

情緒管理

Discussion

Group 5

01

What if we lie...?

Is AI ethical?

AI chatbot vs Human chat support



Higher empathic (同理心) accuracy



Higher effectiveness

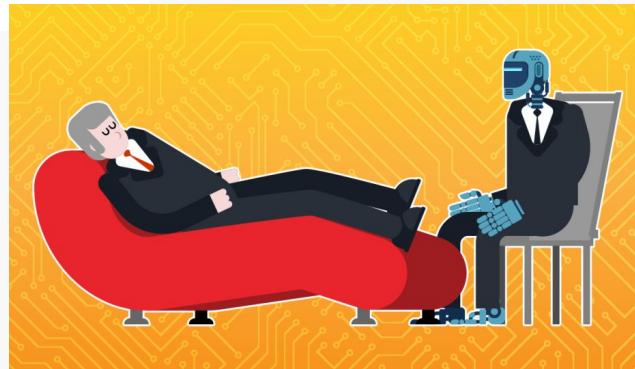
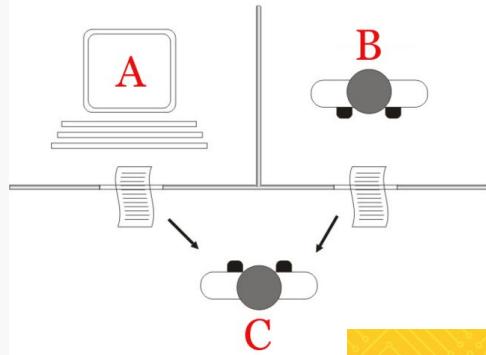


Higher accessibility



Cannot do reciprocal self-disclosure (without lying)

AI chatbot 扮真人(用家不知情) e唔ethical?



AI chatbot 扮真人(用家不知情) e唔ethical?

Emotional Support from AI Chatbots: Should a Supportive Partner Self-Disclose or Not?

Jingbo Meng, Yue (Nancy) Dai

Journal of Computer-Mediated Communication, Volume 26, Issue 4, July 2021, Pages 207–222,
<https://doi.org/10.1093/jcmc/zmab005>

1. Emotional support from a human partner led to greater perceived supportiveness of the partner than that from a chatbot
2. People apply stereotypes about a chatbot when interpreting their interactions
3. A chatbot's reciprocal self-disclosure alone had a negative effect on stress reduction
 - a. reciprocal self-disclosure may sound irrelevant and surreal to participants from bots

Emotional Support Services Dilemma

uBuddies X Dr. Dog Cheering Visit 🐶

UC

④ uBuddies CU Peer Counsell... Yesterday at 10:45 AM

To: uBuddies CU Peer Counselling Network

Dr. Dog Cheering Vis... 333.1 KB +1 more

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大家好！我哋係uBuddies😊
一年容易又就黎final，唔知大家最近如何？可能你正為group project焦頭爛額，或者日日夜夜都摺暳library溫書😔 係時候比自己抖抖氣～uBuddies將會同Animal Asia嘅導師一齊舉辦「Dr Dog Cheering Visit」比大家同狗狗互動，放鬆下😊。
活動分三個sessions，每個session會進行大概20分鐘，過程中可以同狗狗醫生合照📷。
如果有興趣就唔好等啦🤗，名額有限，快啲報名啦😊 呢次活動歡迎所有中大本科生同學報名參加。

日期：21/11/2024 (Thur)

時間：HKT 16:00-17:00

地點：聯合書院胡忠圖書館 G/F

人數：15

截至日期：15/11/2024 23:59



ABOUT WACC ▾ PSYCHOLOGICAL COUNSELLING SERVICE ▾ S

Wellness and Counselling Centre > Psychological Counselling Service > Getting to Know Counselling

Getting to Know Counselling

Through psychological counselling, students are encouraged to understand the nature of their difficulties, develop different perspectives as well as learn effective coping skills. Counselling is also a learning process which facilitates self-exploration and continuous personal development.

Counsellors from [Wellness and Counselling Centre \(WACC\)](#) are ready to accompany you as you adjust to university life or overcome hurdles and brave stormy weather.

You may benefit from seeing a counsellor when you:

- Experience problems in adapting to the university environment
- Feel unhappy, unmotivated or troubled for prolonged periods
- Wish to understand more about yourself
- Feel that you are not doing as well as you should in your studies
- Wish to improve your relationships

大學情緒支援為鼓勵同學使用，一直歡迎所有同學使用，沒有明確篩選制度

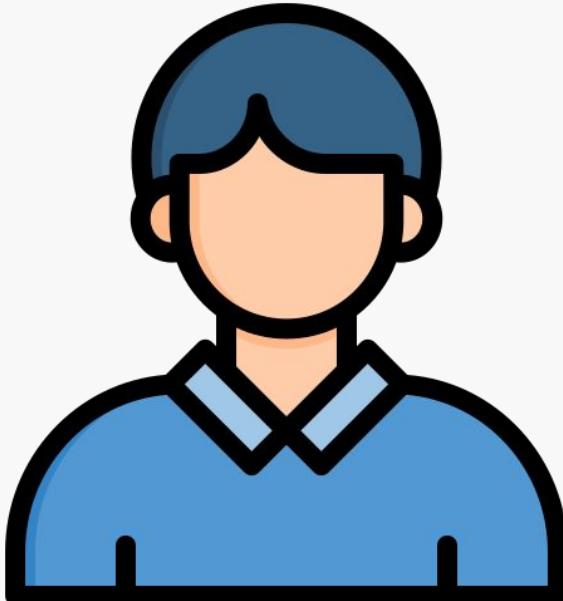
但可能導致情緒支援資源不能被有效分配

Interview with users of school emotional support services

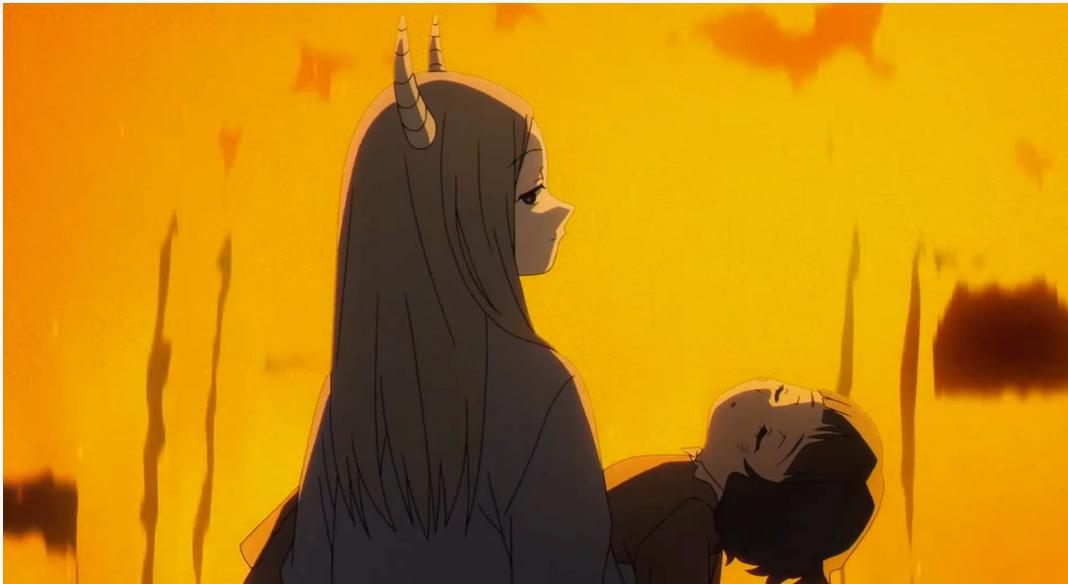
身邊例子：

同學親眼目睹學校有人自殺，想即時預約 counsellor

獲通知counsellor booking已full
最早能在2星期後見面



What is AI

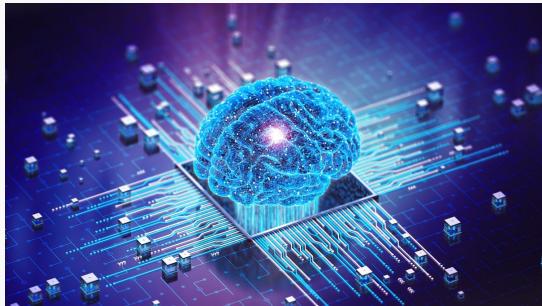


Female Demon

- Don't understand the concept of "Mother"
- Never met her mother

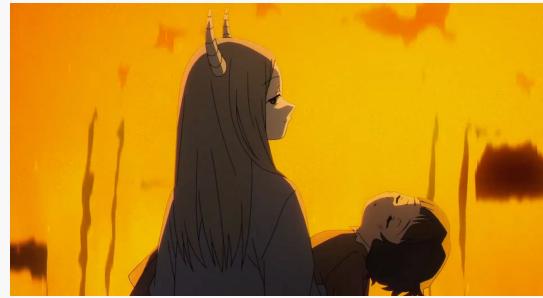
<https://youtu.be/SiXTZ5R2HM4?si=KWFFjx7qzt-euh9o>

What is AI



Follows code

Does not understand the meaning behind its text



Female Demon

- Don't understand the concept of "Mother"
- Never met her mother

Calls for "mom" because

<https://youtu.be/SiXTZ5R2HM4?si=KWFFjx7qzt-euh9o>

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<u>Fonts</u>	To view the template correctly in PowerPoint, download and install the fonts we used
<u>Used and alternative resources</u>	An assortment of graphic resources that are suitable for use in this presentation
<u>Thanks slide</u>	You must keep it so that proper credits for our design are given
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Table of contents

01

Theory lesson

You can describe the topic of
the section here

02

Features related

You can describe the topic of
the section here

03

Some tips

You can describe the topic of
the section here

04

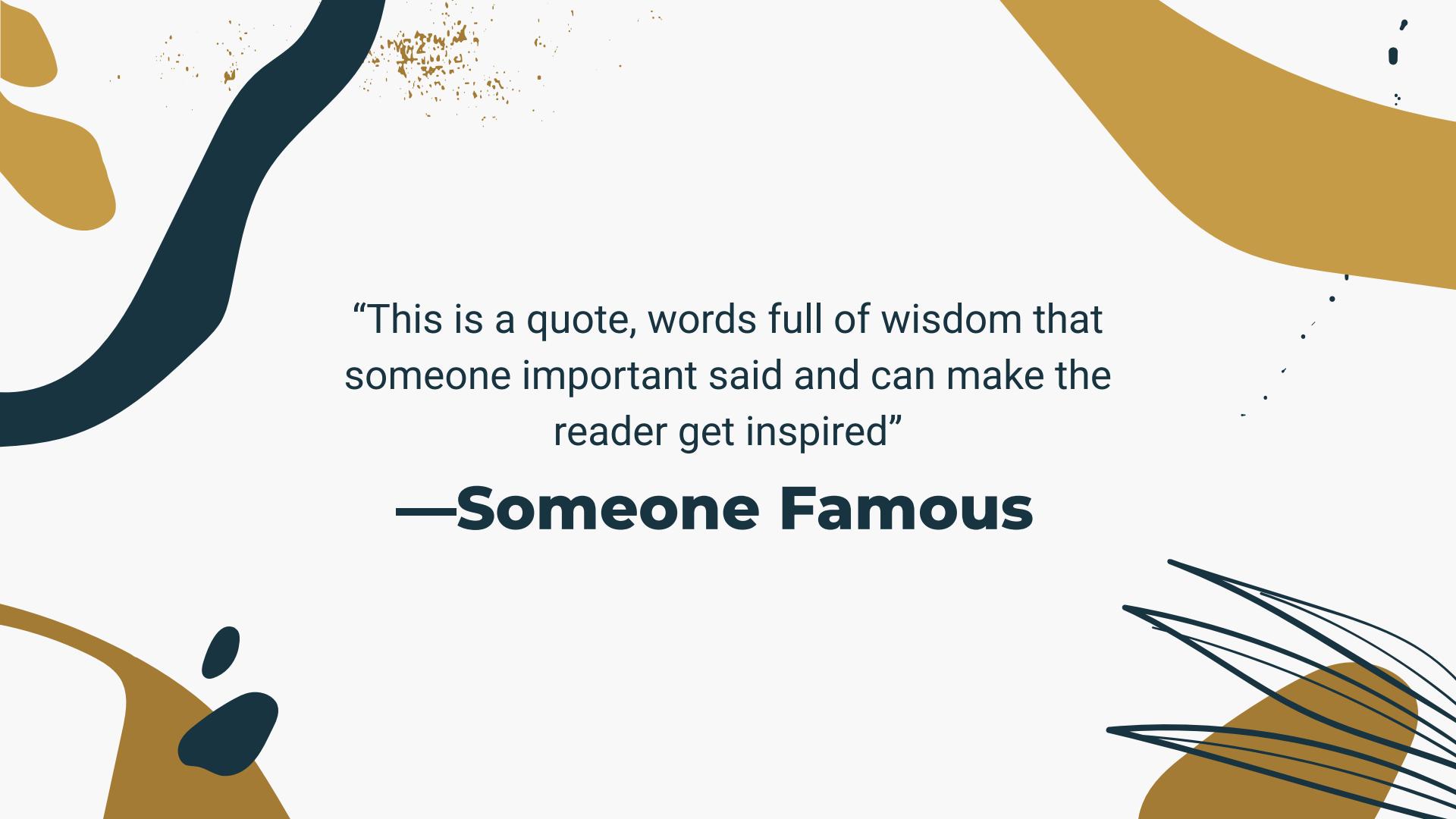
Practical exercise

You can describe the topic of
the section here

Introduction

Mercury is the closest planet to the Sun and the smallest one in the entire Solar System. This planet's name has nothing to do with the liquid metal, since Mercury was named after the Roman messenger god. Mercury's surface is filled with craters

Mercury takes a little more than 58 days to complete its rotation, so try to imagine how long days must be there! Since the temperatures are so extreme, albeit not as extreme as on Venus, Mercury has been deemed to be non-habitable for humans



“This is a quote, words full of wisdom that someone important said and can make the reader get inspired”

—Someone Famous

Concepts

Concept 1

Mercury is the closest planet to the Sun and the smallest one in the Solar System—it's only a bit larger than the Moon

Concept 2

Venus has a beautiful name and is the second planet from the Sun. It's hot and has a poisonous atmosphere

What is this topic about?

Mercury

Mercury is the closest planet to the Sun and the smallest one of them all

Venus

Venus has a beautiful name and is the second planet from the Sun

Mars

Despite being red, Mars is actually a cold place. It's full of iron oxide dust

Features of the topic

Mars

Despite being red, Mars is very cold

Neptune

Neptune is the farthest planet from the Sun

Jupiter

Jupiter is the biggest planet of them all

Saturn

Saturn is a gas giant and has several rings

Examples



Mercury

Mercury is the closest planet to the Sun and the smallest one of them all



Venus

Venus has a beautiful name and is the second planet from the Sun



Mars

Despite being red, Mars is actually a cold place. It's full of iron oxide dust

Recommendations

Mars

Despite being red, Mars is very cold

Venus

Venus is the second planet from the Sun

Neptune

Neptune is the farthest planet from the Sun

Mercury

Mercury is the closest planet to the Sun

Saturn

Saturn is a gas giant and has several rings

Jupiter

Jupiter is the biggest planet of them all

A picture always reinforces the concept

You can give a brief description of the topic you want to talk about here. For example, if you want to talk about Mercury, you can say that it's the smallest planet in the entire Solar System



**4,498,300,00
0**

Big numbers catch your audience's attention

9h 55m 23s

Jupiter's rotation period

333,000

The Sun's mass compared to Earth's

386,000 km

Distance between Earth and the Moon

Awesome words



**A picture is worth a
thousand words**

How to initiate your passion project

This exercise helps **generate ideas** for participants' **passion projects**. Encourage them to **explore resources** and seek support to **bring their projects to life**

- Write in the table **three passions, interests, or hobbies**
- Select the one from them
- Write a concise project goal related to it:

Write the answer here, for example, Mars is very cold and full of iron oxide dust

Identify your passions	
01	Passions, interests, or hobbies
02	Passions, interests, or hobbies
03	Passions, interests, or hobbies
Choose one from the list to focus on for this exercise	

Brainstorming KWL

What I know	Mercury is the closest planet to the Sun Despite being red, Mars is a very cold planet
What I want to know	Venus is the second planet from the Sun Jupiter is the biggest planet of them all
What I learned	Saturn is composed of hydrogen and helium Neptune is the farthest planet from the Sun

Main topic and details

Main topic

Mars

Despite being red, Mars is very cold

- Mars full of iron oxide dust
- Mars is actually a very cold place

Venus

Venus is the second planet from the Sun

- Venus is extremely hot
- Venus is hotter than Mercury

Neptune

Neptune is the farthest planet from the Sun

- Neptune is the eighth planet from the Sun
- Neptune is big

Tips to create your project

Step 1

Venus is the second planet from the Sun

Step 2

Mercury is the closest planet to the Sun

Step 3

Saturn is a gas giant and has several rings

What to know	What to avoid
Venus is the second-brightest natural object in the night sky	Saturn was named after a Roman god
Earth is the third planet from the Sun	Neptune is the farthest planet from the Sun
Saturn is composed mostly of hydrogen and helium	Neptune is also the fourth-largest planet

Venus is terribly hot, even hotter than Mercury, and its atmosphere is extremely poisonous

Sequence

Start

Despite being red, Mars is very cold

Next

Venus is the second planet from the Sun

Next

Neptune is the farthest planet from the Sun

Next

Mercury is the closest planet to the Sun

Next

Saturn is a gas giant and has several rings

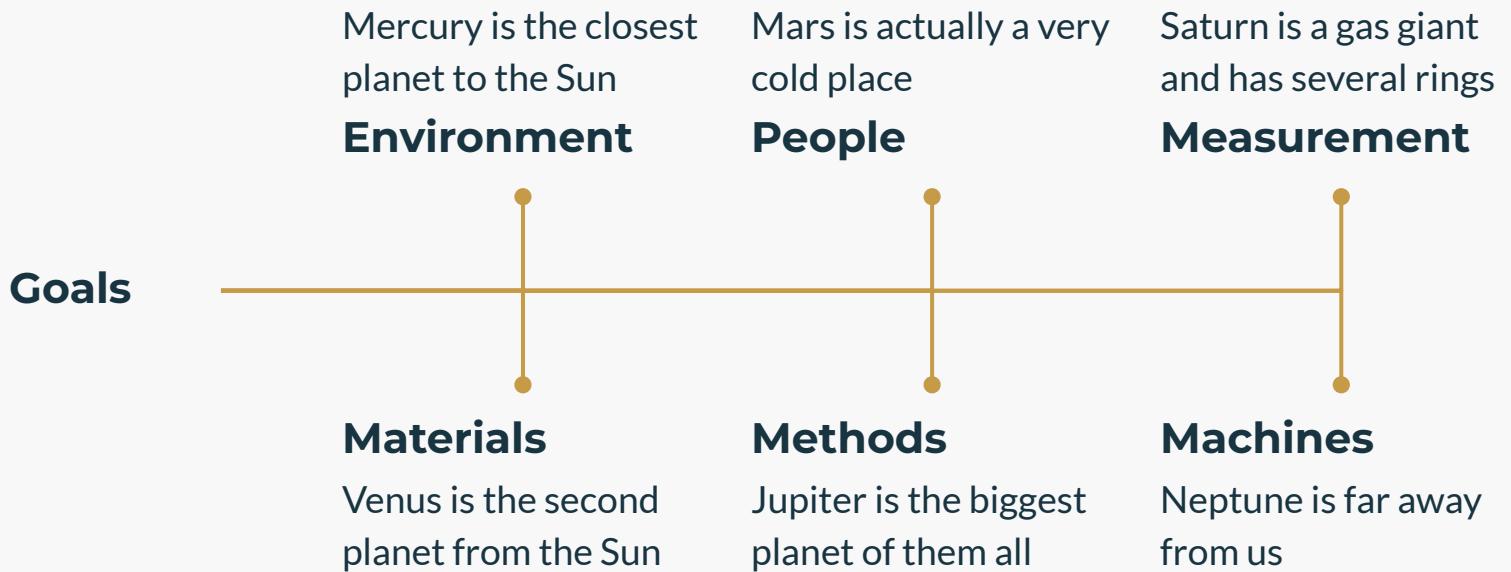
Last

Jupiter is the biggest planet of them all

Classification

Concept		Characteristics	Description
01	Mars	<ul style="list-style-type: none">• Small• Red• Cold	Despite being red, Mars is actually a cold place. It's full of iron oxide dust
02	Venus	<ul style="list-style-type: none">• Small• Hot• Dry	Venus has a beautiful name and is terribly hot, even hotter than Mercury, the small planet
03	Jupiter	<ul style="list-style-type: none">• Large• Cold• Gassy	Jupiter is a gas giant and the biggest planet. It's the fourth-brightest object in the sky

Cause and effect



Question and answer

Question

What does a Passion Project Workshop aim to achieve in terms of inspiring and guiding individuals to pursue their personal passions and interests?

Answer

The purpose of a Passion Project Workshop is to provide individuals with a structured environment to explore, develop, and take action on their passion projects

Timeline



Mercury is the closest planet to the Sun and the smallest of them all



Venus is the second planet from the Sun. The planet is terribly hot and poisonous



Jupiter is the biggest planet of them all and was named after a Roman god

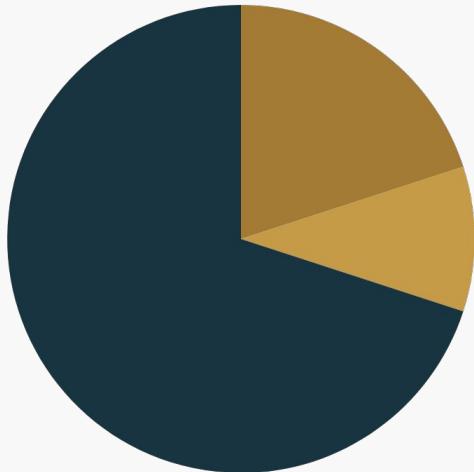


Saturn is a gas giant with a high number of moons and has several rings

Parts and whole

The whole object	Characteristics	If the parts are missing
Mercury is the closest planet to the Sun and the smallest one in the entire Solar System This planet's name has nothing to do with the liquid metal	<ul style="list-style-type: none">• Small• Red• Cold• Small• Hot• Dry	Despite being red, Mars is actually a cold place. It's full of iron oxide dust, which gives the planet its reddish cast
Function of the parts		
		Venus has a beautiful name and is the second planet from the Sun. It's terribly hot, even hotter than Mercury

You can use this graph



Follow the link in the graph to modify its data and then paste the new one here. [For more info, click here](#)

20%

70%

10%

Neptune

Neptune is the farthest planet from the Sun

Jupiter

Jupiter is the biggest planet of them all

Saturn

Saturn is a gas giant and has several rings

This is a map

Neptune

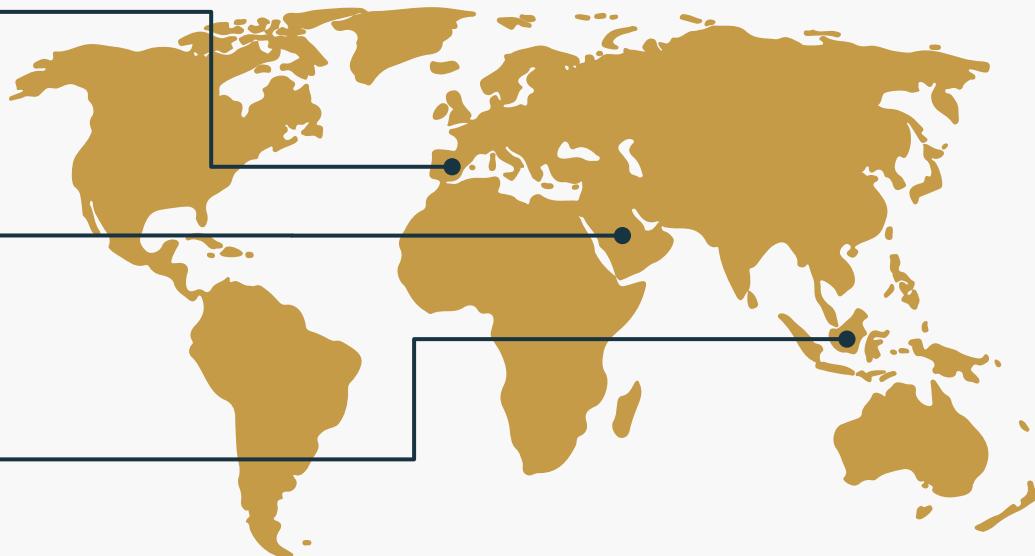
Neptune is the farthest planet from the Sun

Jupiter

Jupiter is the biggest planet of them all

Saturn

Saturn is a gas giant and has several rings



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