

Workshop 4: Positive Education in Hong Kong: Present and Future

7/10/2016 5:00pm – 6:30pm

Moderator: Dr. LAW Hing-Chung Member, BGCA 80th Scientific Conference Organizing Committee; Former Chairman, Hong Kong Direct Subsidy Scheme Schools Council

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Title: Positive Education in Hong Kong: Present and Future

Abstract:

Importance and Benefits of promoting Positive Education in Hong Kong

Implementing Positive Education is important to promote wellbeing for teachers and students in the highly competitive atmosphere of Hong Kong. Positive education assists students to strengthen their relationships, understand and build positive emotions, enhance personal resilience, promote engagement, and encourage a healthy lifestyle. Insights obtained from positive education will continue to assist students in pursuit of a happy and meaningful life beyond the school gates, contributing to a positive community.

Experiences of adapting Positive Education in Hong Kong

A whole-school approach to positive education is needed for preparing students to flourish, showing teachers how to build on student's strengths, enhancing teacher's own wellbeing and leadership skills, developing a positive culture throughout the school, and engaging parents, stakeholders and the community to support and sustain wellbeing.

- **Staff training & staff support** ("Learn it" and "Live it")
- **Explicit teaching of positive education** ("Teach it")
- **Implicit teaching of positive education** ("Embed it")
- **Promoting the six related pillars of positive education** (positive emotion, positive engagement, positive accomplishment, positive purpose, positive relationships, and positive health).

Implications and future directions

- **Positive education can be embedded in the school curriculum and extra-curricular activities.**
- **The theme of positive education should be integrated into the school development plan.** Integrating positive education within the school context is an evolutionary process and takes time. School leaders must align their school's vision, mission, short-term and long-term objectives to a whole-school positive education approach.
- **Schools need to use multiple pathways to foster the wellbeing of their staff.** Efforts need to be made to develop strengths and psychological capital of the school staff and cultivate their engagement and commitment to the school.
- **Evidence-based research is needed** to examine systematically the conceptual framework and implementation approaches of positive education, and to provide evidence for the effectiveness of positive education for individual well-being and well-being in the community.
- **Education policy should put well-being as the core focus**, rather than focusing solely on the teaching and learning.