

Part B Project Summary (Revised)

Project Title: Happiness Project: Application of Positive Psychology to Reduce Anxiety of Upper Secondary Students (「快樂巨升」紓減學生焦慮計劃)

Name of Organization: ELCHK, Life Angel Education Centre

- (1) **Goals:** to reduce the anxiety and raise the happiness of upper secondary students through the application of positive psychology, using the “character strengths”, “optimism” and “hope” constructs.

Objectives: (i) Reduce anxiety of upper secondary students and raise their happiness through class programs, workshops, whole school activities (ii) Equip teachers with skills and mindsets of positive psychology through teacher seminars, symposiums & on-site training. (iii) Equip parents with skills and mindsets of positive psychology via parent workshops. (iv) Create a short-term curriculum manual on anxiety reduction and raising happiness. (v) Educate youths and general public of HK about anxiety reduction and raising happiness through the creation of a web learning portal.

- (2) **Targets:** One upper form students and teachers from 10 schools.

Whole school students and 500 parents from 10 schools.

Expected number of beneficiaries: 30,900 (Around 20,000 secondary students, 400 teachers & professionals, 500 parents and 10,000 public access to website)

(3) **Implementation Plan:**

(i) Duration: 1 August 2013 – 31 July 2014

(ii) Process / Schedule:

Year	Month	Work
2013	August	<ul style="list-style-type: none"> ◇ Staff recruitment, orientation and training ◇ Recruitment of serving Schools ◇ Preparation and production of teaching manual and related logistics ◇ Preparation and production of school programs and related logistics
2013	October	<ul style="list-style-type: none"> ◇ Kick off seminar for professionals
2013 to 2014	October to June	<ul style="list-style-type: none"> ◇ Implementation of classroom programs & data collection for 10 schools ◇ Follow up counseling for students in need after attending classroom programs ◇ Implementation of assembly talks, parenting programs and the whole school activities.
2014	May to June	<ul style="list-style-type: none"> ◇ Focus groups to evaluate the classroom package and make video records ◇ Data input and analysis of questionnaires ◇ Modification & printing of classroom program manuals.
2013 to 2014	November to June	<ul style="list-style-type: none"> ◇ Prepare for quotation procedures for website production ◇ Website layout design and audio-visual materials production ◇ Website system development ◇ Website trial run and modification ◇ Focus groups to evaluate the website and the programs.
2014	July	<ul style="list-style-type: none"> ◇ Positive psychology symposium & teaching manual dissemination ◇ Website kick off and press release ◇ Follow up support activities for parents and students in need ◇ Compilation of evaluation report

(iii) Collaboration with other parties / partners:

and Initially 10 schools .

- (4) **Products:** (i) Deliverables/outcomes: 10 schools having around 250 classroom programs, 10 whole school activities, 1 teachers & professionals' seminar, 1 symposium, 10 assembly workshops, 10 parenting workshops, 1 web-based learning portal, 6 sessions-Positive Psychology classroom teaching manuals, and Student Self-aid booklets (ii) Dissemination of products: seminar, symposium, mail, website, press release.

- (5) **Budget: Total budget:** HK\$859,400

(Breakdown: Staff Cost \$454,836; Service Cost \$ 234,580; General Expenses \$155,000; Contingency \$14,984)

- (6) **Evaluation:** (i) Performance indicators: 70% of teachers, parents & students can understand the mindset and skills of “character strengths”, “optimism” and “hope” in combating anxiety.

(ii) Outcome measurement: 20% of students receiving classroom programs will undergo pre-test and post-test on the anxiety and happiness level.