

Understanding Adolescent Project (Primary) Outline of the Universal Programme (UP)

	<u>Module</u>	<u>Key Content</u>	<u>Primary 4</u>	<u>Primary 5</u>	<u>Primary 6</u>	<u>Total No. of Sessions</u>	
Competence	Emotion management	Adequately express and handle one's emotion	<ol style="list-style-type: none"> 1. Source of emotion 2. Emotion which generates energy 3. Emotion which consumes energy 	<ol style="list-style-type: none"> 1. The importance of giving vent to one's emotion 2. Methods of giving vent to one's emotion 	<ol style="list-style-type: none"> 1. Understanding the source of stress 2. Methods of handling stress 	7	
	Social skills	Communication skills	<ol style="list-style-type: none"> 1. Communication pattern and obstacles 2. Verbal and non-verbal communication 	<ol style="list-style-type: none"> 1. Developing inter-personal skills (active listening) 2. Cooperation skills 3. Inter-personal skills ~ empathy (elementary) 	<ol style="list-style-type: none"> 1. Skills of self-expression and accepting others 2. Types of friends 	7	
	Problem solving	1. Seek help	2. Resistance to Temptation (enriched topic)	<ol style="list-style-type: none"> 1. Steps of problem solving 2. Methods of problem solving 	<ol style="list-style-type: none"> 1. Use of resources 2. Choosing suitable method of problem solving 	<ol style="list-style-type: none"> 1. Skills of seeking help 	5
					<ol style="list-style-type: none"> 1. Critical thinking and decision-making for the right choices 2. Applying problem-solving skills to resist temptations 		4
	Goal setting	Goal setting skills		<ol style="list-style-type: none"> 1. The importance of goals 2. Criteria of goals 	<ol style="list-style-type: none"> 1. Realising the goals 		3
Optimism	Optimism	Positive thinking on casual attribution		<ol style="list-style-type: none"> 1. Optimistic thinking pattern 	<ol style="list-style-type: none"> 1. Internal thinking vs. external thinking 2. Global thinking vs. specific thinking 3. Permanent thinking vs. temporary thinking 	4	
					Conclusion	1	
No. of sessions			9	9	9	31	
				4 (enriched curriculum)			

For details, please see the Users' Manual of the Resource Package on the Understanding Adolescent Project (Primary) uploaded on EDB webpage (Chinese only):

[\[EDB webpage>Teachers Related>Student Guidance and Discipline Services>Projects and Services>Understanding Adolescent Project \(Primary\)>3. Users' Manuals in the Resource Package \(Chinese version only\) \(I to III\)>Users' Manuals \(II\): Universal Programme \(UP\)\]](#)

