

ORIENTATION FOR POSTGRADUATE STUDENTS 2025

Welcoming Fair

Graduate School

The Hang Seng University of Hong Kong

Tentative Rundown

(12 Aug 2025 version)

4 September 2025 | 11:00 am – 6:00 pm

Auditorium, 2/F, Lee Quo Wei Academic Building, Yuen Campus

| Featured Talks | | |
|----------------|--|---------------------|
| 1 | Topic: Turn pressure into motivation (將壓力轉為動力) <i>Distinguish between positive and negative stress, learn effective coping strategies—from improving focus to building resilience, introduce mindfulness therapy to help you transform stress into motivation, enabling a healthier and happier life.</i> Shatin Baptist Church | 11:30 am – 12:00 nn |
| 2 | Topic: Messages on Anti-Scam Ms Karman CHEUNG Assistant Personal Data Officer Office of the Privacy Commission for Personal Data (PCPD) Ms Aggie KWOK Assistant Public Affairs Manager Office of The Communications Authority (OFCA) | 12:00 nn - 12:45 pm |
| 3 | Alumni Sharing - My Journey of Postgraduate Studies at HSUHK Ms Elaine ZHANG Class of 2024, Master of Business Management (MBM) | 12:45 pm - 1:15 pm |
| | Break | 1:15 pm – 1:30 pm |
| 4 | Topic: From Octopus to CareCompass: Your Key to Community Living (從八達通到關懷通：你的生活社區入門卡) <i>A quick guide to life in HK + how Key Link Family Centre support vulnerable communities through our services!</i> Ms Lois TSANG Key Link Family Center | 1:30 pm – 2:00 pm |
| 5 | Topic: Navigating Next Steps: Career Support for Your Postgraduate Journey Ms CHAN Hiu Yan, Winnie Students Affairs Office – Career Section | 2:00 pm – 2:30 pm |
| 6 | Topic: Sports Teams, Sports Events and Activities by PE Section of Students Affairs Office Mr LO Chi Kong & Mr LEE Zi Lok, Felix Students Affairs Office – PE Section | 2:30 pm – 3:00 pm |