

Area Three 領域三

OBJECTIVE 課程目標

By providing students with knowledge in gender studies, religion and spirituality, environmental ethics, human and animal ethics, psychology, self-development, etc., this area aims to enhance students' quality of life, facilitate them to develop a positive value of life, and to achieve a broad understanding of human and nature. Student are then guided to appreciate the diversity in culture and foster a global consciousness. The main objective of this area is to nurture a sense of responsibility in students: responsibility to oneself and other beings, to the society, and to the universe as a whole, by providing them an education of ethics of care for the world. 透過為學生提供性別研究、宗教與靈性、環境倫理、人與動物倫理、心理學、自我發展等的知識,此領域旨在提高學生的生活質素,幫助他們培養積極的人生價值,並學會一些人類與自然有關的的知識。課程會引導學生欣賞多元文化並培養全球意識。該領域的主要目標是培養學生的責任感,通過為他們提供關心世界的倫理教育,培養出對自己、他人、以至對社會和整個世界的責任感。

COURSE LIST 科目選擇

The courses are as below (courses offered in each semester will be adjusted depending on the availability): 課程如下(每個學期提供的學科會因應需要而作出調整)

Code	Course Title	Medium	Enrolment Constraints
GEC101	Environment and Society	English	Not for SOC Majors
GEC102	The Struggling Self in the Global Society	English	Not for SOC Majors and students who have taken SOC 107 <i>Understanding</i> Sociology
GEC103	Crazy, Stupid, Scientific Love	English	
GEC104	Understanding Self in Everyday Life	English	Not for BSSCP and BSSPSY Majors
GEC105	Missionaries' Experiences in Hong Kong	Cantonese	
GEC106	Personal Finance and Taxation	English	
GEC108	Stress Management and Healthy Lifestyle	English	
GEC109	Art, Self-exploration and Spirituality	English / Chinese	
GEC110	Exercise and Wellbeing	Cantonese	
GEC111	Positive Education for Well-Being in University Life	English	Not for students who have taken PSY209 Positive Psychology
GEC112	Basketball & Volleyball (籃球&排球運動)	Cantonese	The students could only choose either GEC112 or GEC113
GEC113	Badminton & Table tennis (羽毛球&乒乓球運動)	Cantonese	The students could only choose either GEC112 or GEC113
GEC201	Emotional Intelligence and Thriving under Pressure	English	
GEC202	Positive Life with Chinese Literature (中國文學與正向人生)	Cantonese	
GEC203	Global Consumption and Culture of Coffee (世界 咖啡消費與文化)	English	

GEC204	Understanding Environmentalism through World Cinema	English	
GEC205	Visual Representation of Animal Rights and Human-animal Relationship	English	