



Dear students and colleagues,

With the one-off Special Grant for Student Support Services in response to the COVID-19 Pandemic established by the University Grant Committee, our HKU multi-disciplinary team, consisting of career coaches, mental health professionals, arts and cultural practitioners, health and exercise specialists, computer science experts, etc., work together to offer a comprehensive range of services to help **all HKU students** gearing up for a variety of challenges in these unprecedented times.

1. Browse and share this [GEARING UP](#) website for the vital information and resources to gear up [psychological well-being](#), [career skill sets](#), [physical fitness](#) and [healthy living](#) in times of COVID-19.

2. Join the programmes that help achieve your goals!

- Enroll to [Coachiever](#) – a new career coaching programme comprising in-depth personalised coaching and customised training workshops to guide you through career goal setting and planning.
- Make an appointment for [Counselling and Psychological Services](#) - Discuss with the counsellor whether meeting face-to-face or through alternative means (e.g., phone/ Zoom) best suit your needs.
- Start anew and build your new normal by joining [Person Enrichment Workshops](#) – [Mental Health First Aid Training Course](#), [Psychological First Aid](#), Mindfulness Series.

3. Stay tuned! More initiatives are coming soon:

- Grow Food at Home Challenge
- Exercise and Fitness
- Career Enrichment Platforms
- Psychological Self-care

For enquiries and feedback, please contact Ms Candice Cheung, Assistant Director (Advancement and Administration) of CEDARS at candice.cheung@hku.hk.

Regards,

Professor Samson Tse
Dean of Student Affairs