



# Jockey Club Project Well-being 賽馬會幸福校園實踐計劃

## 《線上培訓平台使用指南》

### User Guide for Online Training Platform

#### 註冊帳戶 Registration

1. 到訪 <https://jcprojectwellbeing.hk>  
Visit <https://jcprojectwellbeing.hk>
2. 點擊右上方的「登入」  
Click 'Sign In' on the top right corner
3. 點擊「如沒有帳戶，請註冊」  
Click 'Don't have an account? Sign Up'
4. 輸入你個人的學校電郵地址（必須為'edu.hk' 結尾）  
Enter your email address ending with 'edu.hk'
5. 輸入從電郵獲取的驗證碼  
Enter the verification code obtained via your email
6. 填寫其他資料，並點擊「註冊」  
Fill in the remaining information and click 'Sign Up'

線上培訓平台

您的電子郵件地址

您的驗證碼

您的中文姓名

您的英文姓名

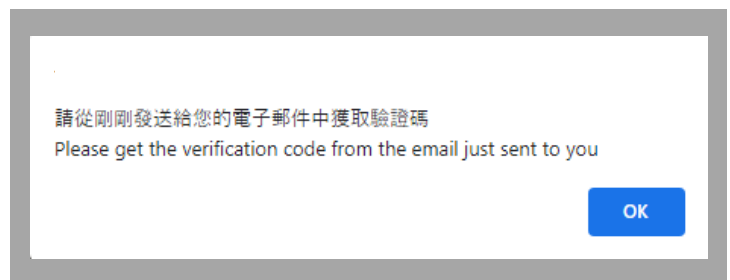
您的學校類別

自設密碼

確認密碼

註冊

如果已經有帳戶，請登入。





## 參與及完成課程 Participation & Completion

1. 點選想參與的培訓課程  
Click on the training course you would like to attend.
2. 每觀看一節課堂後，頁面會自動顯示小測驗。作答後，按提交。  
Each video lesson is followed by a quiz. Complete the quiz and submit.

### 我的培訓課程

**Level 1: PD 101**  
Well-being and Positive Psychology: From Practices to Conceptualization in Local Schools  
1.8 hours | 8 video lessons  
0%  
開始

**Level 1: PD 102**  
Intervention approaches of positive psychology and well-being in educational settings (I)  
2.5 hours | 6 video lessons  
0%  
開始

**Level 1: PD 103**  
Intervention approaches of positive psychology and well-being in educational settings (II)  
3.2 hours | 7 video lessons  
0%  
開始

Level 1: PD 101  
Well-being and Positive Psychology: From Practices to Conceptualization in Local Schools  
An overview of concepts and theories relevant to positive psychology and well-being through illustrative school cases (Level 3 and 4 Project Schools) in local contexts

1) Introduction to the Project, PD Level 1 programme, & Positive Education and Well-being in school setting  
計劃簡介、培訓簡介，及校園裡的正向教育概念基礎  
開始 (22分鐘)

2) Student needs and 5 key questions related to positive education (1)  
What is Positive Education?  
學生發展需要及5個關於正向教育的問題(1)  
「正向教育」是什麼？  
開始 (15分鐘)


### Quiz

1) Based on your understanding on positive psychology and well-being, what are the core components of positive education?  
正向教育的關鍵元素是？

Submit



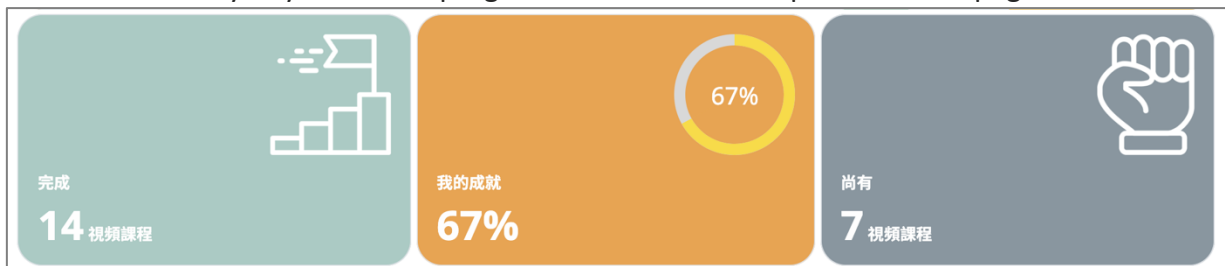
3. 已完成的課堂會轉為綠色。右方可選擇重溫或資源下載。  
Completed video lessons are shown in green. "Review" and "Resource Download" options are available on the right.



1) Introduction to the Project, PD Level 1 programme, & Positive Education and Well-being in school setting  
計劃簡介、培訓簡介，及校園裡的正向教育概念基礎

重溫 (22分鐘)  
資源下載

4. 網頁頂部會顯示課程的完成進度。  
A summary of your lesson progress is shown at the top of the main-page.



5. 每完成一個培訓課程會獲得一個獎章。相關證書會在資格確認後以供下載。  
After completion of each course, a medal will be awarded. A certificate will be available for download after confirmation of eligibility.

### 我的成就



Level 1: PD 101  
下載證書

Level 1: PD 102

Level 1: PD 103

---

線上培訓

**恭喜！**  
您剛剛獲得了新的獎章。  
這意味著您已經成功完成了「賽馬會幸福校園實踐計劃」線上培訓課程（101）中的所有視頻課程。  
證書將於資格確認後以供下載。

返回首頁

Wish you an enjoyable learning journey!  
祝你有一個愉快的學習旅程！