

# Shadowing Scheme for Secondary Students (SSeedS)

– A Service Project

Join us to serve our community!

## What is SSeedS?

A service project for secondary students, aims to be their buddies and broaden their interpersonal network by organising various activities with them.

## Who are the service receivers?

50 form 4 / 5 students nominated by Caritas St. Joseph Secondary School (CSJSS)

## What are the voluntary services?

- 2 SSeedS members → 3-4 CSJSS students
- 2 mass activities (adventure day camp + an experience on upcycling)
- 2 small group activities
- 1 overnight camp / day camp (4 days) for 20 CSJSS students in summer

## What is the training package for SSeedS members?

- 1 inspiring and adventure day camp
- 1 workshop on certificate mental health first-aid (youth) – 2 days
- 1 debriefing and sharing session

### Incentives:

- 1 certificate of mental health first-aid;
- 1 certifying letter;
- Joining student helper scheme;
- Applying subsidy for organising events of their student societies/individual teams in 2021-2022

### SSeedS Details:



<https://www.cuhk.edu.hk/osa/sseeds.pdf>

### Enrolment method



<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13639412>

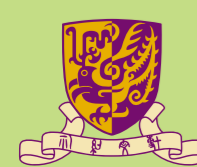
### Enrolment deadline:

**11:59pm, 10 November 2021 (Wednesday)**

### Enquiry:

Ms. Karena Mak (Tel: 3943-7203; Email: [karenamak@cuhk.edu.hk](mailto:karenamak@cuhk.edu.hk); whatsapp: 9765-0980 / Miss Mandy Wu (Tel: 3943-4798; Email: [mandywu@cuhk.edu.hk](mailto:mandywu@cuhk.edu.hk); whatsapp: 5645-0452)

### Organiser:



Student Development and Resources Section  
Office of Student Affairs  
學生事務處學生發展及資源組

### Co-organiser:



明愛聖若瑟中學  
Caritas St. Joseph Secondary School



# Shadowing Scheme for Secondary Students (SSEeds)



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## What is SSeedS?

Everyday leaders believe that leaders are trained, not born. They trust that everybody has power to lead oneself and change things or lives for the better. As many young people are struggling how to develop and establish their self-identities in a rapid-changing world, everyday leadership is essential for them to experience and learn how to see the world through the eyes of service and develop a service-mind set.

Co-organised with Caritas St. Joseph Secondary School (CSJSS), the Student Development and Resources Section, Office of Student Affairs, organises “**Shadowing Scheme for Secondary Students (SSeedS)**”. SSeedS aims to:

- 1) Make friends;
- 2) provide an opportunity for CUHK students to serve the community as peer mentors;
- 3) introduce concepts of everyday leadership;
- 4) develop a service-mind set;
- 5) enhance students’ generic competencies of innovative problem solving, communication and teamwork through service learning; and
- 6) understand yourself, your team and help them flourishing.

SSeedS also create a platform for members to practice how to be an everyday leader. Both SSeedS members (the peer mentors) and the secondary students can benefit through life on life interaction.

## Who are the service receivers?

Around 50 form 4 / 5 students nominated by Caritas St. Joseph Secondary School (CSJSS)





# What are the voluntary services?

## Part 1

2 SSeedS members in 1 group will be paired up with 3-4 CSJSS form 4 / 5 students

SSeedS members will join 2 mass activities on 15 January 2022 (Saturday) (meet-and-greet session plus adventure Day Camp with CSJSS students at Cheung Chau Island) and 26 February 2022 (Saturday) (experience on upcycling)

SSeedS members will organise 2 small group activities for their CSJSS students. The proposals should be approved by OSA and CSJSS. **Financial support will be provided**

Regular meetings on activity preparation

SSeedS members will contact the assigned CSJSS form 4 / 5 students at least twice a month

## Part 2

SSeedS members will organise a 4 days 3 nights camp / day camp for 20 CSJSS form 6 students at CUHK on 27-30 June 2022



## How to apply SSeedS?

<b>Scheme period:</b>	December 2021 – May 2022
<b>Eligibility:</b>	CUHK full time undergraduate students
<b>Fee:</b>	Free (deposit HK500@)
<b>Medium:</b>	<b>Cantonese (require to speak Cantonese)</b>
<b>No. of members:</b>	30
<b>Interview:</b>	Candidates will be invited to take part in an interview on <b>12 November 2021 (Firday)</b> . Successful candidates will receive confirmation email before the 15 November 2021 (Monday).
<b>Enrolment method:</b>	Please enroll at this application link ( <a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13639412">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13639412</a> ) by 11:59pm, 10 November 2021 (Wednesday). Successful candidates will receive an invitation email of an interview session by 12 November 2021 (Firday). A shortlist will be announced by 15 November 2021 (Monday).
<b>Enrolment deadline:</b>	11:59pm, 10 November 2021 (Wednesday)
<b>Enquiry:</b>	Ms. Karena Mak (Tel: 3943-7203; Email: karenamak@cuhk.edu.hk; whatsapp: 9765-0980 / Miss Mandy Wu (Tel: 3943-4798; Email: mandywu@cuhk.edu.hk; whatsapp: 5645-0452)



# SSeedS Schedule

<b>Interview</b>	12 November 2021 (Friday)	Interview
<b>Introduction</b>	27 December 2021 (Monday)	Introduction of the scheme (2 hours)
<b>Training Sessions</b>	28 December 2021 (Tuesday)	A day camp on (1) Ice-breaking games with teammates (2) self-understanding (3) team building, team challenge (4) to operate effective and meaningful social service (5) how to be a mentor
	4 & 6 January 2022 (Tuesday & Thursday)	2 days' workshop on mental health first-aid (youth)
	January – May 2022	Regular meetings on progress update (once a month)
	June 2022	Debriefing and sharing session
<b>Voluntary services</b>	15 January 2022 (Saturday)	Meet-and-greet session plus adventure Day Camp with CSJSS students at Cheung Chau Island
	26 February 2022 (Saturday)	Experience on upcycling
	January – May 2022	2 small group activities for CSJSS students
	27-30 June 2022	A 4 days 3 nights camp / day camp for 20 CSJSS form 6 students

## What are the SSeedS incentives?

**SSeedS members who successfully complete the scheme can**

1. receive a certificate of mental health first-aid;
2. receive a certifying letter;
3. be given priority for joining student helper scheme.

**More incentives for those who submit 1 article in English (not less than 200 words) / 2 mins video in Cantonese or English on your experience of SSeedS)**

4. be eligible to receive subsidy for organising events of their student societies/individual teams in 2021-2022.

### Remarks:

1. OSA reserves the right to revise/amend/cancel any activities of the scheme.
2. Successful candidates will receive a confirmation email before 15 November 2021. A whatsapp group will be formed among SSeedS members. All members should join the group, as the workshop information will be released via the whatsapp group.
3. SSeedS members' personal information, including names, study years, phone numbers and email addresses, will be passed to trainers if necessary.
4. OSA has the copyright of the photos and videos of the scheme.
5. Due to COVID-19 pandemic, some of the activities may be changed to online events if necessary.

