

Quality Enhancement Grant Scheme

Progress Report

Project No. : 19/QEGS/09-10

Reporting Period : From SEP 2011 (month/year) to FEB 2012 (month/year)

Part A

Project Title : Web-based Interactive Life Coaching Scheme

Name of Grantee : HKU SPACE Po Leung Kuk Community College (HPCC)

Project Period : From SEP 2010 (month/year) to AUG 2012 (month/year)

Part B

Please use separate A4-size sheets to report the progress with regard to the following aspects:

1. Types and brief descriptions of Project activities held/completed during the reporting period (*the information may be presented in the form of a table*).
2. The dates, time, venues and number of participants / beneficiaries of Project activities held, and resources (e.g. equipment, manpower) used for the implementation of Project activities.
3. Project milestone(s) and deliverables attained at the end of the reporting period and evidence showing the attainment of milestones and deliverables.
4. The percentage, in terms of key tasks, of the Project completed at the end of each reporting period.
5. Project variation*, if any, during the reporting period, together with details and justifications

Signature: 

Organization Chop: 

Name of Authorized Person: Dr Keith Lam

Name of Grantee: HKU SPACE Po Leung Kuk
Organization: Community College

Position of Authorized Person: College Deputy Principal

Date: 21 March 2012

* A separate written application should be submitted to the Grantor for prior written approval.

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1. Project activities held/completed during the reporting period

The aim of this project is develop a Web-based Interactive Life Coaching Centre, which operates on a virtual environment that could reach out to more College students to provide useful further studies and career related information to HPCC students. The Web-based Interactive Life Coaching Centre had been launched in mid of November, 2010. The links is <http://lcc.hkospace-plk.hku.hk>. It is restricted for HPCC current students only. All the content and functions listed in the proposal has been developed. Here are the activities and workshop held during the reporting period.

Dates, time and venues	Brief descriptions of activities and resources used for implementing the Project *	Number and types of participants (if applicable)
I. Promotion Campaign		
Use different communication platforms to promote this service to HPCC students		
Early of Sept 11	Promotion leaflet for freshman	New College Students
Mid of Nov 11	Souvenir for registered Life Coaching Centre members	Registered members
II. Workshops on Further Studies, Career & Trainings on Personal Development		
a) Further Studies:		
26 Sept 11	Seminar on Further Studies for sub-degrees students	170 College Students
27 Sept 11	Seminar on IELTS	132 College Students
26 Oct 11 2 Nov 11 8 Nov 11	Seminars on Non-JUPAS for specific programmes (total 3 sessions)	256 College Students
23 Nov 11	University Admission Talk : Hong Kong Baptist University	36 College Students
28 Nov 11	University Admission Talk : The Chinese University of Hong Kong	84 College Students
2 Feb 12	University Admission Talk : The Hong Kong Polytechnic University	36 College Students
7 Feb 12	University Admission Interview Skills Training Workshop	80 College Students
13 Feb 12	University Admission Talk : City University of Hong Kong	20 College Students
17 Feb 12	Open Forum : Hot Topic for University Interview -- Elections	25 College Students
29 Feb 12	University Admission Talk : Lingnan University	17 College Students

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Dates, time and venues	Brief descriptions of activities and resources used for implementing the Project *	Number and types of participants (if applicable)
b) Career:		
7 Mar 12	Organization Visit - Hong Kong Police College	30 College Students
c) Personal Development:		
Oct to Dec 11	Voluntary Service Team – “V Circle” 2011 Through attending the trainings and participating in voluntary services, we aim to let students to find out their potential and provide the chance for student to contribute to the society	20 College Students
15 -16 Oct 11	“The Best, You Bet” Training Camp for Foundation Year Students An orientation camp for foundation year students to meet the Instructors who are the senior year students and graduates. During the camp, the Instructor shared their learning and life experience to the foundation year students. And, they mentor gave their email contact to the foundation year students and coach them on web-based. They contacted with each other from time to time. It fulfilled the required milestones for completion during this reporting period.	36 FD year Students
15 Nov 11	“Lost of Time” Workshop 忘了時間的鐘 A workshop to enhance students’ Time Management skills	30 College Students
22 Nov 11	“Exam Do, Did, Done” Workshop 爆4無難度 A workshop to enhance students’ Learning & Studying skills	26 College Students
7 Dec 11	“SuperPass Day” 2011 勁過派對	College Students
12 -13 Jan 12	W.I.L.D Camp – Level 1 A wild camp training to develop students’ potential and problem-solving skills	19 College Students
Feb to Jun 12	Voluntary Service Team – “V Circle 2011” 2 nd season enrollment	27 College Students
13 Feb 12	Love Life series 愛·生命 - Love in Poverty Life An activity to broaden students’ perspective in social issues and let them learn the positive way of life and to be resilience	28 College Students
12 Mar 12	Love Life Series 愛·生命系列 - Love Life Seminar A “love - life” sharing by guest speaker who is a HIV carrier. It gave impact to our student and let them save their lives.	17 College Students

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III. MBTI & FIRO-B Assessment for students		
MBTI & FIRO-B Assessment Workshop for students		
21 Sept 11	Psychological Decoding Series – MBTI & FIRO-B Assessment Provision of MBTI Assessment and individual consultation to students	32 College Students
7 Oct 11	Psychological Decoding Series – MBTI & FIRO-B Assessment Provision of MBTI Assessment and individual consultation to students	37 College Students
12 Oct 11	Psychological Decoding Series – MBTI & FIRO-B Assessment Provision of MBTI Assessment and individual consultation to students at the briefing session for the Training Camp of foundation year students	26 College Students
10 Nov 11	Psychological Decoding Series – MBTI & FIRO-B Assessment Provision of FIRO-B Assessment and individual consultation to students	21 College Students
6 Feb 12	Psychological Decoding Series – MBTI & FIRO-B Assessment Provision of MBTI Assessment and individual consultation to students	20 College Students
23 Feb 12	Psychological Decoding Series – MBTI & FIRO-B Assessment Provision of MBTI Assessment and individual consultation to students	7 College Students
* Evidence showing the attainment of milestones scheduled for completion during the reporting period should be attached (e.g. photos, learning materials, webpage screens, promotion leaflets / posters, relevant reports, etc.).		

2. The percentage, in terms of key tasks, of the project completed at the end of the reporting period

Milestones scheduled for completion during the reporting period **	% attained	Remarks
1. Provision of FIRO-B assessment for further personal understanding and MBTI assessment for personality application and career application	100%	-
2. Experience sharing by instructors through face to face interview and web-based contact	100%	-
Overall Project	75%	-

** Please seek prior approval from the QEGS Secretariat if the project milestones cannot be completed at the end of the reporting period.

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3. Project variation (a separate written application should be submitted to the QEGS Secretariat for prior written approval.)

Descriptions of variations (e.g. change of the project scope or duration, deferral of completion date, relocation of an amount exceeding 10% between items of expenditure in the budget)	Date of approval sought from QEGS Secretariat
NIL	

4. Financial position as at the end date of the reporting period

Expenditure items	Approved budget (a)	Committed or actual expenditure (b)	Balance [(a)-(b)]
a. Manpower	\$384,300	\$266,434	\$117,866
b. Equipment / facilities	\$95,000	\$101,346	-\$6,346
c. Services	\$642,000	\$625,710.8	\$16,289.2
d. General expenses	\$1,700	\$526.8	\$1,173.2
e. Others	\$27,000	\$11,296	\$15,704
Total	\$1,150,000	\$1,005,313.6	\$144,686.4
<i>Project Income (if any)</i>			\$0
<i>Total Balance</i>			\$144,686.4