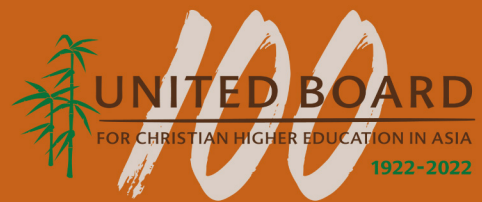


Towards a Caring Campus



Mental health has emerged as a serious concern during the pandemic. Extraordinary efforts will be required to heal the campuses, as we face uncertainty about the future course of the pandemic and its impacts. *Towards a Caring Campus* is a six-month webinar series, featuring highly acclaimed speakers from both Asia and the U.S.A., designed to support higher education leaders, members of campus ministry, faculty, and staff. It aims to raise awareness of mental health needs as institutions prepare to reopen their campuses; initiate conversations on wellness strategies and policies at the institutional level; and facilitate collaboration and sharing of best practices and resources among institutions, in order to build a caring campus and foster whole person education despite the current crisis.

Effective Online Counseling Practices

February 24, 2022 (Thursday)

11:30 am HKT / 9:00 am IST

Register
now:



In the course of the campus reopening, the academic performance of students might be affected due to the increased anxiety among them. The readjustment to the rigorous in-person instructions and re-acclimation to socializing along with the safety protocols are seemingly strenuous and may elevate anxiety. Offering online counseling in advance would help them adapt to post-pandemic learning. In this context, this session intends to enrich the faculty with some necessary strategies for online counseling. We will have three panelists to offer insights on the best practices for online counseling in their institutions and further operative counseling ideas.



Ms. Gloria Wong
Counselor, Office of Student Affairs,
Lingnan University, Hong Kong



Dr. A. Zarina
Assistant Professor of Psychology,
Women's Christian College, India



Ms. Jenny Ko
Director of Student Affairs,
Lingnan University, Hong Kong

Profile of Speakers

Gloria Wong has worked in the mental health field since 2007, she has been working with teenagers and adults who have presented with moderate to severe mental health difficulties and emotional distress. Over the past years, she has supported young adults with a broad range of psychological difficulties to adjust and cope with the university life. She is trained in several therapeutic models including Emotions Focused Therapy (EFT), Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT) and Mindfulness Based Therapy.

Dr. A. Zarina is currently an assistant professor of psychology and has previously been the student counselor at Women's Christian College at Chennai, India. She has a PhD in psychology and also has 16 years of teaching and 21 years of counseling experience. She has conducted workshops on personality development and taught subjects in psychology & life skills. She has also served as a resource person for 'Person-to-Person' Center for Christian Counseling. She is passionate in working with youth and children and enjoys spending time with her family.

Ms. Jenny Ko is the director of student affairs at Lingnan University in Hong Kong. She oversees the office of student affairs for the provision of support and service to students. In order to support the whole-person development of students, she manages a team of administrative and professional staff including clinical psychologists and counselors to ensure effective planning and delivery of a comprehensive range of wellness and counseling programs. She attained her MBA in USA and master in IT from Australia. Prior to Lingnan, she held various senior positions in other institutions in the training and education fields.