

Shadowing Scheme for secondary Students (SSEEDS)



Organiser:

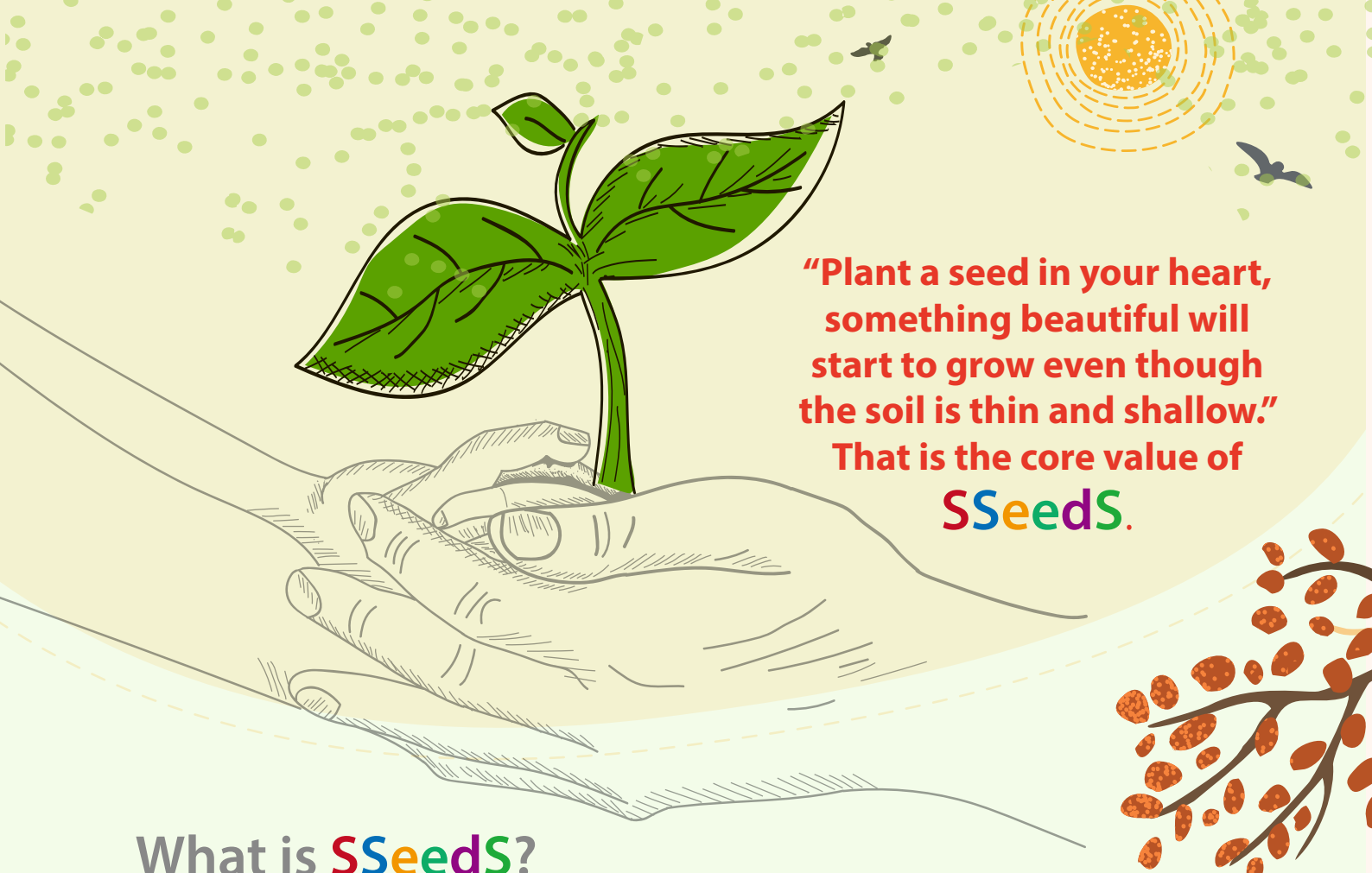


香港中文大學
The Chinese University of Hong Kong

Co-organiser:



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



**“Plant a seed in your heart,
something beautiful will
start to grow even though
the soil is thin and shallow.”
That is the core value of
SSeedS.**

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.

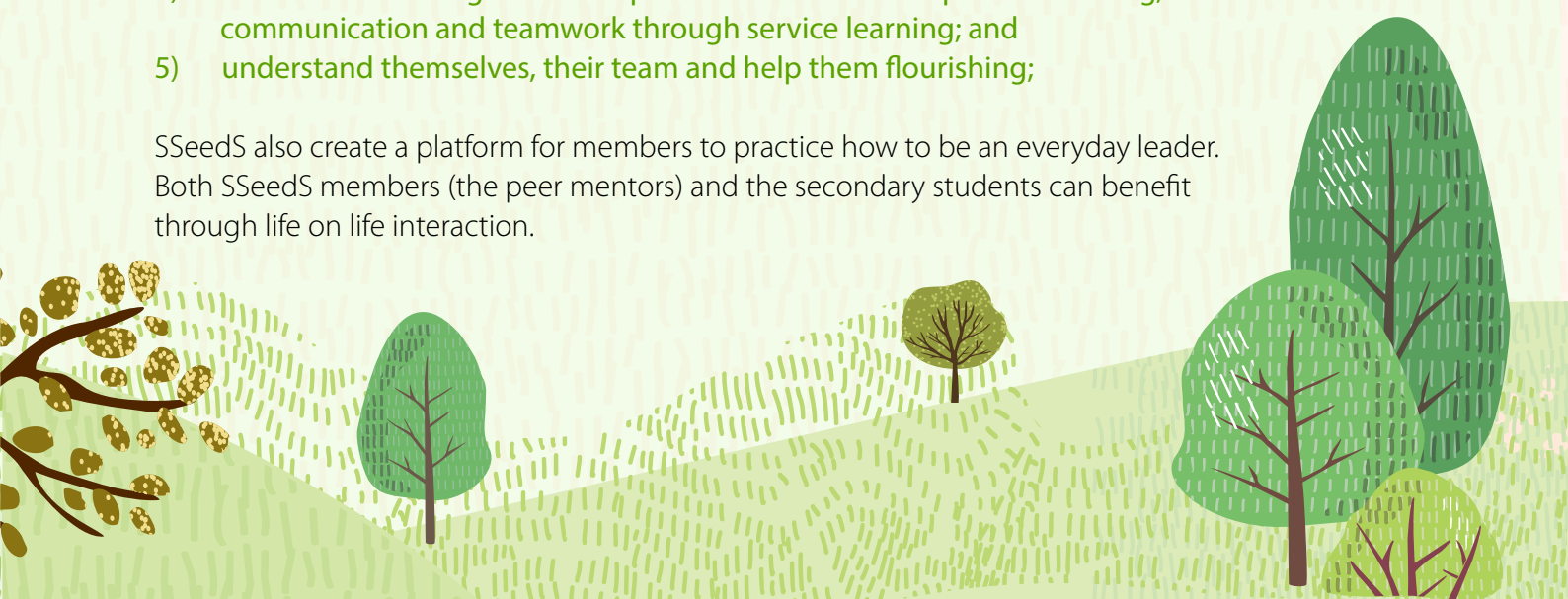
Co-organized with Caritas St. Joseph Secondary School (CSJSS), the Student Development and Resources Section, Office of Student Affairs, will launch a new program named

“Shadowing Scheme for Secondary Students (SSeedS)”

in 2021. SSeedS aims to provide an opportunity for CUHK students to:

- 1) serve the community as peer mentors;
- 2) introduce concepts of everyday leadership;
- 3) develop a service-mind set;
- 4) enhance students’ generic competencies of innovative problem solving, communication and teamwork through service learning; and
- 5) understand themselves, their 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.



How to apply SSeedS?

Scheme period: January – July 2021

Eligibility: CUHK full time undergraduate students who completed HKDSE (high priority for Student Leader Training Scheme members)

Fee: Free (deposit HK500@)

Medium: Cantonese (require to speak Cantonese)

No. of members: 30

Interview: Candidates will be invited to take part in an online interview on 21 December 2020 (Monday). Successful candidates will receive confirmation email before the end of December 2020.

Enrolment method: Please enroll at this application link



(<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11156180>) by 11:59pm, 16 December 2020. Shortlisted applicants will receive an invitation email of an online interview session by 17 December 2020. Successful applicants will be announced in December 2020.

Enrolment Deadline: 16 December 2020 (Wednesday)

Enquiry: 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

Interview 21 December 2020 (Monday) Zoom interview

Part 1	16 January 2021 (Saturday)	A day camp on self-understanding, team building, team challenge and everyday leadership
	23 & 30 January 2021 (Saturday)	2 days' workshop on mental health first-aid
	29 January 2021 (Friday) 3:00-6:00pm	A workshop on how to operate effective and meaningful social service
	3 February 2021 (Wednesday) 6:30-9:30pm	A workshop on communication with youth
	January – March 2021	Regular meetings on activity preparation



Part 2

March-July 2021

Mission 1

- Each SSeedS member will be paired up with 2 CSJSS form 4 students
- SSeedS members will organise at least 2 activities to their CSJSS students. The proposals should be approved by OSA and CSJSS. Financial support will be provided.
- SSeedS members will contact the assigned CSJSS form 4 students at least twice a month.
- SSeedS members will plan 1 group activity for 60 CSJSS form 4 students
- Regular meetings on activity preparation

Mission 2

- SSeedS members will organise a 4 days 3 nights camp for 20 CSJSS form 6 students at CUHK
- Regular meetings on activity preparation



Part 3

July 2021

Debriefing and sharing sessions with trainer/coach

SSeedS Incentives

SSeedS members who successfully complete the scheme can

1. receive a certificate of mental health first-aid;
2. receive a certifying letter issued by Office of Student Affairs;

Remarks:

1. OSA reserves the right to revise/amend/cancel any activities of the scheme.
2. Successful applicants will receive a confirmation email before December 2020. 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.

