



Registration commences
from 18 August 2025

Upcoming Workshops

2025-2026 Semester A

Psychological Testing for Self-Understanding

Psychological Health

Test: General Health Questionnaire (GHQ28) Quota: 60
assess your normal daily functioning and detect problems early

Knowing Your Mental Fitness through GHQ28

Date: 22 Sept 2025 (Mon)
Time: 2:00 pm – 3:50 pm

Date: 8 Oct 2025 (Wed)
Time: 11:00 am – 12:50 pm

Career Interests

Test: Strong Interest Inventory (SII) Quota: 30
identify career interests and a useful assessment for career planning

Identifying Your Career Interests for Successful Career Planning

Date: 29 Sept 2025 (Mon)
Time: 2:00 pm – 3:50 pm

Date: 31 Oct 2025 (Fri)
Time: 11:00 am – 12:50 pm

Leadership Behaviour

Test: Student Leadership Practices Inventory (SLPI) Quota: 30
assess leadership behaviour and learn steps to improve effectiveness as a student leader

Knowing Your Leadership Behaviour through SLPI

Date: 3 Oct 2025 (Fri)
Time: 2:00 pm – 3:50 pm

Date: 5 Nov 2025 (Wed)
Time: 2:00 pm – 3:50 pm

Personality

Test: Myers Briggs Type Indicator (MBTI) Quota: 30
learn about your psychological type to uncover new ways to work/interact with others

Discovering Your Personality Preferences via MBTI

Date: 9 Oct 2025 (Thur)
Time: 2:00 pm – 3:50 pm

Conflict Management

Test: Thomas-Kilmann Conflict Mode Instrument (TKI) Quota: 30
assess individual's behavior in conflict situations and expand conflict management skill sets

Exploring Your Conflict Management Style via TKI

Date: 30 Oct 2025 (Thur)
Time: 11:00 am – 12:50 pm

Emotional Intelligence

Test: Emotional Quotient Inventory (EQ-i 2.0 Questionnaire) Quota: 30
determine your present state of emotional well-being and potential for emotional health

EQ Thermometer: Knowing Your Emotional Well-being through EQ-i 2.0

Date: 12 Nov 2025 (Wed)
Time: 11:00 am – 12:50 pm

Registration Method:

AIMS > Student Services > CRESDA
(First Come, First Served)

Medium of Instruction: Cantonese & English

Venue: **R6052, 6/F, BOC**

For Registration



Organised by Counselling Service (CS)

Student Development Services

Contact Person:

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