



香港恒生大學賽馬會住宿書院
HSUHK JOCKEY CLUB RESIDENTIAL COLLEGES

香港恒生大學
THE HANG SENG UNIVERSITY
OF HONG KONG

2ND ISSUE (NOV 2021)

Fellow us

Keeping us connected

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Voices from our RC Fellows

Ms Ice KWOK: RC Fellow Wearing Multiple Hats

Ms Ice KWOK, Lecturer of the Department of Social Science, is one of the earliest faculty that joined as an RC Fellow. She joined the University (formerly known as Hang Seng School of Commerce) ahead of the establishment of the RC in 2015. She is not only an RC Fellow of Patrick S C Poon Amity College, but also the instructor of GEN2028 - Stress Management for Health and Wellness, the credit bearing module featuring S H Ho Wellness College.

Ice offers immense sources in sharing about her teaching journey at the HSUHK where she has found and shared her interest in the past two decades. As a mindfulness enthusiast, she designed “GEN1006 - Wellness in Contemporary Society” and “GEN2028 - Stress Management for Health and Wellness”, two



modules that empower students to explore health and wellness in multiple dimensions, including mindfulness eating, breathing, walking, etc. Residents of S H Ho Wellness College have the priority to register for their RC-themed course. “The most important is the mind”, Ice revealed.

They learn about stress management through practical learning experience such as Pastel Nagomi Art, Zentangle and Singing Bowl. “Teaching can take place beyond classroom. Therefore, when Victor (Associate Master of Patrick S C Poon Amity College) invited me to host some RC workshops, I accepted with no hesitation.” As an art and handcraft lover, Ice organized various workshops for Patrick S C Poon Amity College such as, “Leather Crafting Workshop”, “Zentangle Workshop” and “Pastel Art Workshop”.

“Teaching students how to relax helps myself to relax too.” She smiled. “I hope my workshops provide students with opportunities to develop their interest so as to widen their horizon and shape their career path, or establish a business in the future.” Ice shared that an alumnus who was a resident has recently established a handcraft business. Ice looks forward to seeing more residents to develop their interests in the future.

“Teaching students how to relax helps myself to relax too.”



FLASHBACK OF SPECIAL EVENTS

The Inter-RC E-Sports Competition marked the opening of the Council Chairman Bowl 2021/22. Although the Competition was rescheduled from 9 October 2021 to 30 October 2021 due to the typhoon, more than 30 students as well as College Masters, Associate Masters and staff attended and enjoyed three exciting games on the new LED display in the Sports Hall. The results of the Competition are as follows:

Champion: Patrick S C Poon Amity College
1st Runner-up: S H Ho Wellness College
2nd Runner-up: Fung Yiu King Evergreen College

Basketball Competition is the second game. You are welcome to be an audience on 4 December 2021.

▼ Students were enjoying the e-sports game on the new LED display in the Sports Hall.



▲(left) 1st Runner-up: S H Ho Wellness College; (middle) Champion: Patrick S C Poon Amity College; (right) 2nd Runner-up: Fung Yiu King Evergreen College



UPCOMING EVENTS

We look forward the participation or collaboration of RC Fellows in the following events:

*Council Chairman Bowl:
Basketball Competition*

4 December 2021

*"HSUHK Life Moving" Life and
Death Talks Series:*

*How should we treat parting relationships? Are you
willing to face Death?*

25 November 2021

*Telling life and death from a philosophical point of view
- Can you be sure that death is part of life?*

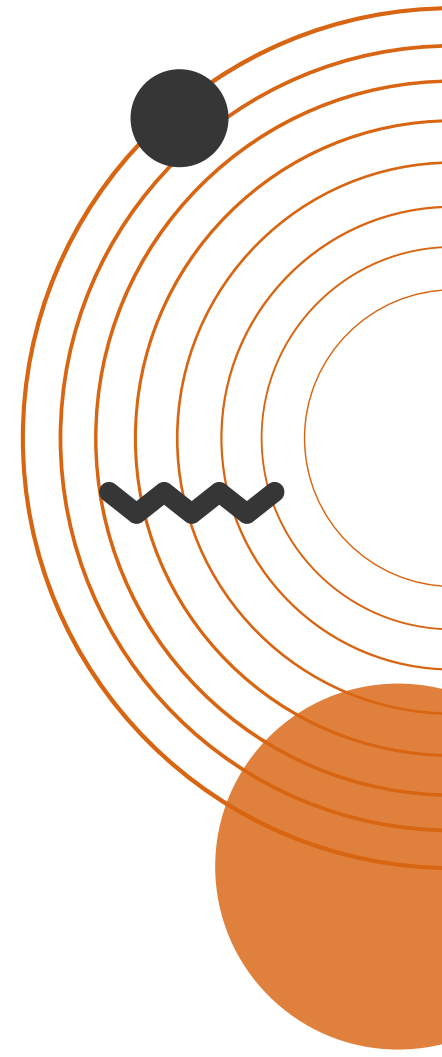
30 November 2021

*Doctors face life and death every day, and how do they
feel about Life and Death?*

2 December 2021

*What is Funeral Etiquette? The post-90s will talk
about Life and Death education, bereavement
experience, and death-related topics.*

6 December 2021



GET INVOLVED – WE NEED YOU

If you wish to participate, design, or host any RC events, or you have other initiatives in mind, please feel free to contact Ms Vann LAI (ext.654). You are also encouraged to speak to the RC Masters.

