



香港大學

THE UNIVERSITY OF HONG KONG

SUPPORTING STUDENT WELL-BEING AND TEACHER RESILIENCE: BUILDING A CARE-CENTERED LEARNING COMMUNITY

支援學生身心健康與教師職業韌性：建立關懷型學習社區

HKU IB Chinese Language Teaching Professional Forum aims to provide a platform for IB Chinese language teachers to share practices and learn from one another. We welcome all HKU students, alumni, and frontline teachers to join us!

Time: 10.00-11.30am, 28 March, 2026

Medium: Mandarin

Format: Online Forum via Zoom

Registration: Please click on the [LINK](#) or use QR code to sign up
You will receive a confirmation email with the access details.

Fee: Free of charge



Abstract:

Emotional well-being and strong teacher-student relationships are fundamental to effective learning and sustainable teaching practices. This session aims to explore practical approaches that teachers can adopt to integrate pastoral care into their daily work, support students through emotional challenges, and nurture their own resilience. Drawing on student-centered pedagogy and reflective practice, we seek to move beyond surface-level classroom management to build more genuine and supportive relationships. By sharing experiences and discussing real-world challenges, we aim to equip teachers with practical insights and strategies to better understand individual student needs while maintaining their own professional well-being.

Guest Speaker:

Ms. Carol Chen is currently the Deputy Head of Senior Secondary School and Lead Teacher of Life Planning and Higher Education at Creative Secondary School, where she teaches IBMYP, IBDP, and GCSE Chinese. With extensive experience teaching in an IB school and an Invitational Education school, she specializes in fostering student well-being and cultivating meaningful teacher-student relationships through pastoral work. Her expertise includes effectively managing student emotions, implementing thoughtful post-lesson follow-up strategies, and communicating with students with additional support needs. Grounded in student-centered pedagogy and inclusive practices, Ms. Chen is committed to supporting school educators in building safe and supportive learning environments while prioritizing their own well-being. Her approach combines emotional literacy, teacher resilience, and reflective practice to build thriving school communities.

