

# New Asia College The Chinese University of Hong Kong

**Course Code:** GENA1112A **Year/Term:** 2024-25 / Term 1  
**Course Title:** Aspects of General Education  
**Time:** Fridays (3:30 p.m. – 5:15 p.m.)  
**Venue:** Sir Run Run Shaw Hall

**Course Teacher:** Designated teachers in various departments and guest speakers  
**Medium of Instruction:** Cantonese and English

**Course Administrators:** Ms. Amy Yip (Tel: 3943-1619, email: [amyvip@cuhk.edu.hk](mailto:amyvip@cuhk.edu.hk))  
Ms. Priscilla Kwan (Tel: 3943-7604, email: [priscillakwan@cuhk.edu.hk](mailto:priscillakwan@cuhk.edu.hk))

## A. Course Overview

The basic objective of the course is to broaden the horizon of first year students of New Asia College. Adopting an ecological model, topics related to the developmental contexts of university students, including cultural system, societal system, school system and personal system are introduced in the course. Students taking this course will be able to acquire a basic understanding of the Chinese history and culture, Hong Kong society, university life, and their own development. In addition, students are encouraged to develop critical views on the related issues in these areas.

## B. Course Syllabus

### Chinese History and Culture

- The Brief History and Spirit of NA
- 中醫與中國文化哲學
- 龜蛇玄武 — 北帝神話的前世今生

### Hong Kong Society

- The Eurasians of Old Hong Kong
- Approaching Architecture (in Hong Kong): Appreciation, Appraisal and Action

### University Life and Education

- Library Orientation and Use of Library Resources
- Healthy Sleep, Healthy Mind and University Education
- Digital Humanities: New Tools and Methods for Understanding Societies and Cultures

### Personal Development

- Self-Enhancement Campaign for First Year Students
- 輕不著地的時代
- 穿越時代變幻，踏上聲光大道

## C. Learning Outcomes

By the end of the course, students will be able to:

1. Describe basic knowledge in various cultures, and the College spirit;
2. Interpret social issues in Hong Kong from different perspectives;
3. Adapt to university life and use facilities in the University important for their learning;
4. Develop inter-cultural sensitivity and appreciate different cultures and social issues in a global context;
5. Recognize the common concerns of contemporary physical and social environment;
6. Strengthen their motivation for intellectual learning.

## D. Learning Activities

1. Lectures
2. Library Orientation and Online Assignment
3. NA Campus Tour (by UReply Go)

## E. Weekly Schedule (2024-25)

Week	Date	Topic	Speaker
1	6 September	Inauguration Ceremony for New Students  Self-Enhancement Campaign for First Year Students	
2	13 September	The Brief History and Spirit of NA 新亞的創校、發展與「新亞精神」	Prof. Lee Hok Ming New Asia Institute of Advanced Chinese Studies
3	20 September	輕不著地的時代	Dr. Tao Kwok Cheung Adjunct Assistant Professor Department of Philosophy
4	27 September	The Eurasians of Old Hong Kong	Prof. Ting Sun Pao Adjunct Professor Department of History  Mr. Andrew Tse Great-grandson of Ho Kom Tong
5	4 October	Healthy Sleep, Healthy Mind and University Education	Professor Chan Wing Yan Joey Department of Psychiatry
6	11 October	<i>(No class – Chung Yeung Festival)</i>	
7	18 October	中醫與中國文化哲學	Dr. Ng Chi Sun 醫務衛生局中醫藥處顧問中醫師及 前香港中文大學中醫學院高級講師
8	25 October	龜蛇玄武 — 北帝神話的前世今生	Prof. Chan Nicholas Louis Department of Chinese Language and Literature
9	1 November	穿越時代變幻，踏上聲光大道	Mr. Lau Yiu Kuen (Law Kar) Film critic and film-research scholar
10	8 November	<i>(No class)</i>	
11	15 November	<i>(No class – Day after Congregation)</i>	
12	22 November	Approaching Architecture (in Hong Kong): Appreciation, Appraisal and Action	Dr. Ho Tsz Wai Jimmy School of Architecture
13	29 November	Digital Humanities: New Tools and Methods for Understanding Societies and Cultures	Prof. Leung Sueh Han Vincent Lingnan University

## F. Lecture Descriptions

### (1) Inauguration Ceremony for New Students of New Asia College

#### Self-Enhancement Campaign for First Year Students

Objectives of the talk are in three aspects: first, to help new students to adjust to the university life and integrate into our campus community; second, to promote a supportive and caring culture on campus; third, to help students better understand their mental health status through the use of questionnaires.

#### References:

1. John. B. Bader, *Dean's List: Eleven Habits of Highly Successful College Students*, Baltimore: Johns Hopkins University Press, 2011.  
(Chinese Translation: 「大學生知道了沒？」陳榮彬譯)
2. 「踏出大學站 續上成長路」網上短片 —— 中大學生事務處心理健康及輔導中心製作：  
<https://bit.ly/3QrhAdW>
3. 「共燃亮 · 互體諒」：支援特殊學習需要學生網上教材套 - 中大學生事務處心理健康及輔導中心製作：  
<https://bit.ly/3bIpXmG>
4. Keyes, Corey L.M, ed., *Mental Well-Being: International Contributions to the Study of Positive Mental Health*, Dordrecht: Springer Netherlands, 2013, p.9 – 15. (Retrieved from CUHK Library Electronic Resources)
5. Sunshine At CUHK 中大有晴：  
<https://www.sunshine.cuhk.edu.hk/>

### (2) The Brief History and Spirit of NA (新亞的創校、發展與「新亞精神」)

The lecture introduces and discusses the foundation and development of NA. It also helps students to understand “New Asia Spirit” by looking into the College Song, College Regulations, College Motto: Cheng Ming (誠明) and College Badge.

#### References:

1. 新亞校歌、新亞學規，錢胡美琦編：《新亞遺鐸》（北京：三聯書店，2004年），頁1-3及5-10。
2. 錢穆：〈新亞精神〉，載《新亞遺鐸》，同上，頁31-33。
3. 錢穆：〈新亞校訓誠明二字釋義〉，載《新亞遺鐸》，同上，頁66-68。
4. 錢穆：〈新亞書院創辦簡史〉，載《新亞遺鐸》，同上，頁753-779。
5. 《誠明古道照顏色 —— 新亞書院55周年紀念文集》（香港：香港中文大學新亞書院，2006）
6. 李學銘：〈中國書院教育精神與新亞〉，載《讀史懷人存稿》（臺北：萬卷樓圖書公司，2014），頁213-229。
7. 張學明、何碧琪編：《誠明·奮進 —— 新亞精神通識資料選輯》（香港：商務印書館，2019）
8. 李學銘〈「問禮」與「學規」—— 由校徽說到「求學與做人」〉，《新亞生活》（2019），頁18-21。

### (3) 輕不著地的時代

捷克名作家米蘭昆德拉的名著《生命中不能承受的輕》（*Unbearable of Lightness of Being*）中詰問：「現代人並非活在生活的重擔下，而是活在「輕」之中，輕是有種兩腳無法著地的感覺……最沉重的負擔同時也是最激烈的生命實現的形象。負擔愈沉重，我們的生命就愈貼近地面，生命也就愈寫實也愈真實。相反的，完全沒有負擔會讓人的存在變得比空氣還輕，會讓人的存在飛起，遠離地面，遠離人世的存在，變得只是似真非真，一切動作都變得自由自在，卻又無足輕重。」

透過欣賞日本導演岩井俊二2016年的電影《瑞普·凡·溫克爾的新娘》，讓我們領略「輕不著地」的感覺。

問題討論：

- (一) 何謂「輕與重」？你從電影如何領略輕不着地的感覺？
- (二) 你認為人生的意義是甚麼？你對這個時代有甚麼感想？
- (三) 依你的想法我們如何可以超越輕不着地的困惑？

Reference:

陶國璋：《愛的盲點》上篇（香港：中華書局，2011）

**(4) The Eurasians of Old Hong Kong**

*Further information to be announced.*

**(5) Healthy Sleep, Healthy Mind and University Education**

Sleep is a fundamental aspect of human health and well-being, serving as a vital pillar for both mental and physical well-being. In this talk, we will provide an introduction to the basic knowledge surrounding sleep, exploring its intricate mechanisms and the fascinating scientific experiments that have shed light on its crucial role in memory consolidation, learning, and mood regulation.

Beyond the fundamental concepts, we will delve deeper into the impact of inadequate sleep and its far-reaching consequences, particularly among the youth population. Importantly, we will also navigate through practical tips and strategies to address common sleep problems, and to cultivate healthier sleep habits and improve overall sleep quality. By the end of this talk, students are expected to have a heightened appreciation for the importance of sleep, and be better equipped to make informed decisions regarding their own sleep practices

References:

1. Yoo, S. S., Hu, P. T., Gujar, N., Jolesz, F. A., & Walker, M. P. (2007). [A deficit in the ability to form new human memories without sleep](#). *Nature neuroscience*, 10(3), 385–392.
2. Mander, B. A., Santhanam, S., Saletin, J. M., & Walker, M. P. (2011). [Wake deterioration and sleep restoration of human learning](#). *Current biology: CB*, 21(5), R183–R184.
3. Scott, J., Kallestad, H., Vedaa, O., Sivertsen, B., & Etain, B. (2021). [Sleep disturbances and first onset of major mental disorders in adolescence and early adulthood: A systematic review and meta-analysis](#). *Sleep medicine reviews*, 57, 101429.
4. Chan, J. W., Lam, S. P., Li, S. X., Yu, M. W., Chan, N. Y., Zhang, J., & Wing, Y. K. (2014). [Eveningness and insomnia: independent risk factors of nonremission in major depressive disorder](#). *Sleep*, 37(5), 911–917.
5. Chan, N. Y., Chan, J. W. Y., Li, S. X., & Wing, Y. K. (2021). [Non-pharmacological Approaches for Management of Insomnia](#). *Neurotherapeutics: the journal of the American Society for Experimental NeuroTherapeutics*, 18(1), 32–43.

**(6) (No Class – Chung Yeung Festival)**

## (7) 中醫與中國文化哲學

中國古人對宇宙和生命有獨特而充滿智慧的理解，認為宇宙是一個整體，天人之間密切聯繫，並以此為基礎發展出一套防治疾病的醫學體系——中醫學。是次講座將帶各位認識日常生活所遇到的中醫概念，介紹其背後的理論根源，進而步入中國文化哲學之門，一探箇中奧秘。

### References:

1. 科技中國（2006）。〈中醫是成熟的科學——訪德國中醫藥學家滿晰博博士〉。取自 [http://k.sina.com.cn/article\\_6442181405\\_17ffbe31d00100b9iz.html](http://k.sina.com.cn/article_6442181405_17ffbe31d00100b9iz.html)
2. 李致重：《中西醫比較——形上、形下、並重、互補》（山西：山西科學技術出版社，2019）
3. 李宇銘：《中醫不切西瓜》（香港：突破出版社，2010）
4. 區結成：《當中醫遇上西醫》（香港：三聯書店，2004）
5. 張其成、羅浩（2024）。〈透過陰陽看中醫哲學觀〉。《中醫健康養生》，10(04)，9-11。
6. 李致重（2023）。〈中醫辨證與西醫辨病之比較〉。《中醫藥通報》，22(06)，1-5。DOI:10.14046/j.cnki.zyytb2002.2023.06.016.
7. 于琚、莊禮興（2020）。〈無需再論中醫是不是科學〉。《醫學爭鳴》，11(05)，20-23。DOI:10.13276/j.issn.1674-8913.2020.05.005.
8. 胡臻、李康、潘少華（2017）。〈具身醫學：中醫現代化的新模式〉。《溫州醫科大學學報》，47(03)，157-161。
9. 孔慶浩：《言氣彰物》（北京：北京中醫藥大學，2016）
10. 梁棟（2015）。〈從超弦理論看中醫陰陽五行的科學意義〉。《亞太傳統醫藥》，11(11)，72-73。
11. 樓宇烈（2014）。〈中醫與中國文化〉。《中醫藥文化》，9(06)，8-17。DOI:10.16307/j.1673-6281.2014.06.013.

## (8) 龜蛇玄武——北帝神話的前世今生

玄天上帝又稱玄武大帝、真武神、北帝，是宋明兩朝官方崇祀的大神，也是少數至今香火不輟的先秦神話人物，在粵港、臺灣及東南亞依然信眾甚夥。本次講座將討論玄武神在先秦的淵源，唐宋以降的神格變化，以及近現代的崇祀情況，俾聽眾了解這位兼具本土性與國際性之神祇的信仰情況。

### Reference:

- 陳煒舜（2022）。〈龜蛇玄武：玄天上帝信仰的淵源與發展〉。《方圓》，15（2022年冬季號），210-235。

## (9) 穿越時代變幻，踏上聲光大道

《聲影路》是一部往事追憶的紀錄片：資深影評人及電影研究學者羅卡（本名劉耀權）以第一身反省回顧成長，同時紀錄與電影同行七十年的歷程，並置香港由四十年代至今的社會歷史。初剪版於2023年作私人放映，得各方友好鼓勵，團隊隨後著手製作新版，歷時近九個月，除補拍新片段外，導演王茵茵亦重新剪接，加入大量珍貴資料圖片及影像。

### References:

1. Edmund Lee. (2024, April 27). [Cinema Strada Movie review: Hong Kong Film Critic and Historian Law Kar narrates his view of the world](#). South China Morning Post.
2. 馮珍今（2024年4月19日）。〈穿越時代變幻，走上聲光大道——專訪羅卡、王茵茵，談紀錄片《聲影路》〉，《灼見名家》。
3. Iris Wong (2024年6月9日)。〈影評人羅卡自傳式紀錄片《聲影路》：人生就是慢慢摸索出自己的路〉，《獨立媒體》。

**(10) (No Class)**

**(11) (No Class – Day after Congregation)**

**(12) Approaching Architecture (in Hong Kong): Appreciation, Appraisal and Action**

Architecture is beyond buildings, and its ambiguous definition and scope have continued to expand and extend in the last few decades. Adopting the lens of Nathaniel Coleman, this lecture offers an arguable basic toolkit for approaching architecture in Hong Kong by examining Lefebvrian's notion of perceived-conceived-lived spatial triad — how can one appreciate the aesthetics of form, appraise the performance of “buildings” and act to co-create a livable future in this tiny city. Students will be able to reflect critically on the relationship between the immediate context of physical entities and their peripheral relations around the idea of architecture in Hong Kong.

References:

1. Nathaniel C. (2015). *Lefebvre for Architects (Thinkers for Architects)*. Abingdon, Oxon: Routledge.
2. Jonathan H. (2016). *Merleau-Ponty for Architects* (1<sup>st</sup> ed.). New York: Routledge.
3. Jun'ichirō T. (1977). *In Praise of Shadows*. New Haven, Conn: Leete's Island Books.  
(Chinese Edition: 《陰翳禮讚》)

**(13) Digital Humanities: New Tools and Methods for Understanding Societies and Cultures**

In the past few decades, digital space with its immense computing power has transformed the study of the humanities. Old disciplines such as history, art history, literary studies, anthropology, philosophy, and linguistics, are now armed with new digital tools that can process data at a lightning speed and allow the formulation of new and important questions. This lecture will introduce students to the concept of digital humanities, and study key examples from various disciplines in order to appreciate the new possibilities as well as methodological perils that these new tools have brought to the humanities.

References:

1. Gardiner, Eileen, & Ronald G.M. (2015). *The Digital Humanities: A Primer for Students and Scholars*. Cambridge University Press.
2. Susan S., Ray S., & John U, Ed. (2016). *A New Companion to Digital Humanities*. Wiley-Blackwell.
3. James S. (2017). *The Digital Humanities and the Digital Modern*. Palgrave Macmillan.

**G. Course Arrangement**

1. Class Attendance

Students have to attend every lecture and arrive at the Sir Run Run Shaw Hall on time. Those who are late for 10 minutes will be counted as absence from class. Attendance will be taken by e-ticketing machines at the end of each class and class attendance could be checked in the CUHK Registration and Attendance System (<http://www.cuhk.edu.hk/ras>) **3 working days after each lecture**. Students are required to bring along their CU Link Card for attendance taking. **One sub-grade will be deducted from the overall grade for every three times of absence.**

## 2. Library Orientation and Online Assignment

Students have to access the “Library Orientation and Online Assignment” folder under the course Blackboard from 7 to 25 October 2024 and complete the “Online Assignment” related to the orientation. Deadline for submission of the online assignment is **25 October 2024**.

## 3. NA Campus Tour

A campus tour of the New Asia College has been designed by UReply Go. Please refer to the instructions and details under the session “UReply Go” available in the course Blackboard. Students can get full mark (5 marks) after they have attempted the whole trip. Please finish the tour by **31 October 2024**.

## H. Course Assessment

1. Library Orientation and Online Assignment	15%
2. NA Campus Tour (by U Reply Go)	5%
3. Final examination	80%



# New Asia College The Chinese University of Hong Kong

<b>Course Code:</b>	GENA1112B	<b>Year/Term:</b>	2024-25 / Term 1
<b>Course Title:</b>	Aspects of General Education		
<b>Time:</b>	Fridays (3:30 p.m. – 5:15 p.m.)		
<b>Venue:</b>	Lady Shaw Building Lecture Theatre 1 / Sir Run Run Shaw Hall*		
	(* for the 6 September class only)		
<b>Course Teacher:</b>	Designated teachers in various departments and guest speakers		
<b>Medium of Instruction:</b>	English		
<b>Course Administrators:</b>	Ms. Amy Yip (Tel: 3943-1619, email: <a href="mailto:amyvip@cuhk.edu.hk">amyvip@cuhk.edu.hk</a> ) Ms. Priscilla Kwan (Tel: 3943-7604, email: <a href="mailto:priscillakwan@cuhk.edu.hk">priscillakwan@cuhk.edu.hk</a> )		

## A. Course Overview

The basic objective of the course is to broaden the horizon of first year students of New Asia College. Adopting an ecological model, topics related to the developmental contexts of university students, including cultural system, societal system, school system and personal system are introduced in the course. Students taking this course will be able to acquire a basic understanding of the Chinese history and culture, Hong Kong society, university life, and their own development. In addition, students are encouraged to develop critical views on the related issues in these areas.

## B. Course Syllabus

### Chinese History and Culture

- The Art of In-Betweenness: Cultural Contacts between China and Europe in the Seventeenth Century as an Example  
(Ch'ien Mu Lecture in History and Culture 2022/23)
- The Voice of the Historian in Early China  
(Ch'ien Mu Lecture in History and Culture 2023/24)

### Hong Kong Society

- The Eurasians of Old Hong Kong
- Approaching Architecture (in Hong Kong): Appreciation, Appraisal and Action

### Science and Health

- Life Science Research: Important Developments in the Past 50 Years and Major Challenges Ahead  
(Yen Kwo Yung Lecture in Life Sciences 2022/23)
- Translating Scientific Discoveries into Clinical Impact  
(Yen Kwo Yung Lecture in Life Sciences 2021/22)
- Preparation for the Next Pandemic (Disease X): the Hong Kong Perspective  
(Yen Kwo Yung Lecture in Life Sciences 2023/24)

### University Life and Education

- Library Orientation and Use of Library Resources
- Healthy Sleep, Healthy Mind and University Education
- Digital Humanities: New Tools and Methods for Understanding Societies and Cultures

### Personal Development

- Self-Enhancement Campaign for First Year Students



### C. Learning Outcomes

By the end of the course, students will be able to:

1. Describe basic knowledge in various cultures, and the College spirit;
2. Interpret social issues in Hong Kong from different perspectives;
3. Adapt to university life and use facilities in the University important for their learning;
4. Develop inter-cultural sensitivity and appreciate different cultures and social issues in a global context;
5. Recognize the common concerns of contemporary physical and social environment;
6. Strengthen their motivation for intellectual learning.

### D. Learning Activities

1. Lectures
2. Library Orientation and Online Assignment
3. NA Campus Tour (by UReply Go)

### E. Weekly Schedule (2024-25)

Week	Date	Topic	Speaker
1	6 Sep	Inauguration Ceremony for New Students  Self-Enhancement Campaign for First Year Students	
2	13 Sep	Life Science Research: Important Developments in the Past 50 Years and Major Challenges Ahead (Yen Kwo Yung Lecture in Life Sciences 2022/23)	Professor Tsai Ming Daw
3	20 Sep	Translating Scientific Discoveries into Clinical Impact (Yen Kwo Yung Lecture in Life Sciences 2021/22)	Professor Lo Yuk Ming Dennis
4	27 Sep	The Eurasians of Old Hong Kong	Prof. Ting Sun Pao Adjunct Professor Department of History  Mr. Andrew Tse Great-grandson of Ho Kom Tong
5	4 Oct	Healthy Sleep, Healthy Mind and University Education	Professor Chan Wing Yan Joey Department of Psychiatry
6	11 Oct	<i>(No class – Chung Yeung Festival)</i>	
7	18 Oct	Preparation for the Next Pandemic (Disease X): the Hong Kong Perspective (Yen Kwo Yung Lecture in Life Sciences 2023/24)	Professor Yuen Kwok Yung
8	25 Oct	The Art of In-Betweenness: Cultural Contacts between China and Europe in the Seventeenth Century as an Example (Ch'ien Mu Lecture in History and Culture 2022/23)	Professor Nicolas Standaert
9	1 Nov	The Voice of the Historian in Early China (Ch'ien Mu Lecture in History and Culture 2023/24)	Professor Martin Kern

10	8 Nov	(No class)	
11	15 Nov	(No class – Day after Congregation)	
12	22 Nov	Approaching Architecture (in Hong Kong): Appreciation, Appraisal and Action	Dr. Ho Tsz Wai Jimmy School of Architecture
13	29 Nov	Digital Humanities: New Tools and Methods for Understanding Societies and Cultures	Prof. Leung Sueh Han Vincent Lingnan University

## F. Lecture Descriptions

### (1) Inauguration Ceremony for New Students of New Asia College

#### Self-Enhancement Campaign for First Year Students

Objectives of the talk are in three aspects: first, to help new students to adjust to the university life and integrate into our campus community; second, to promote a supportive and caring culture on campus; third, to help students better understand their mental health status through the use of questionnaires.

#### References:

1. John. B. Bader, *Dean's List: Eleven Habits of Highly Successful College Students*, Baltimore: Johns Hopkins University Press, 2011.
2. Video of Wellness and Counselling Centre, CUHK Office of Student Affairs:  
<https://bit.ly/3QrhAdW>
3. Information Kit from Wellness and Counselling Centre, CUHK Office of Student Affairs:  
<https://wacc.osa.cuhk.edu.hk/>
4. Keyes, Corey L.M, ed., *Mental Well-Being: International Contributions to the Study of Positive Mental Health*, Dordrecht: Springer Netherlands, 2013, p.9 – 15. (Retrieved from CUHK Library Electronic Resources)
5. Sunshine At CUHK: <https://www.sunshine.cuhk.edu.hk/>

### (2) Life Science Research: Important Developments in the Past 50 Years and Major Challenges Ahead

#### (Yen Kwo Yung Lecture in Life Sciences 2022/23)

In the past 50 years, major breakthrough in life science research has occurred in many subjects, including genomics, proteomics, structural biology, precision medicine, etc. These developments were the results of advancements in the basic research in chemical and physical sciences. Even so, the advancement in the development of new drugs and new vaccines are not fast enough, as we have witnessed in the fight against SARS CoV-2. In this lecture I will explain how basic sciences contributed to the developments in life sciences in the past half century, and suggest how young students can be prepared in science to face the new challenges facing human beings in your life time.

### (3) Translating Scientific Discoveries into Clinical Impact (Yen Kwo Yung Lecture in Life Sciences 2021/22)

In this talk, I would discuss how I discovered the presence of cell-free fetal DNA in maternal blood in 1997. I would then discuss how one translated such a scientific discovery into a clinical test that is now used worldwide. I would discuss the challenges that one faced in such a journey. I would then talk about how a non-invasive fetal test would then inspire me to develop a multi-cancer early detection test. Finally, I would discuss the synergy between scientific research and entrepreneurship.

**(4) The Eurasians of Old Hong Kong**

*Further information to be announced.*

**(5) Healthy Sleep, Healthy Mind and University Education**

Beyond the fundamental concepts, we will delve deeper into the impact of inadequate sleep and its far-reaching consequences, particularly among the youth population. Importantly, we will also navigate through practical tips and strategies to address common sleep problems, and to cultivate healthier sleep habits and improve overall sleep quality. By the end of this talk, students are expected to have a heightened appreciation for the importance of sleep, and be better equipped to make informed decisions regarding their own sleep practices

References:

1. Yoo, S. S., Hu, P. T., Gujar, N., Jolesz, F. A., & Walker, M. P. (2007). [A deficit in the ability to form new human memories without sleep](#). *Nature neuroscience*, 10(3), 385–392.
2. Mander, B. A., Santhanam, S., Saletin, J. M., & Walker, M. P. (2011). [Wake deterioration and sleep restoration of human learning](#). *Current biology: CB*, 21(5), R183–R184.
3. Scott, J., Kallestad, H., Vedaa, O., Sivertsen, B., & Etain, B. (2021). [Sleep disturbances and first onset of major mental disorders in adolescence and early adulthood: A systematic review and meta-analysis](#). *Sleep medicine reviews*, 57, 101429.
4. Chan, J. W., Lam, S. P., Li, S. X., Yu, M. W., Chan, N. Y., Zhang, J., & Wing, Y. K. (2014). [Eveningness and insomnia: independent risk factors of nonremission in major depressive disorder](#). *Sleep*, 37(5), 911–917.
5. Chan, N. Y., Chan, J. W. Y., Li, S. X., & Wing, Y. K. (2021). [Non-pharmacological Approaches for Management of Insomnia](#). *Neurotherapeutics: the journal of the American Society for Experimental NeuroTherapeutics*, 18(1), 32–43.

**(6) (No Class – Chung Yeung Festival)**

**(7) Preparation for the Next Pandemic (Disease X): the Hong Kong Perspective (Yen Kwo Yung Lecture in Life Sciences 2023/24)**

Animal surveillance in Hong Kong SAR between 1997 to 2019 has identified many animal influenza viruses and over 30 novel coronaviruses (CoV). Some of these viruses or their close relatives have subsequently jump into humans several years later. This is best exemplified by the bat SARS related CoV found in 2005 which turns out to be the ancestral virus of 2003 SARS-CoV-1 and 2019 SARS-CoV-2. The bat CoV -HKU4 and -HKU5 are closely related to the human and camel MERS-CoV of the 2012 outbreak in Middle East. The relative of porcine DeltaCoV-HKU15 found in 2012 was reported to infect Haitian children in 2021. However, often only the full genome sequences of these 30 novel animal CoVs are available because the majority of them cannot be cultured in vitro. Since most of these animal CoVs are found in enteric specimens while human CoVs are more often found in respiratory specimens, we use adult stem cells harvested from bat intestinal tissue and human lung tissue for setting up three dimensional (3D) organoids for the isolation and characterization of some CoVs known to have health or public health significance. Multiplexed rapid diagnostic assay, broad spectrum antiviral, versatile vaccine platform, and reusable personal protective equipment are also important in preparedness against future pandemics.

**(8) The Art of In-Betweenness: Cultural Contacts between China and Europe in the Seventeenth Century as an Example (Ch'ien Mu Lecture in History and Culture 2022/23)**

This presentation takes theories of communication and philosophy of alterity as a starting point to study the methodology of the history of intercultural contacts, with a focus on the exchange between China and Europe in the seventeenth century. The purpose is to make us aware that our

view on intercultural contacts is much influenced by the method we use in our study. It first discusses three different frameworks that have been employed in the study of these contacts in the past century: the transmission, reception and invention frameworks. Next, the presentation proposes a fourth framework, the interaction and communication framework, which further develops the previous frameworks by stressing the reciprocity in the interaction between transmitter and receiver and centres around the notion of “in-betweenness”.

**(9) The Voice of the Historian in Early China  
(Ch'ien Mu Lecture in History and Culture 2023/24)**

Unlike ancient Greek and Roman historiography, early Chinese historical writing does not foreground the historian's voice. It prefers to render the historian silent and invisible, while letting the actors and speakers utter historical judgment from within the narrative itself. The historian's voice, meanwhile, is relegated to layers of paratextual commentary, such as the *junzi yue* 《君子曰》 and *Kongzi yue* 《孔子曰》 / *Zhongni yue* 《仲尼曰》 statements in *Zuozhuan* 《左傳》 and the taishigong yue statements in *Shiji* 《史記》. The lecture examines the diversity of highly formulaic features of these statements that show the historian as an exemplary reader of history and its sources, to be followed by the text's future readers.

**(10) (No Class)**

**(11) (No Class – Day after Congregation)**

**(12) Approaching Architecture (in Hong Kong): Appreciation, Appraisal and Action**

Architecture is beyond buildings, and its ambiguous definition and scope have continued to expand and extend in the last few decades. Adopting the lens of Nathaniel Coleman, this lecture offers an arguable basic toolkit for approaching architecture in Hong Kong by examining Lefebvrian's notion of perceived-conceived-lived spatial triad — how can one appreciate the aesthetics of form, appraise the performance of “buildings” and act to co-create a livable future in this tiny city. Students will be able to reflect critically on the relationship between the immediate context of physical entities and their peripheral relations around the idea of architecture in Hong Kong.

References:

1. Nathaniel C. (2015). *Lefebvre for Architects (Thinkers for Architects)*. Abingdon, Oxon: Routledge.
2. Jonathan H. (2016). *Merleau-Ponty for Architects* (1<sup>st</sup> ed.). New York: Routledge.
3. Jun'ichirō T. (1977). *In Praise of Shadows*. New Haven, Conn: Leete's Island Books.  
(Chinese edition: 《陰翳禮讚》)

**(13) Digital Humanities: New Tools and Methods for Understanding Societies and Cultures**

In the past few decades, digital space with its immense computing power has transformed the study of the humanities. Old disciplines such as history, art history, literary studies, anthropology, philosophy, and linguistics, are now armed with new digital tools that can process data at a lightning speed and allow the formulation of new and important questions. This lecture will introduce students to the concept of digital humanities, and study key examples from various disciplines in order to appreciate the new possibilities as well as methodological perils that these new tools have brought to the humanities.

### References:

1. Gardiner, Eileen, & Ronald G.M. (2015). *The Digital Humanities: A Primer for Students and Scholars*. Cambridge University Press.
2. Susan S., Ray S., & John U, Ed. (2016). *A New Companion to Digital Humanities*. Wiley-Blackwell.
3. James S. (2017). *The Digital Humanities and the Digital Modern*. Palgrave Macmillan.

## **G. Course Arrangement**

### 1. Class Attendance

Students have to attend every lecture and arrive the classroom on time. Those who are late for 10 minutes will be counted as absence from class. Attendance will be taken by e-ticketing machines at the end of each class and class attendance could be checked in the CUHK Registration and Attendance System (<http://www.cuhk.edu.hk/ras>) **3 working days after each lecture**. Students are required to bring along their CU Link Card for attendance taking. **One sub-grade will be deducted from the overall grade for every three times of absence.**

### 2. Library Orientation and Online Assignment

Students have to access the “Library Orientation and Online Assignment” folder under the course Blackboard from 7 to 25 October 2024 and complete the “Online Assignment” related to the orientation. Deadline for submission of the online assignment is **25 October 2024**.

### 3. NA Campus Tour

A campus tour of the New Asia College has been designed by UReply Go. Please refer to the instructions and details under the session “UReply Go” available in the course Blackboard. Students can get full mark (5 marks) after they have attempted the whole trip. Please finish the tour by **31 October 2024**.

## **H. Course Assessment**

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|--|-----|
| 1. Library Orientation and Online Assignment | 15% |
| 2. NA Campus Tour (by U Reply Go)            | 5%  |
| 3. Final examination                         | 80% |