



香港浸會大學  
HONG KONG BAPTIST UNIVERSITY

# WPD Handbook (2026-27)



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><b>A. Civic Responsibility</b></p> <ul style="list-style-type: none"> <li>- <i>attending to socio-economic and political issues on both local and global levels, and performing civic responsibilities</i></li> <li>- <i>examples of activities: various discussions about the social, political or economic issues in different countries or regions; concern about current issues</i></li> </ul> <p><b>B. Community Care</b></p> <ul style="list-style-type: none"> <li>- <i>performing one's community duty and engaging oneself for the betterment of the community and the world</i></li> <li>- <i>examples of activities: voluntary services</i></li> </ul> <p><b>C. Cultural Engagement</b></p> <ul style="list-style-type: none"> <li>- <i>appreciating cultural diversity and actively interacting with people of diverse ethnic backgrounds</i></li> <li>- <i>examples of activities: oversea cultural exchange tours; student exchange programmes</i></li> </ul> <p><b>D. Family Relationship</b></p> <ul style="list-style-type: none"> <li>- <i>building positive relationships with family members</i></li> <li>- <i>examples of activities: communication skills workshops; family activities</i></li> </ul> <p><b>E. Peer Relationship</b></p> <ul style="list-style-type: none"> <li>- <i>building and maintaining friendship with love, care, and empathy</i></li> <li>- <i>examples of activities: communication skills workshops; activities emphasis on team works</i></li> </ul> |
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| Spiritual | <p><b>F. Art Appreciation</b></p> <ul style="list-style-type: none"> <li>- <i>appreciating arts and engaging in aesthetic activities</i></li> <li>- <i>examples of activities: art exhibitions; drama/music/dance performances</i></li> </ul> <p><b>G. Moral Commitment</b></p> <ul style="list-style-type: none"> <li>- <i>standing firm by moral values, social ethics, and professional codes of conduct</i></li> <li>- <i>examples of activities: internship programmes; hall tutor programmes; committee member of student societies</i></li> </ul> <p><b>H. Spiritual Quest</b></p> <ul style="list-style-type: none"> <li>- <i>understanding the meaning of life and showing gratitude</i></li> <li>- <i>examples of activities: voluntary services; psychological service trips</i></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| Domain        | Factor                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Psychological | <p><b>I. Emotional Health</b></p> <ul style="list-style-type: none"> <li>- <i>recognizing, managing, and regulating one's own emotions</i></li> <li>- <i>examples of activities: emotion management and psychological competence development course; individual counselling</i></li> </ul> <p><b>J. Self Appreciation</b></p> <ul style="list-style-type: none"> <li>- <i>understanding, appreciating and affirming oneself</i></li> <li>- <i>examples of activities: psychological competence development course; individual counselling; psychological assessments</i></li> </ul>                                                                                 |
| Intellectual  | <p><b>K. Intellectual Capacity</b></p> <ul style="list-style-type: none"> <li>- <i>expanding broad-based knowledge and thinking analytically, critically, and creatively</i></li> <li>- <i>examples of activities: academic exchange activities; reading in different academic disciplines</i></li> </ul>                                                                                                                                                                                                                                                                                                                                                           |
| Professional  | <p><b>L. Career Preparation</b></p> <ul style="list-style-type: none"> <li>- <i>achieving a clear understanding of one's career interest, exploring and planning for his/her career, and developing job searching skills</i></li> <li>- <i>examples of activities: job search skills trainings; career counselling; internship programmes</i></li> </ul> <p><b>M. Leadership</b></p> <ul style="list-style-type: none"> <li>- <i>building teams, motivating people, organizing activities and contributing with a sense of responsibility</i></li> <li>- <i>examples of activities: organizing committee of student societies; planning group events</i></li> </ul> |
| Physical      | <p><b>N. Health Maintenance</b></p> <ul style="list-style-type: none"> <li>- <i>maintaining physical health</i></li> <li>- <i>examples of activities: health care seminars; regular body check</i></li> </ul> <p><b>O. Physical Fitness</b></p> <ul style="list-style-type: none"> <li>- <i>exercising on a regular basis and engaging in various types of physical activities</i></li> <li>- <i>examples of activities: sport trainings / competitions; activities organized by sport interest clubs</i></li> </ul>                                                                                                                                                |

# Examples of Trainings / Activities on Campus

Softcopy can be obtained at: [bit.ly/wpd\\_book](http://bit.ly/wpd_book)



| Organisers / Promoting Departments     | Activities / Training Example                                                                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Social</b>                          |                                                                                                                                                                                                                                                                                                                                                                                                |
| Centre for Innovative Service-Learning | <ul style="list-style-type: none"> <li>• Service-learning Courses</li> <li>• Social Innovation Learning Programme</li> </ul>                                                                                                                                                                                                                                                                   |
| Counselling and Development Centre     | <ul style="list-style-type: none"> <li>• Inclusion Student Ambassador Programme</li> <li>• Inclusive Activities</li> <li>• Mental Health First Aid Captain Programme</li> <li>• New Student Mentor Programme</li> </ul>                                                                                                                                                                        |
| International Office                   | <ul style="list-style-type: none"> <li>• BU Market</li> <li>• Buddies Scheme</li> <li>• Consul-General-in-Residence Programme</li> <li>• Global Inclusive Leadership Initiatives</li> <li>• Student Ambassadors</li> <li>• Student Exchange Programme</li> <li>• Summer Programmes</li> <li>• Mini International Office (Mini IO)</li> </ul>                                                   |
| Leadership Qualities Centre            | <ul style="list-style-type: none"> <li>• Campus Integration Activities – TuesDates + ; Chill, Chew and Cheers; Cultural integration</li> <li>• Citizenship and Community Engagement Activities – Elderly Empowerment Programme; HKBU Skilled Volunteer Cadre; HKBU Community Experience Project, Global Exposure activities – Ten Thousand People's Scheme; Go Out Excursion Series</li> </ul> |
| The Campus Life & Amenities Unit       | <ul style="list-style-type: none"> <li>• CODE: Coaching, Organisation Development, and Engagement Programme</li> <li>• Committee Members of Student Organisations</li> <li>• Participation in University Governance</li> <li>• Participation in Student Organisation</li> <li>• Volunteer Services on Campus</li> </ul>                                                                        |
| Student Accommodation Section          | <ul style="list-style-type: none"> <li>• Colleges' Activities</li> <li>• Residential Education Activities</li> </ul>                                                                                                                                                                                                                                                                           |
| <b>Spiritual</b>                       |                                                                                                                                                                                                                                                                                                                                                                                                |
| Academy of Film                        | <ul style="list-style-type: none"> <li>• Film Screenings and Events</li> </ul>                                                                                                                                                                                                                                                                                                                 |
| Academy of Music                       | <ul style="list-style-type: none"> <li>• ENSEMBLES activities – HKBU Symphony Orchestra; Collegium Musicum HK; Cantoria HK; Choral Union</li> <li>• Music Concerts &amp; Workshops</li> </ul>                                                                                                                                                                                                  |
| Academy of Visual Arts                 | <ul style="list-style-type: none"> <li>• Visual Arts Event</li> </ul>                                                                                                                                                                                                                                                                                                                          |

| <b>Organisers / Promoting Departments</b> | <b>Activities / Training Example</b>                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chaplain's Office                         | <ul style="list-style-type: none"> <li>• Christian Choir &amp; Band</li> <li>• Christian Counselling</li> <li>• Faith-in-Practice Forum</li> <li>• Noontime Worship</li> <li>• University Christian Fellowships</li> </ul>                                                                                                                                                             |
| Counselling and Development Centre        | <ul style="list-style-type: none"> <li>• Development Courses</li> <li>• Individual Counselling</li> </ul>                                                                                                                                                                                                                                                                              |
| Leadership Qualities Centre               | <ul style="list-style-type: none"> <li>• Cultural Literacy Programme</li> </ul>                                                                                                                                                                                                                                                                                                        |
| The Campus Life & Amenities Unit          | <ul style="list-style-type: none"> <li>• Art and Culture Interest Clubs Members – Band Society; Chinese Music Club; Dance Association; Dramatics Club; Photographic Association ...</li> </ul>                                                                                                                                                                                         |
| <b>Psychological</b>                      |                                                                                                                                                                                                                                                                                                                                                                                        |
| Counselling and Development Centre        | <ul style="list-style-type: none"> <li>• Development Courses</li> <li>• Individual Counselling</li> <li>• Mental Health Enhancement Activities</li> <li>• Mental Health First Aid Standard Course</li> <li>• Psychological Online Tests</li> </ul>                                                                                                                                     |
| Chaplain's Office                         | <ul style="list-style-type: none"> <li>• Counselling Ministries – Individual Counselling; Counselling Activities &amp; Workshops; Spiritual Care &amp; Personal Growth Groups</li> </ul>                                                                                                                                                                                               |
| <b>Intellectual</b>                       |                                                                                                                                                                                                                                                                                                                                                                                        |
| Counselling and Development Centre        | <ul style="list-style-type: none"> <li>• Development Courses</li> <li>• eCourse</li> <li>• Mental Health First Aid Standard Course</li> </ul>                                                                                                                                                                                                                                          |
| Faculty of Arts and Social Sciences       | <ul style="list-style-type: none"> <li>• Activities of International Writers' Workshop</li> <li>• Experiential Learning</li> </ul>                                                                                                                                                                                                                                                     |
| Knowledge Transfer Office                 | <ul style="list-style-type: none"> <li>• Entrepreneurial Training</li> </ul>                                                                                                                                                                                                                                                                                                           |
| Language Centre                           | <ul style="list-style-type: none"> <li>• Competitions &amp; Activities (Chin / Eng)</li> <li>• Enhancement Services (Chin / Eng)</li> <li>• Supplementary Courses (Chin / Eng / Other Languages)</li> <li>• IELTS preparation courses</li> <li>• Independent Learning Platforms</li> <li>• Intervarsity Creative Writing Competition</li> <li>• Language Exchange Programme</li> </ul> |
| Library                                   | <ul style="list-style-type: none"> <li>• Exhibitions</li> <li>• Library Learning Events</li> </ul>                                                                                                                                                                                                                                                                                     |

| Organisers / Promoting Departments       | Activities / Training Example                                                                                                                                                                                                                                                                                                                            |
|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Professional</b>                      |                                                                                                                                                                                                                                                                                                                                                          |
| Career Centre                            | <ul style="list-style-type: none"> <li>• Career Advising Services</li> <li>• Career Fair</li> <li>• Career Events &amp; Trips</li> <li>• Internships opportunities – HKBU STEM Internship Scheme; Global Attachment Opportunities; Metropolitan Attachment Programme</li> <li>• Skills Training</li> <li>• Entrepreneurial Learning Workshops</li> </ul> |
| Centre for Innovative Service-Learning   | <ul style="list-style-type: none"> <li>• Service-Learning Courses</li> <li>• Social Innovation Learning Programme</li> </ul>                                                                                                                                                                                                                             |
| Counselling and Development Centre       | <ul style="list-style-type: none"> <li>• Inclusion Student Ambassador Programme</li> <li>• Mental Health First Aid Captain</li> <li>• New Student Mentor Programme</li> </ul>                                                                                                                                                                            |
| Leadership Qualities Centre              | <ul style="list-style-type: none"> <li>• Leadership &amp; Character Enhancement Programme</li> <li>• Outward Bound Training</li> <li>• High Table Dinner</li> </ul>                                                                                                                                                                                      |
| The Campus Life & Amenities Unit         | <ul style="list-style-type: none"> <li>• CODE: Coaching, Organisation Development, and Engagement Programme</li> <li>• Committee Members of Student Organisations</li> <li>• Participation in University Governance</li> </ul>                                                                                                                           |
| School of Business                       | <ul style="list-style-type: none"> <li>• Business Competitions</li> <li>• Internship Opportunities</li> <li>• Services-Learning Programme</li> <li>• Student Ambassador Scheme</li> </ul>                                                                                                                                                                |
| Student Accommodation Section            | <ul style="list-style-type: none"> <li>• Student Leaders of Hall – Resident Tutors; Hall Tutors; Non-local Mentors; Hall Councils</li> </ul>                                                                                                                                                                                                             |
| <b>Physical</b>                          |                                                                                                                                                                                                                                                                                                                                                          |
| Department of Sports and Health Sciences | <ul style="list-style-type: none"> <li>• Events &amp; Workshops</li> <li>• HKBU Annual Aquatic Meet &amp; Athletics Meet</li> <li>• Sports Teams</li> </ul>                                                                                                                                                                                              |
| Leadership Qualities Centre              | <ul style="list-style-type: none"> <li>• Healthy Lifestyle Programmes</li> </ul>                                                                                                                                                                                                                                                                         |
| The Campus Life & Amenities Unit         | <ul style="list-style-type: none"> <li>• Interest Clubs Members – Sports: Mountaineering Association; Hiking Explorer Association; Rowing Club; Dodgeball Club ...</li> </ul>                                                                                                                                                                            |
| Wai Hang Sports Centre                   | <ul style="list-style-type: none"> <li>• Free weights video demonstrations</li> </ul>                                                                                                                                                                                                                                                                    |

Student Name: \_\_\_\_\_

Student ID: \_\_\_\_\_

**Whole Person Development Plan**

Referring to your WPD I 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 WPD I report:

