

相關資源 **RELATED RESOURCES**

個人與群性發展 – 參考書目

Personal & Social Development — Books

Boekaerts, M., Pintrich, P. R., & Zeidner, M. (Eds.) (2000). Handbook of self-regulation. San Diego, Calif.: Academic Press.

Available at HKU 155.24 H23 B

Comments: introduce general theories and models of self-regulations, discuss interventions and applications of self-regulation theory and research, esp. in domain of learning.

Domains covered: Understanding Self

Commission on Youth. (2000). Survey on youth leadership training programmes.

Hong Kong: Commission on Youth.

Available at HKU Spec Coll HK Coll HK 303.34 S96

Comments: recent studies on youth leadership training in Hong Kong.

Domains covered: Leadership Skills

Corey, G. (1990). I never know I had a choice. Pacific Grove Calif: Books / Cole Pub. Co.

Available at HKU 158 C79

Comments: discuss challenging issues of life and encourage readers to examine the choices they have made and how these choices affect their present level of satisfaction.

Domains covered: Understanding Others, Management of Stress & Emotion, Skills of Introspection, Sexual Knowledge and Relationship, Leisure Time Management

Damon, W. & Hart D. (1988). Self-understanding in children and adolescents.

Cambridge: Cambridge University Press.

Available at HKU 155.418 D16

Comments: explore the self-conceptions of children and adolescents in a developmental perspective.

Domains covered: Understanding Self

Education Department (1997). Life skills training course for secondary school teachers – teaching kits.

Comments: in Chinese, suitable for secondary schools. Focus on 'self-confidence building', 'self-esteem building', 'decision-making skills' and 'interpersonal relationship'.

Domains covered: Understanding Self, Understanding Others

Hanna, S. L. (1995). Person to person: positive relationships don't just happen.

Englewood Cliff, N. J.: Prentice Hall.

Available at HKU 158.2 H24

Comments: tips on understanding oneself, improving interpersonal communication skills, and on developing healthy, nourishing personal and professional relationships.

Domains covered: Understanding Self, Understanding Others, Marriage & Family Responsibility, Management of Stress & Emotion, Time Management

Humanities Section, Curriculum Development Institute, Education Department (1994).

Teaching thinking for effective learning. Hong Kong: Education Department.

Available at HKU Spec Coll HK Pamp HKP 370.152 T25

Comments: theoretical ideas about thinking and practical ways to develop students' thinking skills.

Domains covered: Thinking & Expression Skills

Knapp, M. L. (1994). Interpersonal communication and human relationship. Boston:

Allyn & Bacon.

Available at HKU 302.34 K6

Comments: tips on understanding of messages produced at different points in a relationship and on improving their communicative abilities.

Domains covered: Understanding Others

Lau, J. T. F. (2002). The 2000 survey of drug use among students: executive report.

Hong Kong: Narcotics Division, Security Bureau.

Available at HKU Spec Coll HK Coll HK 362.290835 S96e

Comments: recent studies on drug use among students in Hong Kong.

Domains covered: Avoiding Drugs, Drinking & Smoking

LeCompe, A. (2000). Creating harmonious relationship: a practical guide to the power of true empathy. Portsmouth, N. H.: Altantic Books.

Available at HKU 152.41 L46

Comments: significance of true empathy on interpersonal communication.

Domains covered: Understanding Others

Matthews, A. (1993). Being happy ! Seashell.

The Chinese edition is available at HKU FPS Library 中 180.1 803

Comments: simple and with humorous illustrations.

Domains covered: Understanding Self, Understanding Others, Health & Physical Training, Management of Stress & Emotion

Matthews, A. (1997). Follow your heart. Seashell.

Available at HKU 158.1 M438

Comments: simple and with humorous illustrations.

Domains covered: Understanding Self, Understanding Others, Health & Physical Training, Management of Stress & Emotion

Matthews, A. (2001). Being a happy teenager. Seashell.

Comments: simple and with humorous illustrations.

Domains covered: Understanding Self, Understanding Others, Marriage & Family Responsibility, Health & Physical Training, Management of Stress & Emotion, Skills of Introspection

袁彼得等（2000）。同班壹分親：基礎篇、同班壹分親：延伸篇、同班兩分親：基礎篇、同班兩分親：延伸篇、同班{216e33}分親：基礎篇、同班{216e33}分親：延伸篇、同班幾分親：基礎篇。香港：香港教育圖書公司。

Available at HKU Education Library E 175.5 771, E 175.5 771-2, E 175.5 771-3, E 175.5 771-4, E 175.5 771-5, E 175.5 771-6, E 175.5 771-22

Comments: a series of topic on adolescents' growth, suitable to be delivered in the class teacher lesson.

Domains covered: Understanding Self, Understanding Others, Marriage & Family Responsibility, Handling Setbacks, Health & Physical Training, Cooperation and Team Spirit, Leadership Skills, Management of Stress & Emotion, Skills of Introspection, Thinking & Expression Skills, Sexual Knowledge and Relationship, Leisure Time Management, Financial Management, Time Management

劉兆瑛（1996）。建立學生自我形象 70 式。香港：香港教育圖書公司。

Available at HKU Spec Coll HK Coll HK 371.1023 L69

Comments: happy school life.

Domains covered: Understanding Self, Management of Stress & Emotion

胡慧賢等（2001）。繽紛社會探索。香港：文達出版(香港)有限公司。

Available at HKU Education Library E 374.3 232

Comments: 3 volumes, a series of topic on adolescents' growth, suitable to be deliver in the class teacher lesson.

Domains covered: Understanding Self, Understanding Others, Avoiding Drugs, Drinking & Smoking, Marriage & Family Responsibility, Handling Setbacks, Health & Physical Training, Cooperation and Team Spirit, Management of Stress & Emotion, Skills of Introspection, Sexual Knowledge and Relationship, Leisure Time Management

馬慶強, 譚家強, 黃美儀（2001）。全人教育愉快成長【套式教材】：初中生活及道德教育教材，中一至中三。香港：香港浸會大學。

Available at HKU Spec Coll HK AV HKC 370.114 Q96

Comments: teaching kits for junior form students on life education and moral education.

Domains covered: Understanding Self, Understanding Others, Avoiding Drugs, Drinking & Smoking, Marriage & Family Responsibility, Handling Setbacks, Health & Physical Training, Cooperation and Team Spirit, Leadership Skills, Management of Stress & Emotion, Skills of Introspection, Thinking & Expression Skills, Sexual Knowledge and Relationship, Financial Management

梁若芊（1996）。跳出思想框框：現代健康心理。香港：零至壹。

Available at HKU Spec Coll HK Coll HK150 L69

Comments: discuss issues causing psychological barriers and suggest ways to breakthrough oneself into the outside world.

Domains covered: Understanding Self, Understanding Others, Management of Stress & Emotion

胡潔瑩 (1994)。相識非偶然：人際關係基本法。香港：零至壹。

Available at HKU Spec Coll HK Coll HK158.2 H87

Comments: introduce proper interpersonal communication attitudes and skills.

Domains covered: Understanding Others

胡潔瑩 (2001)。不再煩惱 — 內在壓力化解法。香港：明窗出版社有限公司。

The 1993 edition is available at HKU Spec Coll HK Coll HK 155.9042 H84

Comments: stress in psychological aspects.

Domains covered: Understanding Self, Health & Physical Training, Management of Stress & Emotion

胡潔瑩 (2001)。我要放鬆 — 實用身心鬆弛法。香港：明窗出版社有限公司。

Available at HKU Spec Coll HK Coll HK 155.9042 H84 w

Comments: relaxation and stress management.

Domains covered: Health & Physical Training, Management of Stress & Emotion

多元智能程序發展(青年)工作小組 (2001)。青少年多元智能培訓手冊。香港：香港小童群益會。

Available at HKU Spec Coll HK Coll HK 370.1523 Q57

Comments: activities on developing multiple intelligences

Domains covered: Understanding Self, Understanding Others, Cooperation and Team Spirit, Leadership Skills, Management of Stress & Emotion, Thinking & Expression Skills

香港小童群益會 (2001)。防範有道以保安全【套式教材】：預防性侵犯中學教材套。香港：香港教育署。

Available at HKU Education AV E 513.903 70

Comments: teaching kits for secondary students on preventive perspectives towards sexual abuse, sexual harassment, and sexual violence. Related websites and local associations are listed.

Domains covered: Sexual Knowledge and Relationship

姚子樑（1995）。提升青少年自尊感導師手冊。香港：東華三院社會服務科。
Available at HKU Spec Coll HK Coll HK 155.5 S46
Comments: teaching kits for junior form students on 'building up self-esteem'.
Domains covered: Understanding Self, Understanding Others

姚子樑等（2000）。自尊自信成長樂【套式教材】：家校並行課程。香港：東華三院社會服務科。
Available at HKU Spec Coll HK Counter HKC 370.114 Z64
Comments: teaching kits for junior form students on 'building up self-esteem' with follow up activities for parents to consolidate what students have learnt.
Domains covered: Understanding Self, Understanding Others

蔡志強（1997）。破繭群英：身心健康計劃老師手冊。香港：浸會愛群社會服務處。
Available at HKU Spec Coll HK Coll HK 362.2083 P73
Comments: activities on mental health education for secondary students
Domains covered: Understanding Self, Health & Physical Training, Management of Stress & Emotion, Thinking & Expression Skills

浸會愛群社會服務處（1998）。少年成長三部曲：心智教材套【套式教材】。香港：教育署課程發展處。
Available at HKU Spec Coll HK Coll HKC158.10712 S5
Comments: teaching kits for junior form students on 'self-understanding' and 'relationship-building'.
Domains covered: Understanding Self, Understanding Others, Handling Setbacks, Cooperation and Team Spirit, Management of Stress & Emotion, Skills of Introspection, Thinking & Expression Skills

課程發展議會（1997）。學校性教育指引：課程指引。香港：香港教育署。
Available at HKU Education Reference ER 513.903 77-2
Comments: schemes of work on sex education for junior, senior secondary and sixth forms are suggested. Useful audio-visual and resource materials are listed.
Domains covered: Marriage & Family Responsibility, Health & Physical Training, Sexual Knowledge and Relationship

教育署（1995）。性的抉擇【套式教材】：教材套。香港：香港教育署。

Available at HKU Main Circ Counter EX 513.903 952

Comments: various topics on sex education for secondary students.

Domains covered: Marriage & Family Responsibility, Health & Physical Training, Sexual Knowledge and Relationship

教育署（2001）。愛滋病教材套【套式教材】：教材套。香港：香港教育署。

Available at HKU Education AV E 374.5169 20-2

Comments: teaching kits for secondary students on enhancing their knowledge of and attitudes towards AIDS. Related local resource materials and associations are listed.

Domains covered: Sexual Knowledge and Relationship

基督徒關注色情文化聯委會（1997）。了解及面對色情文化教材套【套式教材】。香港：基督徒關注色情文化聯委會。

Available at HKU Spec Coll HK Counter HKC 363.47 J61 1

Comments: effects of local pornography on society values.

Domains covered: Marriage & Family Responsibility, Sexual Knowledge and Relationship

社區藥物教育輔導會（2002）。中學藥物教育教材套【套式教材】。香港：保安局禁毒處：禁毒常務委員會。

Available at HKU Spec Coll HK Counter HKC 362.290712 Z64

Comments: teaching kits for secondary students on enhancing their knowledge of and attitudes towards drug abuse.

Domains covered: Avoiding Drugs, Drinking & Smoking

詹維明等（1984）。人際關係的藝術。香港：突破出版社。

Available at HKU Spec Coll HK Coll HK158.2 J51

Comments: discuss issues in interpersonal relationship.

Domains covered: Understanding Self, Understanding Others

葉萬壽（1995）。自我的再發現。香港：突破出版社。
Available at HKU Spec Coll HK Coll HK158.1 Y43t
Comments: various short essays on topic 'Rebuilding One's Self'.
Domains covered: Understanding Self

李靄紅、方慧芬（2001）。批判思考訓練教材套。香港：突破出版社。
Comments: activities to conduct critical thinking skills for teenagers.
Domains covered: Thinking & Expression Skills

關伯倫（2001）。EQ 人生路。香港：藝邦文教出版社。
Available at HKU Spec Coll HK Coll HK152.4K98
Comments: tips on living a happy life through EQ training.
Domains covered: Understanding Self

黃麗芳、阮玉蓮、余德海等（2000）。EQ 新人類。香港：香港明愛家庭服務學校
社會工作。
Available at HKU Spec Coll HK Coll HK 155.4124 H87
Comments: parent education – significance of EQ training for children.
Domains covered: Understanding Self

香港家庭計劃指導會（1998）。親子性教育活動手冊 — 青少年篇。香港：香港
家庭計劃指導會。
Available at HKU Spec Coll HK Coll HK 613.9507 Q57 q
Comments: activities to conduct sex education for teenagers.
Domains covered: Sexual Knowledge and Relationship

香港家庭計劃指導會（2000）。男女生 100 個 SEX Q & A。香港：天地圖書有限
公司。
Available at HKU Spec Coll HK Coll HK 613.907 N17
Comments: suitable for teenagers. 100 frequent asked questions and answers in sex
issues.
Domains covered: Sexual Knowledge and Relationship

香港家庭計劃指導會（2002）。戀戀事件簿。香港：天地圖書有限公司。

Available at HKU Spec Coll HK Coll HK 306.734 L69H

Comments: suitable for teenagers. Discuss issues in love affairs.

Domains covered: Sexual Knowledge and Relationship

青少年愛滋教育中心（1999）。乘性追擊。香港：更新資源(香港)有限公司。

Available at HKU Spec Coll HK Coll HK 613.95 C51

Comments: suitable for teenagers. Discuss myths in sex issues.

Domains covered: Sexual Knowledge and Relationship

香港中華基督教青年會（2002）。「青少年婚愛觀」調查報告書。香港：香港中華基督教青年會。

Comments: recent studies on sex-related problems among adolescents in Hong Kong.

Domains covered: Sexual Knowledge and Relationship

香港基督教服務處學校社會工作服務（2001）。中學生成長探索及服務需要綜合調查報告。香港：香港基督教服務處學校社會工作服務。

Available at HKU Spec Coll HK Coll HK 373.14 Z63

Comments: recent studies on growth problems among adolescents in Hong Kong.

Domains covered: Understanding Self, Understanding Others, Handling Setbacks, Health & Physical Training, Cooperation and Team Spirit, Management of Stress & Emotion, Skills of Introspection, Sexual Knowledge and Relationship