

# 新生適應錦囊

Mental Wellness Tool Box for New Students



香港中文大學 學生事務處 心理健康及輔導中心  
Wellness and Counselling Centre, Office of Student Affairs  
The Chinese University of Hong Kong

# 面對新挑戰

學期開始後，有些同學很快便能順利投入生活，但亦有些同學需要更多時間適應新環境。

面對以下各項挑戰，你可能會感到擔憂：

**生活模式：**以往父母照顧周到，現在要嘗試獨立生活，自行決定及處理各項大小事務。

**人際網絡：**人際網絡不斷擴大，接觸到不同背景及文化的同學，遇到不同價值觀及生活方式的衝擊。

**宿舍生活：**初嘗宿舍生活，要學習如何跟生活習慣和喜惡不同的室友相處。

**社交模式：**沒有固定的朋友圈子，又有很多獨處時間，感到孤單寂寞。

**學習模式：**學習模式與中學時期截然不同，一下子難以掌握。

**激烈競爭：**中學時期成績優異，但大學同學間競爭激烈，影響自信。

**個人目標：**成功考入大學，但未能訂下明確的新目標，以致感覺迷失。

**家人相處：**忙於應付緊密的課堂和社交生活，影響與家人的相處和關係。

**社會期望：**社會對大學生的要求和期望，形成壓力來源。

## 你有多認同自己是：

一個能夠……

- 實現自己能力的人
- 應付正常生活壓力的人
- 有成效地從事工作的人
- 對社區作出貢獻的人

若你認同以上所列各項目，那代表你現在享有一種健康狀態，而這狀態就是世界衛生組織對精神健康或衛生 (Mental Health) 的定義\*

\* 精神衛生：加強防治工作，世界衛生組織媒體中心



# 新生活小貼士



要盡快適應及享受大學生活，可參考以下的提議：

## 生活自理

- 建立健康和均衡的生活，注意作息定時，飲食均衡
- 掌握日常起居的自理能力，保持適量的運動及充足睡眠
- 善用時間，適當地分配用於學習、家庭和社交生活的時間

## 社交技巧

- 融入社羣，參與至少一至兩項課外活動
- 積極結識新朋友，擴闊社交圈子
- 學習與室友互相遷就，和睦相處
- 持續了解，認識及欣賞自己和別人，以能與別人建立良好的關係

## 學業方面

- 主動向學業導師或教授尋求學業上的輔助
- 自行組織學習小組，討論功課，交流心得，互相支持
- 訂立個人目標，提昇對生活的方向感及動力
- 自律地計劃做家課/溫習/寫論文的時間，避免臨急抱佛腳

## 身心健康

- 培養減壓良方，如運動、音樂、手工藝等，以保持身心健康
- 欣賞接納自己，對自己有合理要求，自我肯定，不刻意與人比較
- 養性怡情，自勉自勵，為生活加添情趣及歡樂

## 主動求助

- 主動接觸家人、朋友、輔導員等，尋求情緒上的支援
- 主動接觸同學、助教、教授、學業指導老師、學習輔導主任等，尋求學業上的支援
- 主動接觸宿舍的同學、樓層導師或宿舍職員，加強宿舍內的支援網絡

# 你可知道：

抑鬱症是一種漸趨普遍的情緒病，每十人便有一人在一年內可能患上抑鬱或焦慮症。據統計，平均每100香港人中，就有三人患有抑鬱症。世界衛生組織的資料顯示，全球約有二億八千萬抑鬱症患者。



參考資料：中大有晴(告別抑鬱)

每個人一生中或多或少面對不同程度的焦慮狀態，有調查統計香港有三十多萬人，即百分之五人患有各種較嚴重的恐懼性焦慮。因此，估計花在克服焦慮的金錢和注意力絕不比其他疾病遜色。

以上的事實和數據帶出一個重要訊息：其實情緒病如抑鬱症和焦慮症是十分普遍的，就如「情緒感冒」般。只要能及早發現，並以心理輔導或藥物治療便能康復過來。



參考資料：中大有晴(精神病也只是疾病的一種)

爲讓你更了解自己的心理健康狀況，誠邀你填寫一份10分鐘的網上心理健康問卷。根據問卷結果，你還可即時獲得回饋。



別忘記「精神健康是健康體魄的必要元素之一」。如你又或是你認識的人感到情緒受困擾，應盡快尋求協助。

## 情緒支援及學生心理輔導服務

中大24小時情緒支援熱線: 5400 2055

學生事務處心理健康及輔導中心

- 電話：3943 7208 / 3943 3493
- 電郵：wacc@cuhk.edu.hk
- 地址：龐萬倫學生中心2樓

網上預約：



# Facing challenges

After school term starts, some of you may fit smoothly into the University, but some may feel at a loss and need more time to adapt to this new environment.

You may feel distressed facing the following challenges:

**Lifestyle:** In the past, you may have been well cared for by your parents. Now, you will have to try to lead an independent life and deal with various tasks and decisions on your own.

**Network of friends:** While your network of friends continues to grow, you will meet students from different backgrounds and cultures, and be confronted by diverse values and lifestyles.

**Hostel life:** It may be your first taste of hostel life; you will have to learn to live with roommates with different habits and preferences.

**Social style:** Your circles of friends may not be as stable as before; you may need to spend more time on your own and feel lonely.

**Mode of learning:** The mode of learning and your approach to your studies are different from those in the secondary school.

**Intense competition:** While you may have been an outstanding student in the secondary school, frequent comparison with your new classmates may affect your self-confidence.

**Personal goals:** Having gained admission into the university, you may be wondering what should be your next goal, and feel confused.

**Family life:** Your intensive study schedule and busy social life may have adverse effects on your family life and relationships.

**Society expectations:** Society's increasing demands and expectations towards university students can be a major source of stress.



# Tips for new stage in life

In order to be well-adjusted and enjoy your university life, you may consider the following suggestions:

## Learning daily living and self-care skills

- Develop a balanced daily routine, ensure sufficient rest and have a balanced diet
- Learn daily living and self-care skills, exercise regularly and sleep adequately
- Acquire effective time management skills, allocate your time appropriately among academic, family and social commitments

## Enriching social skills

- Participate actively in at least 1 or 2 extra-curricular activities
- Expand your social circle and make new friends
- Discuss your needs and make compromises with your roommates to enhance hostel living
- Continuously understand, get to know and appreciate yourself and others, in order to build good social relationship

## Enhancing learning

- Seek guidance from advisors and professors regarding academic concerns
- Form your own study group to discuss homework, share ideas, and support each another
- Set personal goals to have clearer life direction and stay motivated
- Plan ahead and start early to avoid the dreaded last-minute rush before deadlines and examinations

## Attaining wellness

- Develop effective stress management skills and enjoy appropriate leisure activities, such as sports, music, handicraft, etc., to maintain your physical and mental health
- Appreciate and accept yourself, affirm yourself on positive experiences or achievements, avoid comparison and do not over-demand yourself
- Enrich your spiritual life, read positive and encouraging books and messages, ease up your life with fun and creativity

## Seeking advice

- Actively seek help from family, friends, counsellors, etc., to get emotional assistance when necessary
- Actively reach out for classmates, tutors, professors, academic advisors and Learning Enhancement Officer (LEO) , etc., regarding academic concerns
- Actively approach hostel mates, tutors or hostel staff, enhance supporting network in hostel and among staff when necessary

# How well do you consider yourself:

An individual who can...

- Realize your own abilities
- Cope with the normal stresses of life
- Work productively
- Make a contribution to the community

If you say “Yes” to all of the above-stated, it means you are enjoying a state of well-being that signifies what mental health is as the World Health Organization has defined it\*.

\* Mental health: strengthening our response, Newsroom, World Health Organization



# Do you know:

Depression is more common than you might have thought — 1 in 10 people will experience depression and/ or anxiety in any one year. In Hong Kong, 3 in every 100 people suffer from depression and the World Health Organization stated that approximately 280 million people in the world have depression.



Reference: [Sunshine@CUHK](#) ("Say goodbye to Depression")

Everyone feels anxious in certain situations. In Hong Kong, an estimated 300,000 or 5 percent of the population could have experienced various types of serious anxiety problems. Thus, money and resources spent on overcoming anxiety disorders are comparable to that of any other diseases.

The above facts and figures suggest that depression and anxiety are not uncommon. They are like "emotional flu" which can be treated through early detection and active interventions like counselling or medication.

Reference: [Sunshine@CUHK](#)  
("Mental illness is only one sort of illness")



To let you understand more about your mental health status, you are invited to complete a 10-minute online mental health questionnaire with immediate feedback according to your results.



Remember, no health without mental health. If you find yourself or your friends experiencing any emotional distress, please contact assistance available on campus.

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## Emotional Support & Psychological Counselling Service

CUHK 24-hour Emotional Support Hotline : 5400 2055

Wellness and Counselling Centre, Office of Student Affairs

- Tel : 3943 7208 / 3943 3493
- Email : [wacc@cuhk.edu.hk](mailto:wacc@cuhk.edu.hk)
- Address : 2/F, Pommerenke Student Centre

Online Booking :

