

### **Plenary Session 3**

#### **From School To Work**

**Date: 8 Oct, 2016**

**Time: 08:45 – 10:15**

**Session Chair: Dr. Saimond Ip**

**Speaker: Prof. Michael Ungar**

**Title: Making Young People Resilient: Nine Things Children and Youth Need from their Caregivers, Schools and Communities**

#### **Abstract:**

How do we make young people more resilient even when they are angry, self-harming, anxious, abusive or delinquent? In this story-filled presentation, Dr. Michael Ungar provides nine practical strategies caregivers, educators, child care workers and mental health professionals need to help young people of all ages heal, no matter a child's emotional, psychological or behavioral problems. These strategies include developing supportive relationships with adults, instilling a sense of personal self-control, agency and power, experiences of social justice and fair treatment, belonging and purpose, spirituality, and enhancing cultural rootedness. Based on material from his new book, *I Still Love You*, clinical practice and research around the world, Dr. Ungar shows why we need to work just as hard changing the environments that surround children as we do changing children themselves. He will discuss how to identify and enhance access to protective and promotive processes that exert a positive influence on young people's wellbeing and the critical role collaboration between formal and informal supports play in promoting child wellbeing when a child's mental and physical health is at risk. Using the dual principles of navigation and negotiation, this presentation shows that resilience is as much about what a child receives from the environment as it is about what the child has inside. Be prepared for an inspiring presentation. Michael's words will help you understand the importance of the everyday heroics that change children's lives, even when those helping them are frustrated and unsure what to do next.

**Speaker: Mr. Malcolm Man-Chung Au**

**Title: Pressure to Motivation**

**Abstract:**

High school students are under tremendous academic pressure to excel. In the Sichuan province of China, iDream, a non-profit organization works with high schools to develop ways to help students find their dreams and be motivated and fostering hope for their future.