



香港浸會大學
HONG KONG BAPTIST UNIVERSITY

WPD Handbook (2023-24)



輔導中心 | COUNSELLING &
DEVELOPMENT CENTRE



學生事務處
Office of Student Affairs

Whole Person Development

Committed to the mission of Whole Person Education, the Office of Student Affairs and other departments of Hong Kong Baptist University provide ample opportunities for students to strive for whole person development. “Whole Person Development” is a progressive process through which the intellectual, physical, professional, psychological, social and spiritual capacities of an individual can be holistically enhanced. Capacity refers to attitude, performance, and potential. “Attitude” indicates the degree of concern; “performance” and “potential” represent the level of practice and competence respectively. If students can holistically enhance the different aspects of their “Whole Person Development”, they will have stronger capacities to equip themselves to become an individual with “Graduate Attributes”.

Whole Person Development Inventory

The WPDI comprises 15 factors that are grouped into six domains (Figure 1). Students’ scores reflect their developmental state of Whole Person Development. To strive for Whole Person Development, students can plan for their university life according to their developmental state.

Figure 1

Domain	Factor
Social	<p>A. Civic Responsibility</p> <ul style="list-style-type: none"> - <i>attending to socio-economic and political issues on both local and global levels, and performing civic responsibilities</i> - <i>examples of activities: various discussions about the social, political or economic issues in different countries or regions; concern about current issues</i> <p>B. Community Care</p> <ul style="list-style-type: none"> - <i>performing one’s community duty and engaging oneself for the betterment of the community and the world</i> - <i>examples of activities: voluntary services</i> <p>C. Cultural Engagement</p> <ul style="list-style-type: none"> - <i>appreciating cultural diversity and actively interacting with people of diverse ethnic backgrounds</i> - <i>examples of activities: oversea cultural exchange tours; student exchange programmes</i> <p>D. Family Relationship</p> <ul style="list-style-type: none"> - <i>building positive relationships with family members</i> - <i>examples of activities: communication skills workshops; family activities</i> <p>E. Peer Relationship</p> <ul style="list-style-type: none"> - <i>building and maintaining friendship with love, care, and empathy</i> - <i>examples of activities: communication skills workshops; activities emphasis on team works</i>
Spiritual	<p>F. Art Appreciation</p> <ul style="list-style-type: none"> - <i>appreciating arts and engaging in aesthetic activities</i> - <i>examples of activities: art exhibitions; drama/music/dance performances</i> <p>G. Moral Commitment</p> <ul style="list-style-type: none"> - <i>standing firm by moral values, social ethics, and professional codes of conduct</i> - <i>examples of activities: internship programmes; hall tutor programmes; committee member of student societies</i> <p>H. Spiritual Quest</p> <ul style="list-style-type: none"> - <i>understanding the meaning of life and showing gratitude</i> - <i>examples of activities: voluntary services; psychological service trips</i>

Domain	Factor
Psychological	<p>I. Emotional Health</p> <ul style="list-style-type: none"> - <i>recognizing, managing, and regulating one's own emotions</i> - <i>examples of activities: emotion management and psychological competence development course; individual counselling</i> <p>J. Self Appreciation</p> <ul style="list-style-type: none"> - <i>understanding, appreciating and affirming oneself</i> - <i>examples of activities: psychological competence development course; individual counselling; psychological assessments</i>
Intellectual	<p>K. Intellectual Capacity</p> <ul style="list-style-type: none"> - <i>expanding broad-based knowledge and thinking analytically, critically, and creatively</i> - <i>examples of activities: academic exchange activities; reading in different academic disciplines</i>
Professional	<p>L. Career Preparation</p> <ul style="list-style-type: none"> - <i>achieving a clear understanding of one's career interest, exploring and planning for his/her career, and developing job searching skills</i> - <i>examples of activities: job search skills trainings; career counselling; internship programmes</i> <p>M. Leadership</p> <ul style="list-style-type: none"> - <i>building teams, motivating people, organizing activities and contributing with a sense of responsibility</i> - <i>examples of activities: organizing committee of student societies; planning group events</i>
Physical	<p>N. Health Maintenance</p> <ul style="list-style-type: none"> - <i>maintaining physical health</i> - <i>examples of activities: health care seminars; regular body check</i> <p>O. Physical Fitness</p> <ul style="list-style-type: none"> - <i>exercising on a regular basis and engaging in various types of physical activities</i> - <i>examples of activities: sport trainings / competitions; activities organized by sport interest clubs</i>

Examples of Trainings/Activities on Campus

Softcopy can be obtained at: <https://bit.ly/ActivityExample>



Organizers/Promoting Departments and the websites	Activities/Training Example
Social	
Centre for Innovative Service-Learning	<ul style="list-style-type: none"> ▪ Service-Learning Opportunities ▪ Service-learning and Social Innovation Events
Counselling and Development Centre	<ul style="list-style-type: none"> ▪ Development Course ▪ Mental Health First Aid Captain ▪ Peer Mentor Programme
International Office	<ul style="list-style-type: none"> ▪ Student Ambassadors ▪ Student Exchange Programme ▪ Summer Programme ▪ The Mini International Office (Mini IO) ▪ Virtual Exchange for HKBU Students
Leadership Qualities Centre	<ul style="list-style-type: none"> ▪ HKBU Model United Nations Club ▪ HKBU Student Leadership Corps ▪ ICAC Ambassador Programme ▪ University YMCA - Global Citizenship Programme, Community Engagement Programme, Global Y Trainee Programme ▪ Wofoo Civic Leadership Programme
Office of Student Affairs	<ul style="list-style-type: none"> ▪ CODE: Coaching, Organisation Development, and Engagement Programme ▪ Students' Union: Executive Committee; Council; Judicial Council; Editorial Board ▪ Committee members of academic society ▪ Committee members of interest clubs ▪ Participation in University Governance committee ▪ Participation in Students' Union: Executive Committee; Council; Judicial Council; Editorial Board ▪ Volunteer services on campus
Spiritual	
Academic Community Hall	<ul style="list-style-type: none"> ▪ Cultural Literacy Programme
Academy of Film	<ul style="list-style-type: none"> ▪ Film Screenings and Events
Academy of Music	<ul style="list-style-type: none"> ▪ ENSEMBLES ▪ HKBU Symphony Orchestra ▪ Music Performances

Academy of Visual Arts	<ul style="list-style-type: none"> ▪ Visual Arts Event
Chaplain's Office	<ul style="list-style-type: none"> ▪ Christian Counselling ▪ University Christian Fellowships ▪ Christian Choir ▪ Faith-in-Practice Forum ▪ Noontime Worship
Counselling and Development Centre	<ul style="list-style-type: none"> ▪ Development Course ▪ Individual Counselling
Office of Student Affairs	<ul style="list-style-type: none"> ▪ Members or committee members of Art and Culture interest clubs (e.g. Band Society; Chinese Music Club; Dance Association; Dramatics Club; Photographic Association; etc....)
Psychological	
Counselling and Development Centre	<ul style="list-style-type: none"> ▪ Development Course ▪ Individual Counselling ▪ Mental Health Enhancement Activities ▪ Mental Health First Aid Standard Course ▪ Psychological Online Tests
Chaplain's Office	<ul style="list-style-type: none"> ▪ Christian Counselling ▪ TJTA Personality Assessment
Intellectual	
Centre for Innovative Service-Learning	<ul style="list-style-type: none"> ▪ Service-Learning Opportunities
Counselling and Development Centre	<ul style="list-style-type: none"> ▪ Development Course ▪ eCourse ▪ Mental Health First Aid Standard Course
Faculty of Arts	<ul style="list-style-type: none"> ▪ Activities of International Writers' Workshop ▪ Intervarsity Creative Writing Competition
Language Centre	<ul style="list-style-type: none"> ▪ Chinese / English / Putonghua Competitions and Activities ▪ Chinese / English / Putonghua Enhancement services ▪ Chinese / English / Putonghua / Foreign Language supplementary courses ▪ IELTS preparation courses ▪ Language Exchange Programme
Library	<ul style="list-style-type: none"> ▪ Library Learning Events
Professional	
Career Centre	<ul style="list-style-type: none"> ▪ Career Advising Services ▪ Career Programme (eg. Career Sharing Sessions; Career Mentoring Programme, etc.)

	<ul style="list-style-type: none"> ▪ Career Talk & Visit ▪ Entrepreneurial Learning ▪ Internships opportunities (e.g. English Buddies Scheme, HKBU STEM Internship Scheme; Global Attachment Opportunities; Metropolitan Attachment Programme; Mainland Internship Programme, etc.) ▪ Job Search Skills Workshops ▪ Virtual Career Fair
Centre for Innovative Service-Learning	<ul style="list-style-type: none"> ▪ Service-Learning Opportunities ▪ Service-learning and Social Innovation Events
Leadership Qualities Centre	<ul style="list-style-type: none"> ▪ HKBU Community Experience Project ▪ HKBU High Table Dinner ▪ HKBU Model United Nations Club ▪ HKBU Student Leadership Corps ▪ Leadership & Character Enhancement Programme ▪ Outward Bound Training ▪ Speaking for Confidence
Office of Student Affairs	<ul style="list-style-type: none"> ▪ CODE: Coaching, Organisation Development, and Engagement Programme ▪ Committee members of academic society ▪ Committee members of interest clubs ▪ Peer Assistant ▪ Students' Union: Executive Committee; Council; Judicial Council; Editorial Board ▪ Welfare Cooperation Shops Committee
School of Business	<ul style="list-style-type: none"> ▪ Business Executive Development Scheme ▪ Developmental Workshop ▪ Services Learning Programme ▪ Student Ambassador Scheme
Student Accommodation Section	<ul style="list-style-type: none"> ▪ Committee member of Hall councils ▪ Floor representatives
Physical	
Department of Sport, Physical Education and Health	<ul style="list-style-type: none"> ▪ HKBU Annual Aquatic Meet / ▪ HKBU Annual Athletics Meet
Office of Student Affairs	<ul style="list-style-type: none"> ▪ Member/committee member of sport interest club (e.g., Judo Club; Karate Club; Rowing Club, Wing Tsun Society, etc.)
Wai Hang Sports Centre	<ul style="list-style-type: none"> ▪ Leisure Exercise Programme

Student Name _____

Student ID: _____

Whole Person Development Plan

Referring to your WPDI result, which domain(s) would you like to focus on to strive for Whole Person Development in the coming years? (You may choose more than one domain.)

- Social Spiritual Psychological
 Intellectual Professional Physical

Which university activities would you like to join? What are your specific development goals?

Year	Domain / Factor	Name of the Activity
Year 1		
Year 2		
Year 3		
Year 4		

To check your WPDI report:

