

PERSONAL STATEMENT

CINDY LAU

BSc (Hon's), MEd, PhD

My Philosophy on Education

Equip Students' Minds and Hearts for the Tests of Life

foster students' intellectual growth, emotional resilience, and strong sense of collective responsibility, enabling them to thrive in the real world

Education of the Heart for Lifelong Learning

I teach the science and practice of:

- Social and Emotional Learning (SEL)
- Compassion, Self-Care
- Happiness
- Mindfulness
- Acts of Kindness

My Involvement in School

My two children attend **Shatin Junior School**. Before their transitions, I volunteered at **Wu Kai Sha Kindergarten**, valuing its strong home-school partnership. Thereby, I wanted to contribute more with my expertise. I served as an **elected parent representative** on the **School Council** (2020-2023), learned about the individual responsibilities, member participation, and input from different stakeholders.

My Motivation for Election

Parents share their views on education and parenting with me, and I resonate with their evolving needs. And there are shared values deeply ingrained in our **educational community** that ESF Parents cherish. I feel compelled to uphold the special sense of **connectedness** and **caring values** that have led us to choose ESF schools for our children. This election opportunity inspires me to take on this new role; **there is no change without action**.

By electing me as your representative, you are choosing someone who :

- **Champions** developmental and educational psychology **theories, research**, and their **applications**.
- **Proficients** in **data-driven leadership** to identify and implement school improvement strategies.
- **Empowers educators** to transform learning environment with **evidence-based** teaching practices.
- **Engages stakeholders** on SEL initiatives to foster **community partnerships**.

If elected, I aim to advocate for:

- **Informed decision-making**: Ensure diverse perspectives are considered for sustainable change.
- **Collective efforts**: Encourage shared responsibilities to enhance resources for collaborative learning.
- **Dynamic evaluation**: Implement a robust, interdisciplinary assessment at all levels of the system.
- **Systemic wellbeing**: Initiate policies supporting the wellbeing of students, teachers, and everyone.
- **Purposeful EdTech**: Invest in educational technology with clear pedagogical aims and learning goals.
- **Value-based initiatives**: Support evidence-based approaches to cultivate essential human qualities.



Professional Consultant

The Chinese University of Hong Kong
Department of Educational Psychology

Educator of Applied Compassion

Stanford Medicine
The Center for Compassion and
Altruism Research and Education

Educational Consultant

Wofoo Joseph Lee Primary School