

Project Number: 2010/0132 (Revised)

**Project Title: Q-Kid 優秀孩子培訓計劃 (Q-Kid Training Program)****Name of Organization: CMA Choi Cheung Kok Secondary School**

- (1) Goals: to provide an environment for enhancing the students' self-understanding and coping skills for helping them to transit the challengeable adolescence period smoothly through interaction among other participants.  
Objectives: (i) to enhance their self-understanding and self-appreciation  
(ii) to enhance their communications skills  
(iii) to enhance their ability of emotion control and problem solving
- (2) Targets: Expected number of beneficiaries: 80, including all F.3 students.
- (3) Implementation Plan:
- (i) Duration: September 01 – December 31, 2011
- (ii) Process / Schedule: The process consists of 10 sessions, containing 4 themes. Phase 1 is for self-exploration from October 13 and October 20, 2011, after the opening ceremony on October 6, 2011. We shall run 2 programs for enhancing students' self-understanding and self-appreciation. Phase 2 is for interpersonal relationship from October 27 and November 3, 2011. We shall conduct 2 programs for establishment of communication skills, emotional expression, and conflicts resolution. Phase 3 is aimed at emotional control from November 10 and November 17, 2011. We provide 2 programs for enlightening the knowledge of emotion and emotional quotient. Phase 4 from November 24 and December 1, 2011 is designed for strengthening students' problem solving skills, helping students to equip skills of getting along with friends of both genders and skills of doing teamwork. The closing ceremony is scheduled on December 08, 2011 for wrapping up the programs, evaluation and farewell. The program is planned to carry out in form of fellowship to consolidate their cohesion and identification.
- (iii) Collaboration with other parties / partners: co-organise with Living Water Church
- (4) Products:
- (i) Deliverables/outcomes: a curriculum for future use
- (ii) Dissemination of deliverables / outcomes: to serve as a pilot program and set up a good example for reference that can be adopted in younger students, e.g. S1 students.
- (iii) Commercialization potential of deliverables / outcomes: NA
- (5) Budget:  
Total QEF grant: \$42,100 (Service: \$32,500, General Expense: \$9,600)
- (6) Sustainability: The project curriculum consists of tasks of adolescence development information for junior secondary students, and worthy of keeping an asset for further reference. The teachers could use these materials for prompting other students to achieve growth further.
- (7) Evaluation:
- (i) Performance indicators: by participant's self-evaluation and project leaders' observation
- (ii) Outcome measurements: by questionnaire