

研究壓力很大，情緒影響學習效率怎麼辦？

周寧女士

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時間: 9:30am - 12:20pm
地點: 香港大學本部
語言: 普通話

概述

個體如何學習，什麼時候學得最好？壓力和睡眠到底對我們的大腦有什麼影響？做研究的旅程中，當我們的大腦經歷壓力與焦慮時，有哪些不同策略可以幫助自我建立心理彈性和處理消極想法，以提升學習效率和生活滿意度？在本次分享會中，邀請的教育心理學家將幫助研究生認識自我、認識大腦，為日常學習和生活出謀劃策。

學習重點和結果

重點1：每個大腦的連接方式都不同，我們的學習方式也不同。我們的大腦以永不停止學習的方式設計。讓我們探索一下我們的學習方式。我怎樣才能探索自己的性格優勢，以便了解自己並最大限度地發揮自我的真實潛能？當我們快樂並從事我們覺得愉快的活動時，我們的大腦就會快樂，快樂的大腦會更好地工作。成為一個快樂的人並積極思考的一些策略是什麼？

重點2：每一位個體學習方式不同，有人聰明但卻散漫，在消磨時間當中拖拖拉拉而不能夠展開研究工作，結果工作效率低下，情緒低落。執行技能對於生活和學習至關重要。參與者將體驗與執行功能技能相關的活動，並在日常生活和學習中優先考慮各種任務，以便能夠幫助個體提升生活和學習滿意度。

重點3：建立復原力和緩解壓力的策略

壓力會改變我們的學習方式。每個人都會經歷壓力。雖然我們經常認為它是消極的，但壓力也可能來自您生活中的積極變化，例如獲得工作機會或去新地方旅行。壓力有一個重要的用途——它使我們能夠快速應對威脅並避免危險。在本次工作坊中，我們將介紹幾個處理壓力和焦慮的方法，以便我們能夠以健康的方式生活和學習。

關於講師

周寧女士從事多年教育心理學的工作，在支援有學習、社交、情緒及行為需要的學生方面擁有豐富經驗。她擔任高級教育心理學家，曾為私立、國際學校、資助中小學提供校本教育心理學服務。她擅長進行專業教育心理診斷性評估，並透過全面評估及諮詢，協助家庭為有特殊教育需要的學童例如，注意力不足/過度活躍症 (AD/HD)，特殊學習困難 (SLD) 和自閉症譜系障礙 (ASD) 等，為他們設計個別教育計劃和進行小組訓練。她亦擅長兒童發展、家庭教養及兒童教育諮詢，並舉辦家長工作坊幫助家庭應用積極養育方式，有效幫助父母面對孩子成長中具有挑戰性的問題。她是 UCLA 實証課程 PEERS® 青年社交技巧訓練課程，實證為本親職課程 The Incredible Years®, 及幫助幼兒建立安全感 Circle of Security® 課程的認證導師。她在大學擔任客席講師，長期為香港大學及香港中文大學擔任專業督導。她精通普通話、廣東話和英文。

Stress Management and Learning Efficiency Enhancement for Research Students

Ms. Lily Zhou

Date: March 8, 2023 (Wednesday)

Time: 9:30am - 12:20pm

Venue: Main Campus, HKU

Medium of instruction: Putonghua

Overview

How do we learn? When do we learn best? What exactly do stress and sleep do to our brains? What are the different strategies that help us build mental resilience and handle negative thoughts during our research journey, especially when we experience an anxious brain? In this sharing session, educational psychologist Ms. Lily Zhou will guide us in the journey of understanding ourselves and our brain, and offer ideas for our daily learning and living.

Learning Focus and Outcomes

Focus 1: Every brain is wired differently and we learn differently. Our brains are designed in such a way that never stops learning. Let's explore our learning styles. How could I explore my character strength so that I can understand myself and maximize my true potential? When we are happy and engaged in activities that we find pleasurable, our brain is happy and a happy brains work better. What are some of the strategies to be a happy person and think positively?

Focus 2: People with different learning styles learn differently. Yet some people are smart but scattered- they seem lost in time or space, or they lose things in time or space, and they work inefficiently as a result. Executive skills are critical to independent living and learning. Participants will experience activities that are related to executive functioning skills and learn to prioritize various tasks in their daily living and learning so as to enhance their life and learning satisfaction.

Focus 3: Resilience building & stress-relief strategies

Stress changes the way we learn. Everyone experiences stress. Although we often think of it as being negative, stress can also come from positive changes in our life, like getting a job offer or travelling to a new place. Stress serves an important purpose—it enables us to respond quickly to threats and avoid danger. In this workshop we will be covering ways to handle stress and anxiety so that we can live and learn in a healthy way.

About the Instructor

Ms. Lily Zhou has extensive experience supporting students with learning, social, behavioral and emotional needs. She worked as a senior educational psychologist and provided school-based educational psychology services to international schools, aided primary and secondary schools in Hong Kong. She has expertise in conducting developmental, diagnostic, and psychoeducational assessments, and developing individualised educational plan and group interventions to children with neurological disorders such as Attention Deficit/Hyperactivity Disorder (AD/HD), Specific Learning Difficulties (SLD), and Autism Spectrum Disorders (ASD).

She specialises in parenting support and consultation, helping parents effectively manage challenging behaviours and enhance positive parenting. She is a certified group leader of PEERS® (Program for the Education and Enrichment of Relational Skills), Incredible Years® Parenting Program, and Circle of Security® Parenting.

Lily teaches as guest speakers in universities and serves as mentor and field supervisor for the professional training programmes at the University of Hong Kong and the Chinese University of Hong Kong. She is fluent in Mandarin, English and Cantonese.