學長計劃 新亞書院 New Asia College
MENTORSHIP PROGRAMME

新亞書院學長計劃
NAC Mentorship Programme

本計劃是...
Our Programme is...

書院 College

配對
Matching

分享平台
Sharing Platforms

校友網絡
Alumni Network

傳承新亞精神
Inheriting New Asia Spirit

配對
Matching

學習及分享平台
Learning and Sharing Platforms

認識更多同學
Expanding your network

認識書院
Learn more about the College

非形式教育
Informal Education

學長 Mentors

學員 Mentees

傳授職業知識、技巧、經驗
Passing on career knowledge, skills and experiences

讓學長了解年輕人的創意和生活模式
Inspire your mentors with your creativities and life styles

透過學長更了解自己
Explore yourself with the guidance from your mentors

為何您要參與學長計劃？
Why is it important for you to join the programme?

學員 Mentees

及早為未來準備 Start planning earlier

很多同學以為「學長計劃」是即將畢業的同學才需要參加，其實職業規劃要及早開始！
職業規劃不應遲過二年級開始，如能早於一年級開始準備，畢業時你將會在找工作時更得心應手！
Many students might think “Mentorship Programme” is for final year students only. In fact, Career Planning should start no later then Year 2 of your study! You will find it easier to find jobs if you start planning your career path earlier.

學員在學長計劃中可以：
In our programme, mentees can:

- 認識新朋友 Meet new friends
- 學習上的指導 Study Advices
- 獲得計劃事業的指導 Obtain Career Advices
- 認識不同專業 Explore different areas of expertise

學長 Mentors

啟發年青人也啟發自己 Inspire youngsters and yourself

非常多參與過「學長計劃」的學長都會指出，和同學相處，可以真切見到年輕人的世界。
無論在自己的事業、家庭、個人生活上都有新的啟發。
Many Mentors of this programme comment that being able to get along with youngsters can inspire new ways of looking at their own careers, families and personal lives.

學長在計劃中可以：
In our programme, mentors can:

- 認識新一代 Know about youngsters
- 找到好的學員 Find a suitable apprentice
- 受新事物啟發 Refresh yourself
- 認識更多校友 Expand your Alumni Network

計劃要求
Programme Requirements

時間
Time

至少會面兩次（包括網上會議）
Face to Face / Virtual meeting twice



以任何形式
每月接觸一小時
Setting aside about 1 hour
each month for interactions



IMPORTANT

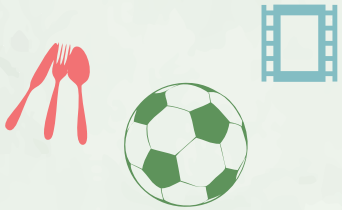
學員須出席
成立典禮及職業講座日

Mentees must attend
the Inauguration Ceremony and
the Career Talks Day

投入參與
Keen Participation



積極投入大組活動，增進友誼。
Strengthen the relationships by participating in activities.



學員提交活動/個人反思報告

Mentees submit
Activity / Self-reflection Reports



設定目標 共同達成
Set a goal and accomplish together

為學習、職業發展定下目標，共同達成。
Set a goal for studies and/or career planning, accomplish together.



學長提交學員評核

Mentors submit
Mentee Assessments



報名參與
To Apply

學員 Mentees

學長 Mentors

報名截止日期
Applica ion Deadline

4.10.2026

查詢
Enquiries

新亞書院助理書院發展主任　陳澤銘先生
Mr. Edwin Chan, Assistant College Development Officer, New Asia College
電話 Tel：3943-7602　傳真 Fax：2603-5418　電郵 e-mail：edwinchan@cuhk.edu.hk

新亞書院高級書院發展主任　張君恒先生
Mr. Kelvin Cheung, Senior College Development Officer, New Asia College
電話 Tel：3943-9680　傳真 Fax：2603-5418　電郵 e-mail： kelvin@cuhk.edu.hk

新亞書院
NEW ASIA COLLEGE