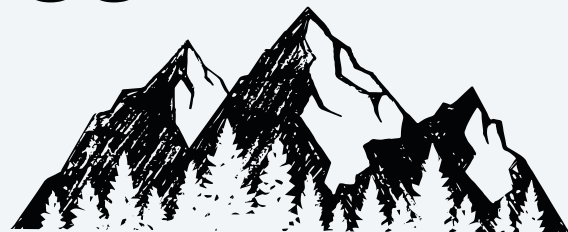


# 新生適應錦囊

## Mental Wellness Tool Box for New Students



香港中文大學  
**CUHK**

學生事務處 心理健康及輔導中心  
Wellness and Counselling Centre  
Office of Student Affairs

# 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。面對改變和挑戰，你可能會對以下範疇感到擔憂：

## 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

人際網絡一方面會擴大，接觸到不同背景及文化的同學，受不同價值觀及生活方式衝擊；另一方面要學習如何維繫舊有的人際關係。

## 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，容易感到孤單寂寞。

## 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，內化成自我要求與批評。



# 適應大學生活的小貼士

若想盡快適應及享受大學生活，不妨參考以下的提議：

## 生活自理

- 建立健康和平衡的生活方式，注意作息定時，飲食均衡
- 逐步提升自理能力以應對獨立生活，例如學習理財、照顧起居飲食、做家務的技巧
- 善用時間，適當地計劃和分配用於學習、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，與別人建立良好關係

## 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
- 訂立學習目標，訂製學習方向及提昇動力
- 預早計劃家課/溫習/寫論文，制定時間表，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，肯定自我，不刻意與人比較
- 閱讀一些正面、鼓舞人心的書籍和訊息，豐富靈性生活，為生活增添樂趣



## 主動尋求支援

- 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



# 關顧自己的心理健康

面對大學生活的種種挑戰，可能會對我們構成不少壓力，從而影響心理健康。根據世界衛生組織\* 的定義，一個心理健康的人能夠...



- 實現自己能力
- 應付正常生活壓力
- 有效率地工作
- 對社區作出貢獻

心理健康測試



除了按照以上準則去定時檢視自己外，我們還可以留意自己有沒有出現一些抑鬱或/和焦慮的症狀。我們在適應新環境時，往往可能會出現的這些情緒反應。

你對自己的心理健康狀況又有多少認識呢？我們誠邀你填寫一份5分鐘的心理健康測試，詳細了解自己的心理健康狀況。根據問卷結果，你還可即時獲得回饋。

抑鬱症是一種漸趨普遍的情緒病。根據香港精神健康調查發現，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。

另外，每個人一生中或許會面對不同程度的焦慮情緒。有調查統計顯示，香港大約有三十多萬人，即百分之五的人面對各種較嚴重的焦慮問題，影響日常生活。



\*精神衛生：加強防治工作  
世界衛生組織媒體中心



以上的調查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。若能及早發現，大部分人在接受心理輔導或藥物治療後便會復元過來。

別忘記「心理健康是健康體魄的必要元素之一」。如你認識的人，或者自己感到情緒受困擾，請盡快尋求協助。



## 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



wacc@cuhk.edu.hk



3943 7208



龐萬倫學生中心2樓 / 3樓



wacc.osa.cuhk.edu.hk



瀏覽網頁  
了解更多



香港中文大學  
**CUHK**

學生事務處 心理健康及輔導中心  
Wellness and Counselling Centre  
Office of Student Affairs



# What challenges will I possibly face?

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 changes and 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**

On one hand, your social network continues to grow, and meeting students from different backgrounds and cultures will expose you to diverse values and lifestyles. On the other hand, you will be learning how to maintain your existing relationships.

## **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 in this new competitive environment 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.

## **Societal expectations**

Society's increasing demands and expectations towards university students might be internalized as high self-expectation and self-criticism.



# Tips for adjusting to this new stage in life

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

## **Learning daily living & self-care skills**

- Develop a balanced daily routine, ensure sufficient rest and have a balanced diet
- Gradually develop more self-care skills, such as learning strategies to manage your finance, self-care routines, and household chores.
- Acquire effective time management skills, allocate and plan 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 maintain harmonious and respectful relationships
- Continuously understand, get to know and appreciate yourself and others, in order to build good social relationship

## **Enhancing learning**

- Seek guidance from academic advisors or professors regarding academic concerns
- Form your own study group to discuss homework, share ideas, and support each another
- Set learning goals to have clearer direction and stay motivated
- Plan ahead and start early to prevent 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, refrain from 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 social support**

- Actively seek help from family, friends, counsellors, etc., to be emotionally supported 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 staffs, enhance supporting networks in hostel





# Take care of your own mental health

The massive adjustment that comes along with university life can result in significant distress and therefore affect your mental health. According to the World Health Organization, a mentally healthy person can...



- *Realize one's own abilities*
- *Cope with the normal stressors of life*
- *Work productively*
- *Make a contribution to the community*

Online  
mental health  
questionnaire



Besides reviewing your mental health based on the above criteria from time to time, it's also important to pay close attention to any signs of depression or anxiety. These emotional reactions can be common when adjusting to the university.

How well do you understand the current state of your mental health? You are invited to complete a 5-minute [online mental health questionnaire](#) with immediate feedback to let you understand more about your mental health status.

Depression is more common than you might have thought — according to the Hong Kong Mental Morbidity Survey, 3 in every 100 Hong Kongers suffer from depression and the World Health Organization stated that approximately 280 million people in the world have depression.

In addition, 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, which affect their daily lives.



World Health  
Organization  
Mental health





The above facts and figures suggest that depression and anxiety are not uncommon. They are like “emotional flu” and with early detection and active treatments (e.g., psychological and/or medical intervention), most people can recover from these mental illnesses.

Remember, no health without mental health. If you find yourself or your friends experiencing any emotional distress, please do not hesitate to seek help.



# Emotional Support & Psychological Counselling Service



**CUHK 24-hour Emotional Support Hotline : 5400 2055**

Wellness and Counselling Centre, Office of Student Affairs



wacc@cuhk.edu.hk



3943 7208



2/F & 3/F Pommerenke Student Centre



wacc.osa.cuhk.edu.hk



Find out more  
on our website



香港中文大學  
**CUHK**

學生事務處 心理健康及輔導中心  
Wellness and Counselling Centre  
Office of Student Affairs

