



ORIENTATION FOR POSTGRADUATE STUDENTS 2025

4 September 2025 | 11:00 am – 4:00 pm
Auditorium, 2/F, Lee Quo Wei Academic Building, Yuen Campus,
The Hang Seng University of Hong Kong

Welcoming Fair
Tentative Rundown

(26 Aug 2025 version)

Featured Talks		
1	<p>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></p> <p>Speaker: Ms BUTT Wan Shan (Er Xing) Shatin Baptist Church Education Centre</p>	11:30 am – 12:00 nn
2	<p>Topic: Beware of Scam - Protect Your Personal Data (保障個人資料 識破詐騙陷阱) Speaker: Ms Karman CHEUNG Assistant Personal Data Officer Office of the Privacy Commission for Personal Data (PCPD)</p> <p>Topic: Stay Vigilant Against Phone Scams - Verify Again for Peace of Mind (電話詐騙要小心 反覆求證最安心) Speaker: Ms Aggie KWOK Assistant Public Affairs Manager Office of The Communications Authority (OFCA)</p>	12:00 nn - 12:45 pm
3	<p>Alumni Sharing - My Journey of Postgraduate Studies at HSUHK Speaker: Ms Elaine ZHANG Class of 2024, Master of Business Management (MBM) Moderator: Ms Emily WONG, Graduate School</p>	12:45 pm - 1:15 pm
Break		
		1:15 pm – 1:30 pm
4	<p>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></p> <p>Speaker: Ms Lois TSANG Key Link Family Center</p>	1:30 pm – 2:00 pm
5	<p>Topic: Navigating Next Steps: Career Support for Your Postgraduate Journey Speaker: Ms CHAN Hiu Yan, Winnie Students Affairs Office – Career Section</p>	2:00 pm – 2:30 pm
6	<p>Topic: Sports Teams, Sports Events and Activities by PE Section of Students Affairs Office Speaker: Mr LO Chi Kong & Mr LEE Zi Lok, Felix Students Affairs Office – PE Section</p>	2:30 pm – 3:00 pm