(updated on 9 Sept 2025)

New Asia College
The Chinese University of Hong Kong

Course Code: GENA1112 **Year/Term:** 2025-26 / 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
Course Administrators: Ms. Amy Yip (Tel: 3943-1619, email: amyyip@cuhk.edu.hk)
Ms. Priscilla Kwan (Tel: 3943-7604, email: 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

- 新亞精神的現在進行式 (The Spirit of New Asia in Present Continuous Tense)
- 中醫與中國文化哲學

Hong Kong Society

- Approaching Architecture (in Hong Kong): Appreciation, Appraisal and Action
- 如何吃出一個香港
- Popular Urban Culture and Place Writing

University Life and Education

- Library Orientation and Use of Library Resources
- Healthy Sleep, Healthy Mind and University Education

Personal Development

- Self-Enhancement Campaign for First Year Students
- Art in Living
- 精神健康之苦樂由心
- 難以承受的人生之痛

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 and Online Quizzes
2. Library Orientation and Online Assignment
3. NA Campus Tour (by UReply GO)

E. Weekly Schedule (2025-26)

Week	Date	Topic	Speaker	Language
1	5 Sep	Inauguration Ceremony for New Students Self-Enhancement Campaign for First Year Students		English
2	12 Sep	新亞精神的現在進行式 (The Spirit of New Asia in Present Continuous Tense)	Prof. Tse Wai Kit Wicky Dean of General Education (Department of History)	Cantonese
3	19 Sep	Approaching Architecture (in Hong Kong): Appreciation, Appraisal and Action	Dr. Ho Tsz Wai Jimmy School of Architecture	English
4	26 Sep	如何吃出一個香港	Mr. Lui Ka Chun Editor and writer	Cantonese
5	3 Oct	中醫與中國文化哲學	Dr. Ng Chi Sun 醫務衞生局中醫藥處顧問中醫師及香港中文大學中醫學院前高級講師	Cantonese
6	10 Oct	*(No class)*		
7	17 Oct	Popular Urban Culture and Place Writing	Dr. Wong Yu Hin Sampson Department of Geography and Resource Management	English
8	24 Oct	Art in Living	Ms. Fung Mei Wah May Filmmaker and visual artist	English
9	31 Oct	Healthy Sleep, Healthy Mind and University Education	Professor Chan Wing Yan Joey Department of Psychiatry	English
10	7 Nov	*(No class – Day after Congregation)*		
11	14 Nov	*(No class)*		
12	21 Nov	精神健康之苦樂由心	Ms. Mui Hang Chun Jolene The Hong Kong Polytechnic University	Cantonese
13	28 Nov	難以承受的人生之痛	Dr. Tao Kwok Cheung Department of Philosophy	Cantonese

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://www.youtube.com/watch?v=0sRdTuNoDnE
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://www.youtube.com/watch?v=am0yWM3htXo&list=PLgT9xucYRJly0tWtBXrS4ggfpZYXfiXKV
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. 中大學生事務處心理健康及輔導中心：自我關顧文章：https://wacc.osa.cuhk.edu.hk/self-help-section/self-help-articles/

(2) 新亞精神的現在進行式 (The Spirit of New Asia in Present Continuous Tense)

The lecture introduces and elaborates on the establishment and development of New Asia College, with a particular focus on the meaning of "New Asia Spirit". It aims to help students understand "New Asia Spirit" by looking into the College Anthem, College Regulations, College Motto "Cheng Ming" (誠明) and College Emblem, as well as the practice of "New Asia Spirit" in terms of the service-learning programme.

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) 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 Lefebrian'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* (1st 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》)

(4) 如何吃出一個香港

世上沒有「香港菜」這個名字，彷彿我們每天吃地道的香港食物，卻吃不成一個菜系。追溯歷史，並從政治經濟和人類學中，探索飲食文化；到底甚麼食物可以代表香港？茶餐廳、大牌檔、豉油西餐、客家菜館……哪一種餐廳完全屬於香港？這些年來，有幾多外來飲食文化傳到香港，再轉化成我們的生活習慣？You are what you eat，究竟過去我們吃了甚麼，才吃出香港人的模樣，吃成了一整座香港。

References:
1. 張展鴻：《飲食香港：一位人類學家的日常觀察》（香港：三聯書店，2024）
2. 呂嘉俊：《味緣香港》（香港：字字研究所，2024）
3. 徐錫安：《盛世太平 — 太平館餐廳的百年印記》（香港：明窗出版社，2021）
4. Benjamin Aldes Wurgaft：《餐桌上的文化人類學：從產地、烹調到進食，與我們密不可分的飲食奧祕與演化史》（台灣：日出出版，2025）
5. 香港燒賣關注組：《圖解香港燒賣》（香港：點子出版，2021）

(5) 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
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. 于珺、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.

(6) (No Class)

(7) Popular Urban Culture and Place Writing

The talk discusses how contents about places and knowledge about urban space have been circulating on social media in recent years to become a form of popular urban culture in Hong Kong. The mass consumes these materials and we witness the formation of a new kind of sense of place. As an active creator in the sphere of urban popular culture, the speaker will share his projects and imagination, and explore the idea of place writing.

References:

1. Anderson, J. (2010). *Understanding Cultural Geography: Places and Traces*. Routledge.
2. McFarlane, C. (2021). *Fragments of the City: Making and Remaking Urban Worlds*. University of California Press.
3. Williams. R.J. (2019). *Why Cities Look the Way They Do*. Polity Press.

(8) Art in Living

It is rather common for people not studying art to say that "I don't know art".

It is rather frequent for art students and artists to separate art making from life making.

To many, art is something distinct from daily routines. Many people believe that it takes one to have the interest, the aptitude, the knowledge and the craft to be able to be engaged in art. And, even as such, these people may still separate art from daily living.

Well, is art so special that only some of us can hold on to it?

This 90 minutes' encounter between the speaker and you are to hopefully break the wall between art and living since the speaker is an art human who started out as an art learner, then appreciator, a creator, a critic, a curator, an educator, an advisor, a consultant and so on……Practically every day of her life has something to do with art.

The speaker will share with you both anecdotes and formal fabrics about art's influence on humans, thus society, ultimately culture.

The speaker does not offer any particular references or books for you to read. The only request she makes is:
"Dear CUHK fellows, go to visit your university's libraries, and get books from the literature or the art books section and read any one of them. Or, get film DVDs to watch. Of course, visiting your university's museums is also great."

Art is not everything, but it is something for you to lead a life of rich senses and sensibility that is much about living.

(9) 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.

(10) (No Class – Day after Congregation)

(11) (No Class)

(12) 精神健康之苦樂由心

你有曾想過・・・・・・
有精神疾病的人可以活得快樂自在，
而沒有疾病的人卻感到生活煎熬。
原來・・・・・・
天堂與地獄，只在一念間，選擇在您手！

References:

1. Young, J.E., Klosko, J.S., & Weishaar, M.E. (2007). *Schema therapy: A practitioner's guide*. Guilford Press.
2. Arntz, A., & Jacob, G. (2013). *Schema therapy in practice: An introductory guide to the schema mode approach*. John Wiley & Sons.
3. Michiel van Vreeswijk, M., Broersen, J., & Schurink, G. (2014). *Mindfulness and schema therapy: A practical guide*. John Wiley & Sons.

(13) 難以承受的人生之痛

我們不斷追問人生的意義，結果找不到確定的答案，仍然生活在無助的世界中。2007年一套韓國电影「密陽」，或者會給我們一些啟示，人經歷人生最不能承受的苦痛，如何從低谷爬重新爬起來，我們透過電影討論什麼才是真正的人生意義。

問題討論：

（一）甚麼是人生不能承受的痛苦？
（二）如果有公義的神，為何世界卻又充滿荒謬的沉默？
（三）電影中的女主角為何無法承受綁票者的覺悟？

References:

1. 陶國璋：《愛的盲點（上）》（第二版）第一章（香港：中華書局，2023）
2. 林子翔（2019 年 3 月 8 日）。《密陽》：在天地之間尋找痛苦的意義。電影評論，641 期。https://funscreen.tfai.org.tw/article/8998
3. 公園仔（2007 年 11 月 23 日）。當寬恕成了復仇的手段。豆瓣影評。https://movie.douban.com/review/1245754/

G. Course Arrangement

1. Class Attendance

Students have to attend the Inauguration Ceremony for New Students, as well as **a total of 4 other lectures**. Please refer to the Weekly Schedule (P.2 of this Course Outline) and attend 4 other lectures **among those in Week 2 – 13. No prior registration is required.**

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.

2. Online Quiz

Upon the attended lecture, students are required to complete an online quiz according to **a designated deadline. Students will not receive any score if they have completed a quiz without attending the respective lecture.**

3. Library Orientation and Online Assignment

Students have to access the "Library Orientation and Online Assignment" folder under the course Blackboard from 6 to 24 October 2025 and complete the "Online Assignment" related to the orientation. Deadline for submission of the online assignment is **24 October 2025**.

4. NA Campus Tour

A campus tour of the New Asia College has been designed by UReply GO. **An announcement will be made when it is ready for students.** 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 2025**.

H. Course Assessment

1. Library Orientation and Online Assignment 15%
2. NA Campus Tour (by UReply GO) 5%
3. Attendance and Online Quiz 80% (maximum 20% per lecture)

Scenario	Score received for a particular lecture
1. Failed to attend the lecture but completed the quiz of that lecture	0%
2. Attended the lecture but failed to complete the quiz of that lecture	5%
3. Attended the lecture and completed the quiz of that lecture	5% to 20% (depending on your score received from the quiz)

I. Grading

Pass / Fail only, with no letter grade