



香港浸會大學
HONG KONG BAPTIST UNIVERSITY

WPD Handbook (2025-26)



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

Examples of Trainings/Activities on Campus

Softcopy can be obtained at: bit.ly/wpd_book



Organizers/Promoting Departments	Activities/Training Example
Social	
Centre for Innovative Service-Learning	<ul style="list-style-type: none"> • Service-learning and Social Innovation Events
Counselling and Development Centre	<ul style="list-style-type: none"> • Inclusion Student Ambassador Programme • Inclusive Activities • Mental Health First Aid Captain • Peer Mentor Programme
International Office	<ul style="list-style-type: none"> • BU Market • Buddies scheme • Consul-General-in-Residence Programme • Global Inclusive Leadership Initiatives • Student Ambassadors • Student Exchange Programme • Summer Programmes • The Mini International Office (Mini IO) • Virtual Exchange for HKBU Students
Leadership Qualities Centre	<ul style="list-style-type: none"> • Campus Integration Activities - Service @ TuesDates, Chill, Chew and Cheers • Citizenship and Community Engagement Activities – Common Good in Action, HKBU Community Experience Project • Global Exposure activities - Ten Thousand People's Scheme • Leadership Development Activities - Outward Bound Training, Leadership & Character Enhancement Programme, Wellness Coach
Office of Student Affairs	<ul style="list-style-type: none"> • CODE: Coaching, Organisation Development, and Engagement Programme • Committee Members of Student Organisations • Participation in University Governance • Participation in Students' Union • Volunteer Services on Campus
Spiritual	
Academy of Film	<ul style="list-style-type: none"> • Film Screenings and Events
Academy of Music	<ul style="list-style-type: none"> • ENSEMBLES activities (e.g. HKBU Symphony Orchestra; Collegium Musicum Hong Kong; Cantoria Hong Kong; Choral Union; etc...)

Organizers/Promoting Departments	Activities/Training Example
	<ul style="list-style-type: none"> • Music Concerts & Workshops
Academy of Visual Arts	<ul style="list-style-type: none"> • Visual Arts Event
Chaplain's Office	<ul style="list-style-type: none"> • Christian Choir & Band • Christian Counselling • Faith-in-Practice Forum • Noontime Worship • University Christian Fellowships
Counselling and Development Centre	<ul style="list-style-type: none"> • Development Course • Individual Counselling
Leadership Qualities Centre	<ul style="list-style-type: none"> • Cultural Literacy Programme
Office of Student Affairs	<ul style="list-style-type: none"> • Art and Culture Interest Clubs Members (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 • Counselling Activities and Workshops • Spiritual Care and Personal Growth Groups
Leadership Qualities Centre	<ul style="list-style-type: none"> • Wellness Coach
Intellectual	
Counselling and Development Centre	<ul style="list-style-type: none"> • Development Course • eCourse • Mental Health First Aid Standard Course
Faculty of Arts and Social Sciences	<ul style="list-style-type: none"> • Activities of International Writers' Workshop • Intervarsity Creative Writing Competition
Knowledge Transfer Office	<ul style="list-style-type: none"> • Entrepreneurial Training
Language Centre	<ul style="list-style-type: none"> • Chin / Eng / PTH Competitions & Activities • Chin / Eng / PTH Enhancement Services • Chin / Eng / PTH / Foreign Language Supplementary Courses • IELTS preparation courses • Independent Learning Platforms • Language Exchange Programme
Library	<ul style="list-style-type: none"> • Library Learning Events

Organizers/Promoting Departments	Activities/Training Example
Professional	
Career Centre	<ul style="list-style-type: none"> • Career Advising Services • Experiential Learning • Internships opportunities (e.g. HKBU STEM Internship Scheme; Global Attachment Opportunities; Metropolitan Attachment Programme; etc.) • Skills Training and Workshops(e.g. Career Talks, Mentorships, Workshops etc.) • Virtual Career Fair
Centre for Innovative Service-Learning	<ul style="list-style-type: none"> • Service-learning & Social Innovation Events • Service-Learning Courses
Counselling and Development Centre	<ul style="list-style-type: none"> • Inclusion Student Ambassador Programme • Mental Health First Aid Captain • Peer Mentor Programme
Department of Sport, Physical Education and Health	<ul style="list-style-type: none"> • Internship & Exchange
Leadership Qualities Centre	<ul style="list-style-type: none"> • Leadership & Character Enhancement Programme • Multicultural Mental Health Ambassador Scheme • Outward Bound Training
Office of Student Affairs	<ul style="list-style-type: none"> • CODE: Coaching, Organisation Development, and Engagement Programme • Committee Members of Student Organisations • Participation in University Governance
School of Business	<ul style="list-style-type: none"> • Business Competitions • Internship Opportunities • Services-Learning Programme • Student Ambassador Scheme
Student Accommodation Section	<ul style="list-style-type: none"> • Student Leaders of Hall Councils
Physical	
Department of Sports and Health Sciences	<ul style="list-style-type: none"> • Events & Workshops • HKBU Annual Aquatic Meet • HKBU Annual Athletics Meet
Leadership Qualities Centre	<ul style="list-style-type: none"> • Healthy Lifestyle Programmes
Office of Student Affairs	<ul style="list-style-type: none"> • Art and Culture Interest Clubs Members (e.g. Band Society; Chinese Music Club; Dance Association; Dramatics Club; Photographic Association; etc....)
Wai Hang Sports Centre	<ul style="list-style-type: none"> • Free weights video demonstrations

Student Name: _____

Student ID: _____

Whole Person Development Plan

Referring to your WPDJ 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 WPDJ report:

