

# HKBU Learning Session Report

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## Your Contribution Analysis

\*\*Comprehensive Report on Student's Learning Session: Planning Initial Meeting with Elderly Participant\*\* --- ### 1) Summary of the Meeting Plan Developed The student developed a thoughtful, structured approach to the initial 60-minute meeting with an elderly participant, focusing on the first \*\*Preparation and Introduction (10 minutes)\*\* stage. The plan emphasizes: - Starting with a gentle, culturally respectful introduction using their first name and Cantonese language to establish warmth and familiarity. - Explicitly reassuring the participant that the session is for enjoyment rather than evaluation, highlighting the fun, informal nature of the meeting despite university involvement. - Creating a relaxed atmosphere by sitting at the elderly participant's eye level to foster equality and reduce intimidation. - Arranging the seating in a circular or

## Complete Conversation

Assistant:

Hello! I'm Emily, your service-learning facilitator for GCAP3187. I'm here to guide you in developing a structured plan for your initial meeting with an elderly person for our e-Sports initiative. I'll help you think through the practicalities while you create your own plan. When you're ready to work on your meeting outline, just type 'ok' and I'll guide you step by step using questions. If you want to see your current progress at any time, type '\_3Q3Q\_'.

09:17:52

You:

ok

09:17:58

Assistant:

Great! Let's begin our Socratic guidance, focusing on preparing for the \*\*Preparation and Introduction (10 mins)\*\* stage of your 60-minute meeting plan. \*\*First Question:\*\* What might be a gentle, non-threatening way to introduce yourself to an elderly participant at the very start of the meeting, ensuring they feel comfortable and welcomed?

09:18:00

You:

I guess we could use our first name and speak in Cantonese

09:18:37

**Assistant:**

That's a good start! Using your first name and speaking in the participant's preferred language (Cantonese) helps establish warmth and familiarity. \*\*Follow-up Question:\*\* Beyond just introducing your name and language choice, what specific phrases or body language might you use to help them feel the environment is relaxed and that there's no pressure or "test"? How could you set the tone in the first few minutes?

09:18:39

**You:**

oh just explain to them we are going to have fun it's not a test even though we come from a uni

09:20:00

**Assistant:**

That's a thoughtful strategy! Reassuring them that this isn't a test and explicitly mentioning that the focus is on having fun can really set a positive, non-threatening tone. \*\*Next Question:\*\* How might you structure your opening sentences or body language to reinforce this relaxed atmosphere? For example: - Would you sit at the same eye level? - Would you offer a smile or light conversation before "starting"? - How might you signal they can take things at their own pace? What's your approach to these elements?

09:20:03

**You:**

I don't know

09:20:24

**Assistant:**

That's completely okay—this is all about exploring ideas together! Let's break it down a bit more: 1. \*\*Eye Level:\*\* Sitting or standing at the same eye level can help reduce feelings of hierarchy or intimidation. 2. \*\*Body Language:\*\* Smiling gently, nodding, and keeping an open posture (uncrossed arms, leaning slightly forward) can signal warmth and interest. 3. \*\*Starting Conversation:\*\* You could begin with a light, informal comment (e.g., "I'm glad to meet you today!") rather than jumping right into activities. \*\*Guiding Question:\*\* Which of these (eye level, open posture, light conversation) do you feel most comfortable starting with, and how might that make the elderly participant

09:20:27

**You:**

eye level

09:20:39

**Assistant:**

Good choice—maintaining eye level is a powerful, subtle way to convey respect and equality. \*\*Socratic Follow-up:\*\* How would you arrange the physical setting for this first meeting to naturally maintain eye level with the elderly participant? - What kind of seating or table arrangement might you prefer? - How would you adjust if the participant has mobility limitations or uses a wheelchair? This will help you translate the principle of "eye

level" into practical action.

09:20:42

**You:**

not too close sit down with the elderly at the same level - grab a chair seating- no obvious centre of the group- everybody can join the discussion

09:21:42

**Assistant:**

Excellent—those are thoughtful, practical decisions! Sitting at the same level, ensuring there's no obvious "leader's seat," and respecting personal space all contribute to a non-hierarchical, welcoming environment. \*\*Reflection Prompt:\*\* How do you think these choices (same seating level, inclusive arrangement, not sitting too close) may help reduce anxiety or hesitation among elderly participants at the very start? What outcomes do you hope to see from paying attention to these details?

09:21:46

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