



PSY30

The Chinese University of Hong Kong
Department of Psychology
30th Anniversary Public Lecture Series

The Positive Side of Aging

Speaker: Prof. Helene H. L. Fung

Date: 20 October 2012, Saturday

Time: 3:00pm – 4:30pm

Venue: Recital Hall, Hong Kong City Hall
5 Edinburgh Place, Central, Hong Kong

Fee: Free of charge
(Limited seats, first-come-first serve)

Language: Cantonese

Deadline: 12 October 2012 (Friday)

Online Registration: <http://goo.gl/XU2Fs>



Aging has traditionally been described as a period of losses and declines. But research on aging in the past 20 years have revealed a number of areas where aging is associated with gains. In this talk, I will review the research on how older adults perform better than younger adults in areas such as social relationships, emotion regulation, and attention and memory. By highlighting these age-related gains, I hope to raise public awareness of the benefits of growing older. Every life stage has its own strengths as well as limitations. Old age is not all negative.

Please refer to our website <http://www.psy.cuhk.edu.hk/> for details.

For enquiry, please contact Ms Rebecca Ma at 3943 8145 or email to psy30info@psy.cuhk.edu.hk.



PSY30

香港中文大學
心理學系三十週年講座系列

從正面看老年

講者： 馮海嵐教授

日期： 2012年10月20日 (星期六)

時間： 下午三時至四時半

地點： 香港中環愛丁堡廣場

香港大會堂演奏廳

費用： 免費 (座位有限，先到先得)

語言： 廣東話

截止報名日期： 2012年10月12日 (星期五)

網上登記： <http://goo.gl/XU2Fs>



老齡一直被形容為流失和退化的時期。但過去20年的研究卻揭示了老齡與獲益其實息息相關。是次講座會檢討長者如何在社會關係、情緒調節、專注力和記憶力等各方面比年輕的成年人表現優勝，從而讓公眾明白年紀漸長的好處。每一個人生階段都有其優勢及局限性，老齡並不一定是負面的。



香港中文大學 心理學系三十週年講座
The Chinese University of Hong Kong
Department of Psychology
30th Anniversary Public Lecture Series

從正面看老年

The Positive Side of Aging

日期：二零一二年十月二十日(星期六) Date: 20 October 2012 (Saturday)
時間：下午 3 時至 4 時半 Time: 15:00 - 16:30 hrs
地點：香港大會堂演奏廳 Venue: Recital Hall, Hong Kong City Hall
講者：馮海嵐教授 Speaker: Prof. Helene Hoi-Lam Fung

如有興趣參加此講座，請填妥以下資料，然後電郵至 psy30info@psy.cuhk.edu.hk 或傳真至 2603 5019。

Interested parties please complete the below information and send back the form by email psy30info@psy.cuhk.edu.hk or via fax at 2603 5019.

姓名 Name	
電話 Tel.	
電郵 Email	
工作機構 / 代表機構 * Working Organization / Representing Organization	
門票數量 No. of tickets required	

* 以上收集資料只會用作香港中文大學心理學系參考及統計用途。

截止報名日期：二零一二年十月十二日(星期五)
Deadline of Application: 12 October 2012 (Friday)