses can also be considered as self-plagiarism.
- (d) Plagiarism is a serious offence in the academic world. This University takes plagiarism seriously. Academically, it is almost certain that the plagiarized work will receive a fail grade (and most likely a zero mark). There may also be disciplinary action against the student who commits the offence of plagiarism. A warning letter will be issued in case of minor plagiarism. In the more serious cases, the students concerned will be referred to the Vice-Chancellor for referral to the University Disciplinary Committee for disciplinary action (extracted from HKU website <http://www.hku.hk/plagiarism/>).

## 2. Unauthorized Collaboration on Out-of-Class Projects

The representation of work as solely one's own when in fact it is the result of a joint effort. Where a candidate for a degree or other award uses the work of another person or persons without due acknowledgement.

### (a) Dishonesty in collaborative work

Where a candidate for a degree or other award represents his/her work as solely one's own when in fact it is the result of a joint effort of a group of persons constitutes dishonesty and will thus be penalised.

### (b) Completing assignments for others

The department does treasure mutual support among students. Yet, it does not mean a student can complete assignment for another classmate. Even the act is of good intention, both students will be penalised for such act.

## 3. Penalty

- (a) The relevant Board of Examiners may impose a penalty in relation to the seriousness of the offence.
- (b) The relevant Board of Examiners may report the candidate to the Senate, where there is prima facie evidence of an intention to deceive and where sanctions beyond those in (a) might be invoked.

## H. Important Note to Students Sitting Tests/ Quizzes

Students are reminded that unless the tests/ quizzes are allowed to open book or to use electronic materials or to conduct via online, all electronic devices **MUST** be switched off and put under the chair/ on your desk throughout the tests/ quizzes in a position visible to the invigilators. Make sure that you do not have any printed/ written matter, mobile phone, or any other electronic/ communication/ sound-making devices in your pocket or on your body throughout the tests/quizzes. Unless you have obtained the prior permission of an examiner or invigilator, you are not allowed to access the content of your bag at any time during the tests/ quizzes.

Students do not comply with the above-mentioned instructions may be disqualified.

#### **I. Student-Staff Consultation Committee (SSCC)**

Communication, formal and informal, between students and teachers is important for facilitating mutual understanding and nourishing mutual trust. In order to promote frank exchange and open communication between students and teachers, a student-staff consultative committee meeting is arranged at least once every semester, as an open forum for sharing between students and teachers on various issues relating to students' learning. Students are encouraged to bring up their concerns in the meetings, while teachers can also share their views on related issues.

These meetings are formally arranged. Informal exchanges between students and teachers are also much encouraged.

#### **J. Trigger Warnings**

Counseling services:

There are instances in which materials in class, or events outside of class can bring up uncomfortable personal feelings and/or reactions. Often, students find that they need some help coping with these feelings. It is very important that you check in with and take care of yourselves. It is perfectly okay, and quite healthy for people to seek help. If you find that you or someone that you know needs emotional assistance, please contact Counseling and Psychological Services at CEDARS.

Contacts:

Website : <http://cedars.hku.hk/>

Tel : 3917-8388

Email : [cedars-cope@hku.hk](mailto:cedars-cope@hku.hk)

Address : Room 301-323, Main Building, HKU

## **VIII. Madam Lo Ng Kiu Ying Anita Memorial Prize**

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This prize is awarded to final-year students who have achieved a grade of Distinction in their practicum. Nomination for the award of the Prize will be made each year in September. In any year when no student is judged to be of sufficient merit, the award will be withheld.

## **IX. Supportive Services in the University**

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### A. Academic Resources

#### **1. Libraries**

Students are strongly encouraged to familiarize themselves with the library facilities as early as possible in their course of study, as the appropriate use of library facilities is essential for learning. A library orientation programme will be organized for new students during the orientation period of each academic year.

Website: <http://lib.hku.hk/>

Tel: 3917 2203

#### **2. Computer Centre**

As a student of this University, you will have access to the Computer Centre. You can open a university e-mail account and have your home computer linked up with the university system. Thus, you can access the university library from home.

Website: <http://www.its.hku.hk/>

Tel: 3917 0123

Email: [ithelp@hku.hk](mailto:ithelp@hku.hk)

The Computer Centre is located in the Chi Wah Learning Commons, Knowles Building and K.K. Leung Building. It operates a wide variety of computers and provide a wide range of information technology (IT) support services, including the central computers, personal computers and Internet/Intranet services.

Website: <http://www.les.hku.hk/teaching-learning/learning-space>

Tel: 3917 8888 (Service Counter 1, 1/F, Chi Wah Learning Commons)

Tel: 3917 5122 (Room 204, K.K. Leung Building)

Email: [askles@hku.hk](mailto:askles@hku.hk)

#### **3. Centre for Applied English Studies**

The Centre for Applied English Studies (CAES) is a service as well as a teaching unit open to all members of the University. The English Language Resources are curated by CAES in The Advisory Zone (Zone R), 2/F, Chi Wah Learning Commons, Centennial Campus.

### B. University Student Services

#### **1. Centre of Development and Resources for Students (CEDARS)**

CEDARS – Counselling & Personal Enrichment Unit is located on the third floor of Meng Wah Complex and first & third floor of Main Building. It seeks to facilitate students in their personal development and help them to overcome psychological and learning difficulties. Activities, services, consultation and guidance are provided on matters including

- ✧ Campus Life (Tel: 2859 2305)
- ✧ Careers & Placement (Tel: 2859 2317)
- ✧ Counselling & Person Enrichment (Tel: 3917 8388)
- ✧ Student Development (Tel: 2859 8387)

Website: <http://cedars.hku.hk/>.

## **2. Loans**

The Extended Non-means-tested Loan Scheme (ENLS) is available at the Student Financial Assistance Agency for Hong Kong resident students. Further details could be found in: <http://www.sfaa.gov.hk/>.

## **3. University Health Service (UHS)**

The University Health Service (UHS) located on the 2nd & 4th Floors of Meng Wah Complex provides primary medical and dental care for students. As a student of this university, you are entitled to the medical services on campus.

Website: <http://www.hku.hk/uhs>

Tel: 2549 4686 (Medical appointment)

2859 2511/ 2859 2512 (Dental appointment)

## **4. Institute of Human Performance**

The Institute is responsible for promoting health and physical fitness among students. There are two sports centres managed by the Institute, namely, Flora Ho Sports Centre and Stanley Ho Sports Centre. These centres are equipped with different facilities such as out-door swimming pools, sports halls, multi-purpose rooms and specific areas for sports, fitness and weight training rooms, athletics stadium with a synthetic running track, floodlit artificial turf pitch, golf driving bays, softball diamond, and tennis courts, etc. Regular physical education, sport and wellness programmes are provided to students.

Website: <http://www.hku.hk/ihp/>

Flora Ho/Lindsay Ride Sports Centres and Stanley Smith Swimming Pool

Tel: 2817 4046

Stanley Ho Sports Centre and Henry Fok Swimming Pool

Tel: 2819 5450

## **5. Protection against Sexual Harassment**

As an equal opportunity employer and institution, the University has zero tolerance towards sexual discrimination and sexual harassment. In order to protect students from being sexually harassed, each department has an officer responsible to handle related issues. Dr. Paul Wong and Dr. Bella Lu are the Equal Opportunity Advisors in our department responsible for managing sexual harassment and related issues. Students are encouraged to approach them for any issues related to sexual harassment.

Dr. Paul W.C. Wong (Tel: 3917 5029; [paulw@hku.hk](mailto:paulw@hku.hk))

Dr. Bella S. Lu (Tel: 3917 2080; [shuanglu@hku.hk](mailto:shuanglu@hku.hk))

## **6. Study Room inside Chi Wah Learning Commons**

There are 25 Study Rooms at the Learning Commons, with 11 rooms on Level 1 (CPD-1) and 14 rooms on Level 2 (CPD-2) of Centennial Campus for self-study or group project discussion. Display panels are available in some of the Study Rooms for notebook projection.

All current HKU students (for group of 3 persons or more) are eligible to book these study rooms. The maximum session one student can reserve per day is 4 sessions (30 minutes per session). Students are able to reserve the study room via the link with HKU portal as below.

<http://booking.its.hku.hk/lebook/book/Web/schedule.php>

## **7. Catering outlets**

Restaurants, café and kiosks are located throughout the Main Campus and Centennial Campus. Further details of locations and operating hours could be found in

<http://www.cedars.hku.hk/sections/campuslife/Catering/CateringOutlets.php>

## X. Typhoon and Black Rainstorm Warnings

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Under the situations as listed below:

- (a) Tropical Cyclone Warning Signal No. 8 (or above) is hoisted; or
- (b) Tropical Cyclone Warning Signal No. 8 will be issued within two hours as announced by the Hong Kong Observatory; or
- (c) “Extreme conditions” after super typhoons are in force (announced by the Government before the Hong Kong Observatory replaces Tropical Cyclone Warning Signal No. 8 with Tropical Cyclone Warning Signal No. 3); or
- (d) Black Rainstorm Signal is in force

the following arrangements will apply:

### A. For classes and examinations NOT yet started

If any of the warnings or announcements is hoisted or in force at or after <b>6:00 a.m.</b>	All classes and examinations commencing <i>before 2:00 p.m.</i> will be cancelled automatically.
If any of the warnings or announcements is hoisted or in force at or after <b>11:00 a.m.</b>	All classes and examinations commencing at any time <i>from 2:00 p.m. and before 6:00 p.m.</i> will be cancelled automatically.
If any of the warnings or announcements is hoisted or in force at or after <b>3:00 p.m.</b>	All classes and examinations commencing from <i>6:00 p.m. onward</i> will be cancelled automatically.

### B. For classes and examinations already started

When Tropical Cyclone Warning Signal No. 8 or above is hoisted or the No. 8 Signal will be issued within two hours as announced by the Hong Kong Observatory, or “extreme conditions” are in force	<ul style="list-style-type: none"><li>- All classes and outdoor examinations will be suspended immediately.</li><li>- All examinations, except those held outdoors, will continue until the end of that examination session.</li></ul>
When Black Rainstorm Signal is hoisted	<ul style="list-style-type: none"><li>- All classes and examinations, except those held outdoors, will continue.</li><li>- For outdoor classes and examinations, the responsible staff members on the spot should suspend the activities immediately, ensure that all students are taken to a safe place, and remain there until it is safe for them to return home.</li></ul>

When Tropical Cyclone Warning Signal No. 3 or below or Red or Amber Rainstorm Signal is in force, it should be assumed that all classes and examinations will be held as scheduled unless an announcement to the contrary has been made by the University.

## **XI. Information and Enquiries**

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### **Programme Director**

Dr. Venus Wong

Tel: (852)2831 5583

E-mail: venuspyw@hku.hk

### **Deputy Programme Director**

Dr. Adrian Wan

Tel: (852)2831 5578

E-mail: awan@hku.hk

### **Programme Secretary**

Ms. Mona Chan

Tel: (852)2831 5166

E-mail: chanmona@hku.hk

### **Website**

<http://www.socialwork.hku.hk/bh/>

### **Correspondence**

Department of Social Work and Social Administration

Room 534, 5/F, The Jockey Club Tower

Centennial Campus

The University of Hong Kong

Pokfulam Road, Hong Kong