

THE CHINESE UNIVERSITY OF HONG KONG
Office of Admissions and Financial Aid

Scholarships and Financial Assistance for Postgraduate Students 2017/18

SCHOLARSHIPS

Most of the scholarships are awarded primarily by nomination from Faculties/Departments/Schools and other relevant offices, subject to the final selection/approval by the donors. Scholarships which are open for application **will be announced from time to time throughout the academic year. Students are advised to visit the website of the Office of Admissions and Financial Aid (OFA) at <http://www.oafa.cuhk.edu.hk> for details.**

FINANCIAL ASSISTANCE

Financial Assistance from the Student Finance Office (SFO) of the Working Family and Student Financial Assistance Agency (WFSFAA)

I. Tertiary Student Finance Scheme – Publicly-funded Programmes (TSFS)

TSFS provides means-tested financial assistance, in the form of a grant and/or loan, to eligible full-time students who are in need. The level of grant and/or loan depends on their financial circumstances. The maximum grant is equal to the tuition fee payable (excluding continuation fee) and academic expenses for their course of study plus their compulsory union fees. The maximum loan for living expenses is the same for all students. Grants offered under TSFS need not be repaid. Interest at a rate of 1% per annum shall be charged on the loan borrowed from the commencement date of the loan repayment period.

II. Non-means-tested Loan Scheme (NLS)

NLS provides loans to students to settle tuition fees (excluding continuation fee) of approved study programmes. Interest is charged once the loan is drawn down and throughout the repayment period. The interest rate will be reviewed and adjusted from time to time. Please refer to the SFO's web page (http://www.wfsfaa.gov.hk/sfo/en/postsecondary/nlsft/general/learn/interest_and_fee.htm) for the prevailing NLS interest rate. An administration fee is charged for each application and annually thereafter until the loan is fully repaid.

Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT)

Students who receive financial assistance under TSFS may apply for loans under NLSFT up to the difference between the maximum financial assistance under TSFS and the amount of financial assistance they may receive under the TSFS, subject to NLSFT loan maximum (equivalent to the tuition fees payable) not being exceeded. Students who fail to obtain assistance under TSFS or have not applied for assistance under TSFS may apply for NLSFT loans up to the maximum amount of their tuition fees payable.

Extended Non-means-tested Loan Scheme (ENLS)

NLS is extended to provide loans to eligible students who are not taking exclusively UGC-funded programmes and student places.

Eligibility

- For all the above schemes: Students should have the right of abode in Hong Kong or have resided or have had their homes in Hong Kong continuously for 3 complete years prior to the commencement of their programmes (this does not cover students staying in Hong Kong holding student visas); **AND**
- **TSFS and NLSFT**: Full-time students who are pursuing recognized degree programmes and student places which are **exclusively UGC-funded or publicly-funded** at the University. Postgraduate students who have been awarded studentships are also eligible to apply.
- **ENLS**: Please refer to the SFO's web page (<http://www.wfsfaa.gov.hk/sfo/en/postsecondary/enls/general/eligibility.htm>) for eligible courses under the ENLS.

Loan Repayment

The loan recipients would be required to repay the loan with the interest accrued to the Government in 180 equal monthly installments in 15 years or in a shorter repayment period by equal monthly installments as agreed by SFO, after their graduation or they cease to be students of the University before completion of their courses.

Application Procedures

- **TSFS and NLSFT**: **New students** are required to complete and submit the application forms to SFO through "SFO E-link-My Applications" online platform at <http://ess.wfsfaa.gov.hk>. Details of the application procedures will be announced in early September 2017. Interested students may visit the website at <http://www.wfsfaa.gov.hk/sfo> or <http://www.oafa.cuhk.edu.hk> for updated information.
- **ENLS**: Please visit the SFO's web page for details.

Enquires may be directed to:

Student Finance Office, Working Family and Student Financial Assistance Agency	2150 6000 (TSFS)	2150 6222 (NLSFT)	2150 6223 (ENLS)
Office of Admissions and Financial Aid, CUHK	3943 7205/1898		

Financial Assistance from the University

University Bursaries and Loans Scheme

The University bursaries and loans are available to eligible students (taking programmes and student places which are exclusively UGC-funded or publicly-funded) who cannot get sufficient financial assistance under TSFS because of unexpected financial difficulties or other special reasons. As the bursaries and loans are in general to supplement the Government TSFS, students should apply for the Government TSFS first.

This scheme is also means and asset-tested. Assistance is awarded to those students in the form of bursaries and/or interest-free loans. The loans are normally to be repaid in 8 quarterly instalments after the students graduate or in a lump sum immediately when students withdraw from studying at the University.

Applications are invited at the beginning of the first term (September). Applicants should obtain and submit the application form online via the Chinese University Student Information System (CUSIS). However, students with emergency or special needs could apply for "Emergency Bursaries and Loans" throughout the academic year.

For other students not covered by TSFS, they should directly contact the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid to enquire about the possibility of financial assistance.

For financial assistance from the University, please contact the Office of Admissions and Financial Aid.
Telephone: 3943 7205/1898 E-mail: sfas@cuhk.edu.hk Website: <http://www.oafa.cuhk.edu.hk>

October 2016

Career Planning and Development Centre,

Office of Student Affairs

A Wide Range of Career Services:



Contact us at

Website:
<https://cpdc.osa.cuhk.edu.hk/>

Facebook:
<https://www.facebook.com/cuhkcpdc>

Email:
cpdc@cuhk.edu.hk

Tel:
(852) 3943 7202

Address:
2/F, Benjamin Franklin Centre,
The Chinese University of Hong Kong,
Shatin, N.T., Hong Kong.

Supporting Employers with their Recruitment Exercises

Arrange recruitment talks and relevant events hosted by organizations from various sectors to offer students direct communication opportunities with employers and better understanding of the employers' expectation, job opportunities and career prospect.

Providing Students with Job Information

Provide students with full-time, part-time and summer job information through the following websites:

- CU Job Link
<https://cpdc.osa.cuhk.edu.hk/student/login>
- The Joint Institutions Job Information System (JIIS)
<http://www.jiis.org.hk>

Organizing Career Guidance and Enrichment Programmes

Organize career guidance programmes, including industry seminars, job expositions, company visits, career mentorship programme and job-hunting skills workshops. The programmes are usually hosted by senior executives, seasoned professionals and alumni from various industries.

Providing Career Counselling Services and Updated Job Market Information

Provide individual or small group consultation to students about career aspiration and development, advice on further studies, etc.

Provide a wealth of online resources to keep students abreast of the latest job market information and equip them with essential employment skills.

Organizing Summer Internship Programmes

Local and offshore internship opportunities are offered to students of different years and disciplines during the summer. These internship opportunities are available in organizations locally, in major cities in Mainland China, as well as in countries like Canada, France, Germany, Ireland, Japan, Norway, Singapore, South Korea, United Kingdom, USA, etc.





Make An Appointment:



1) By telephone

Call us within office hours to arrange an appointment.



3) In person

Visit our office within office hours to make an appointment.



2) Through internet

Browse our website and press 'Make An Appointment'. We will contact you as soon as possible.



4) Through email

Write us an email with your personal details and expected date and time for the appointment. We will contact you as soon as possible.

*In case of emergency, we may arrange for an immediate appointment or a session at an earliest available date depending on our manpower.

Student Counselling & Development Service

Telephone :
3943 7208

Address :
2/F, Benjamin Franklin Centre

Webpage :
www.cuhk.edu.hk/osa/scds

Email :
scds@cuhk.edu.hk

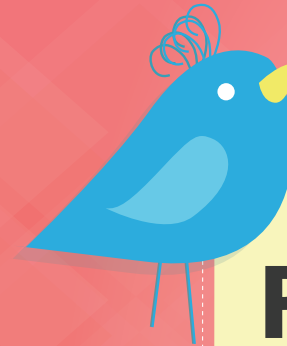
24 Hour Emotional Support Hotline :
5400 2055

Office Hours :
Monday to Thursday
8:45am – 1:00pm; 2:00pm -5:30pm

Friday
8:45am – 1:00pm; 2:00pm -5:45pm

Saturday, Sunday and Public holidays
Closed

Target :
Full-time Undergraduate and
Postgraduate Students



Psychological Counselling in CU

The Student Counselling and Development Service of the Office of Student Affairs has been established primarily to help students to overcome psychological barriers and difficulties which may impede their functioning, adjustment and personal development. Through this pamphlet, we hope to be able to clarify some of the common myths and misconceptions as well as help students gain a deeper understanding of the true nature and goals of psychological counselling.



Facts

About Counselling

Myth:
It is better to be self-reliant than to depend on others. Asking for help is a sign of weakness.

Fact:
Facing stressful or painful experiences can be overwhelming at times, and it often takes courage and determination to overcome adversities. Instead of fostering dependency, a primary goal of counselling is to empower students to help themselves. Through the counselling process, students are encouraged to manage their emotions, understand the nature of their problems, develop different perspectives as well as learn effective coping skills.

Myth:
Only abnormal people or people with serious mental problems will seek counselling.

Fact:
Psychological counselling has preventive, remedial and educational functions. Apart from helping students who are experiencing various emotional disturbances or personal crises, counselling is also a learning process which facilitates self-exploration and personal growth. Through counselling, students can work on immediate concerns and developmental issues such as university adjustment, studies, emotional management, personality, relationships and family issues. Early detection and management can often expedite the resolution of problems while avoidance and procrastination can result in the escalation of minor disturbances into major difficulties.

Myth:
The Counsellor will tell me what to do to solve my problems.

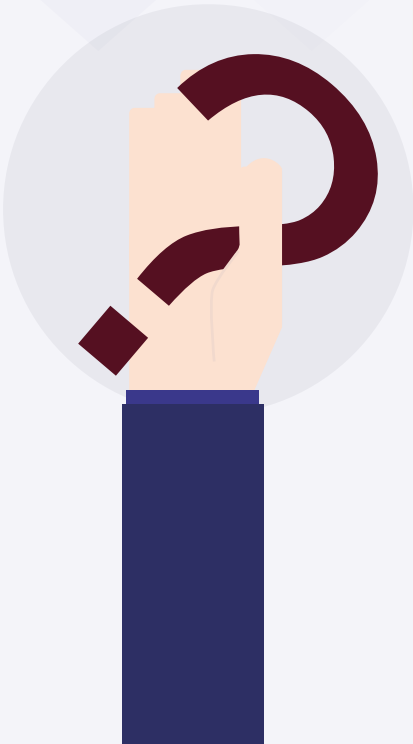
Fact:
The Counsellor will not impose his/her values and opinions on students but will help them gain deeper understanding into their thoughts, feelings, needs and behaviour. More importantly, the Counsellor will encourage students to assume personal responsibility for their actions, develop objective and rational perspectives as well as make choices and changes appropriate to their individual circumstances.

Myth:
Only a Counsellor whose background and experiences are similar to mine can understand my situation and difficulties.

Fact:
Through professional training, the Counsellors have developed the necessary sensitivity and empathy to understand, accept and respect students from different backgrounds. They are also able to be 'student-centered', i.e. to take into consideration student's unique experiences, needs and value system when exploring problems and solutions. The Counsellors will stay objective, their personal political views, religion or beliefs will not interfere with the counselling process.

Myth:
The Counsellor may disclose my personal secrets or the contents of our counselling sessions to others.

Fact:
Under normal circumstances, the Counsellor will safeguard the student's rights to privacy and ensure confidentiality regarding the contents of counselling. Hence, personal information or matters discussed within counselling will not be disclosed to third parties without the student's knowledge and consent. However, in cases where the student's personal safety or that of others is being threatened, the Counsellor is obliged to notify relevant parties in order to safeguard the well-being of the persons concerned.





預約方法：

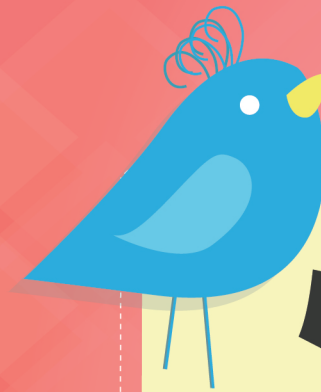
- 1) 電話預約：
於辦公時間內
致電安排面談時間
- 2) 網上預約：
瀏覽本組網頁，
並按「預約輔導
服務」，本組職員
會盡快與你
- 3) 親臨本組：
於辦公時間內親臨
本組進行預約
- 4) 電郵：
以電郵寫出你的個
人資料及期望會面
時間，本組職員會
盡快與你聯絡

*若情況緊急，本組亦會視乎人手安排，在當天或盡快安排面談。

學生事務處 學生輔導及發展組

電話：3943 7208
地址：范克廉樓二樓
網址：www.cuhk.edu.hk/osa/scds
電郵：scds@cuhk.edu.hk
24小時情緒支援熱線：5400 2055
服務對象：全日制本科生及研究生

辦公時間：
星期一至星期四：
上午8:45 - 1:00；下午2:00 - 5:30
星期五：
上午8:45 - 1:00；下午2:00 - 5:45
星期六、日及公眾假期休息



心理 輔導 在中大

學生事務處學生輔導及發展組的設立，是為了協助同學面對生活、學習和成長中所遇到的困難和心理障礙。本組希望透過此簡介，消除同學對心理輔導的普遍誤解和疑惑，及加深大家對這方面的認識。





輔導的實況

謠思：
靠人不如靠己，
向他人求助是軟弱的表現

事實：
要面對個人的困境或痛苦的經歷並非易事，而是需要勇氣和積極的處事態度。輔導不是助長同學的依賴性，而是幫助同學消除困惑，了解問題的癥結，學習以不同角度評估事物，和嘗試以更有效的方法處理問題。

謠思：
不正常或有嚴重心理問題的人才會尋求心理輔導

事實：
心理輔導包含著預防、治療、教育等功能。除了協助遇上情緒困擾或危機的同學之外，輔導亦是自我認識、啟發和成長的過程。同學可與輔導員探討一些在生活或成長中所遇到的困惑和疑難，如大學生活的適應、學習、情緒、性格、人際關係、感情、家庭等。很多問題若能早察覺和積極處理，是可避免的。反之，拖延或逃及避只會令情況惡化及難以解決。

謠思：
輔導員會告訴我如何解決問題

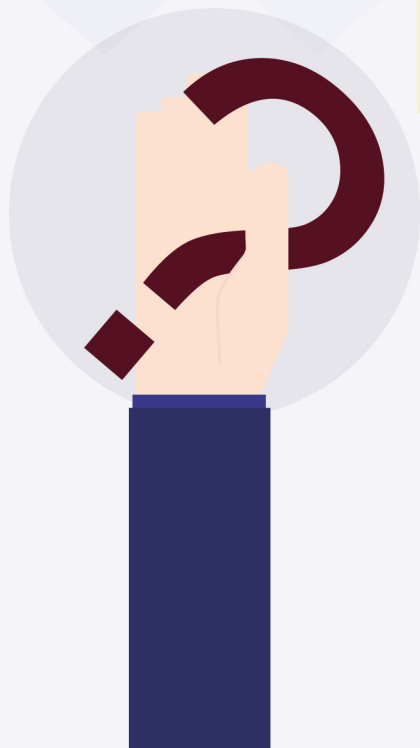
事實：
輔導員不會強加意見於同學身上，而是會透過細心聆聽和反映，協助同學深入了解自己的思想，情感和需要。更重要的是鼓勵同學對自己的行為負責，以較客觀和理智的角度衡量事情，及根據個人情況作出適切的改變和抉擇。

謠思：
與我背景相似的輔導員
才能了解我的苦況

事實：
透過專業訓練，輔導員已培養了一定的洞察力和同理心，能諒解、接納和尊重來自不同背景的同學，亦能以「同學為中心」，根據同學的需要、價值觀和處境去探討問題。在輔導過程中，輔導員會保持中立，不受個人的政治立場、宗教或個人信念影響。

謠思：
輔導員可能會將我們談話的
內容或我的秘密外洩

事實：
在一般情況下，輔導員會盡力保障同學的私隱權，所以在未經當事人的同意之下，是不會透露其個人資料。但是，當同學或他人的人身安全受到威脅時，輔導員可能需要知會家人或有關人士，以保障所有人的安全。



香港中文大學研究生會簡介

Introduction of CUPSA

香港中文大學研究生會是成立於 1997 年的獨立社團，是香港中文大學唯一代表全體研究生的學生組織。研究生會的宗旨是維護中大研究生在校內外的權利，為會員提供各種福利，以及促進研究生與學校的有效溝通。

The Postgraduate Student Association of CUHK (CUPSA) is a registered association under the Societies Ordinance of Hong Kong. We aim at striving for the best for the postgraduate students of CUHK, serving the actual needs of our members, and providing more diversified membership benefits.

具體職能 WHAT DOES CUPSA DO?

幫助解決研究生的問題，維護研究生的權益，並以此為出發點協助管理學校的各項事務。	Assisting postgraduates in issues related to campus life, academic perspective and university administration.
舉辦、協助舉辦或宣傳各類針對中大研究生群體的活動。	Organizing, co-organizing and promoting events and recreational activities for postgraduates.
提供新生入校前和校友畢業後的服務和協助服務。	Providing new postgraduates with information and helping them adapt to the campus and Hong Kong, as well as offering assistance to alumni.
代表中大研究生參與各種校外社交活動及會議	Representing CUHK postgraduates to attend off-campus conferences and social events.

成為研會基本會員(付費會員，活動優先、優惠)、附屬會員(免費會員),你能得到什麼?

What benefits could you get if you are a Basic Member (paid member with discount on activity fee) and/or an Attribute Member (free member) of CUPSA?

解決你的問題	Solve Your Problems
維護你的權益	Protect Your Rights
提供實踐機會	Provide You with Opportunities
豐富課餘活動	Enrich Your Campus Life
參與社會公益	Attend Public Service
參與對外交流	Participate in External Exchanges and Joint-U Activities

校長晚宴

Headmaster Dinner



高桌晚宴

High Table Dinner



品牌活動

FESTIVAL ACTIVITIES



迎新營

Orientation Camp



校友分享會

Alumni Sharing



聯校歌唱比賽

Oh My Voice



不走音現場歌唱比賽

On Key Live



文化之夜

Cultural Night

