

Course Name	Tips for Dealing with Loneliness
CRN	CRN5467
Mode	Online Zoom
Date	7 Oct 2020 (Wed)
Time	14:30 -16:00
Organisation	Hong Kong Federation of Youth Groups-Media Counselling Center
Language	Cantonese
Event Details	Some research found out that loneliness has been associated with increased Internet use. Anonymity and lack of face-to-face communication online may decrease self-consciousness and social anxiety. The talk is going to facilitate students to identify the reasons on feeling lonely, the social and psychological effects that may appear to internet users and discuss the methods on dealing with loneliness. .