

Po Leung Kuk Lo Kit Sing (1983) College
School Library
Recommended Booklist for Liberal Studies

個人成長與人際關係

Accession No.	Class No.	Author Code	Title	Accession Date
B11467	521.7	4020	通識教育應試筆記 1	07/11/2013
B11469	521.7	4020	通識教育應試辭典 1	07/11/2013
B11464	521.7	2008	最後一分鐘通識教育(單元一、二)	04/11/2013
B11227	855	1119	吾意獨憐才：五常談教育	02/06/2013
B11190	177	1741	最簡單的溝通技巧訓練書：10週教你搭建溝通「金字塔」	20/05/2013
B11128	191	4451	你的態度，決定你的高度	10/05/2013
B11129	191	5735	選擇放下，就能活在當下	10/05/2013
B09986	544.6	9282	恒生銀行 — 青年領袖教室 2011	21/03/2012
B09851	192.13	2175	擁抱世界做朋友：20則無國界的友誼	30/01/2012
B09852	192.13	2175	堅持，航向夢想地：23個改變未來的力量	30/01/2012
B09839	176.52	0444	別跟自己過不去	28/01/2012
B09843	176.52	2037	不要讓心情做決定全集	28/01/2012
B09842	191.9	4035	學會選擇，學會放棄全集	28/01/2012
B09844	192.1	4022	把自己放對位置：自信，使不可能成為可能	28/01/2012
B09678	544.6	9282	恒生銀行 — 青年領袖教室 2010	21/12/2011
B09637	548.84	8764	香港青少年賭博研究：沉溺賭博的演變與求助情	16/11/2011
B09638	548.84	8814	《資訊科技與賭博》報告書：從資訊科技的使用窺見青少年賭博文化及隱性賭徒問題	16/11/2011
B09627	548.82	3356	那年，我們吸了毒	03/11/2011
B09601	177	4911	圖解日常心理學	31/10/2011
B09552	193.2	4459	急救WHY歪少年	25/10/2011
B09515	192.1	2623	心靈的高點	03/10/2011
B09477	194.7	7761	愛的盲點 (80後篇)	03/10/2011
B09263	192.1	7008	祕密	23/03/2011
B09120	177	4008	峰與谷	13/11/2010
B09121	192.1	1208	打開生命的16封信	13/11/2010
B08976	176.52	7524	我和抑鬱談過戀愛	04/10/2010
B08985	528.5	3364	國民身份認同	04/10/2010
B08522	191	4451	你的態度，決定你的高度	07/05/2010
B08603	191	5735	選擇放下，就能活在當下	07/05/2010
B08566	191.9	4035	生氣不如爭氣全集	07/05/2010
B08578	947.41	4463	Lonely planet	07/05/2010
B08225	192.1	9307	60篇感人小故事 —— 堅持就是力量	28/09/2009
B08224	195.6	9307	60篇感人小故事 —— 春之篇：有朋友最幸福	28/09/2009
B08217	544.67	3362	青少年問題解碼	28/09/2009
B08218	544.67	3362	青少年問題解碼	28/09/2009
B07372	192.4	3144	真性的風采	10/05/2008
B07371	194.7	7737	左女右男 —— 反轉兩性觀點	10/05/2008

Po Leung Kuk Lo Kit Sing (1983) College
School Library
Recommended Booklist for Liberal Studies

B07374	541.6	1848	奮進平等路	10/05/2008
B07313	541.6	1848	奮進平等路	22/04/2008
B06794	194.7	7737	左女右男 —— 反轉兩性觀點	02/05/2007
B05039	194.7	7737	左女右男 —— 反轉兩性觀點	25/03/2004

Po Leung Kuk Lo Kit Sing (1983) College
School Library
Recommended Booklist for Liberal Studies

Personal Development & Interpersonal Relationships

Accession No.	Class No.	Author Code	Title	Accession Date
A07292	362.7	CHA	Youth and consumption	12/03/2015
A07291	362.7	LEE	Initiatives with youth-at-risk in Hong Kong	12/03/2015
A07162	304.2	SEN	A teen guide to being eco in your community	18/06/2014
A07164	641.3	GRE	A teen guide to eco-gardening, food, and cooking	18/06/2014
A07163	746.9	GOG	A teen guide to eco-fashion	18/06/2014
A07165	790.1	MOR	A teen guide to eco-leisure	18/06/2014
A07198	646.7	PAR	Making a difference : inspiring others	15/05/2014
A07197	646.7	RAU	Making a difference : helping others	15/05/2014
A07139	646.7	PAR	Making a difference : overcoming personal challenges	24/03/2014
A07140	646.7	PAR	Making a difference : saving the environment	24/03/2014
A07134	150	DAV	All about goal setting	20/02/2014
A07135	150	DAV	All about true wealth	20/02/2014
A07136	150	DAV	All about choices	20/02/2014
A07137	150	DAV	All about attitude	20/02/2014
A07120	152.4	MAD	The feelings book : the care & keeping of your	19/02/2014
A07109	612.6	DUN	The boy's body book	23/01/2014
A07106	152.4	BEL	A girls' guide to stress / a guys' guide to stress	20/12/2013
A07105	170	SNY	A girls' guide to anger / a guys' guide to anger	20/12/2013
A07104	303.6	KAV	A girls' guide to conflict / a guys' guide to conflict	20/12/2013
A07082	177	SON	How to beat verbal bullying	25/11/2013
A07081	303.4	ESP	Smartphones	24/11/2013
A07063	641.3	GRE	A teen guide to eco-gardening, food, and cooking	05/09/2013
A07062	746.9	GOG	A teen guide to eco-fashion	05/09/2013
A07064	790.1	MOR	A teen guide to eco-leisure	05/09/2013
A06950	613.2	BUR	Making food choices	30/05/2013
A06921	646.7	PAR	Making a difference : inspiring others	23/04/2013
A06922	646.7	PAR	Making a difference : overcoming personal challenges	23/04/2013
A06923	646.7	PAR	Making a difference : saving the environment	23/04/2013
A06920	646.7	RAU	Making a difference : helping others	23/04/2013
A06870	177	HIL	Teen issues: bullying	17/01/2013
A06871	362.1	SEN	Charities in action: improving healthcare	17/01/2013
A06681	170	BAS	Got your back : dealing with friends and enemies	19/01/2012
A06682	170	HEI	I luv U 2 : understanding relationships and dating	19/01/2012
A06658	302.3	FRI	Social networking	03/12/2011
A06624	332.024	ROD	Centsibility: the planet girl guide to money	24/11/2011
A06623	613	KAT	Girl in the know: your inside-and-out guide to growing up	24/11/2011
A06610	152.47	DIC	Out of control: how to handle anger - yours and everyone else's	22/11/2011

Po Leung Kuk Lo Kit Sing (1983) College
School Library
Recommended Booklist for Liberal Studies

A06609	155.5	HUG	I did it without thinking: true stories about impulsive decisions that changed lives	22/11/2011
A06612	303.3	WEB	Totally tolerant: spotting and stopping prejudice	22/11/2011
A06611	332.024	DEN	Smart money: how to manage yours cash	22/11/2011
A06613	613.8	DIC	True confessions: real stories about drinking and drugs	22/11/2011
A06608	616.85	ZUC	Beating depression: teens find light at the end of the tunnel	22/11/2011
A06589	373.19	CHU	Longman liberal studies issues-enquiry activities 5: personal growth crisis	04/11/2011
A06546	302	HAR	Relationships	08/07/2011
A06545	612.6	GRA	Puberty	08/07/2011
A06542	613.2	ROY	Diet	08/07/2011
A06544	613.4	PUR	Keeping clean	08/07/2011
A06547	613.6	PUR	Safety	08/07/2011
A06543	613.7	HAR	Exercise	08/07/2011
A06500	306	LEV	Taking action against family breakups	24/06/2011
A06505	306.8	MCD	Straight talk about ...teen pregnancy	24/06/2011
A06503	362.8	WIL	Straight talk about...date rape	24/06/2011
A06501	364.1	LEV	Taking action against internet crime	24/06/2011
A06506	613.2	AND	Know the facts about diet	24/06/2011
A06504	616.85	EAG	Straight talk about...cutting and self-injury	24/06/2011
A06502	616.85	WAR	Taking action against eating disorders	24/06/2011
A06514	641.1	MEA	Orca echoes: ben's robot	24/06/2011
A06389	362.1	JON	Headlines! health care for everyone	17/05/2011
A06357	170	SHA	100 ways to happiness : a guide for busy people	23/03/2011
A06352	612.6	COL	Asking about sex & growing up : a question-and-answer book for kids	23/03/2011
A06303	305.2	DES	The courage to be yourself: true stories by teens about cliques, conflicts, and overcoming peer pressure	30/11/2010
A06304	305.2	GRU	The freedom writers diary: how a teacher and 150 teens used writing to change themselves and the world around them	30/11/2010
A06284	613.8	ROO	Why do people make and sell drugs?	04/11/2010
A06272	613.2	MOR	Do you know what's in your food?	20/10/2010
A06253	152.4	NAI	Beat stress! the exam handbook	23/08/2010
A06254	302.2	NAI	Body talk: the social survival handbook	23/08/2010
A06252	613	SAY	Too fat too thin? the healthy eating handbook	23/08/2010
A06205	302.3	GIF	Gangs	28/06/2010
A06213	362.2	AMO	Alex does drugs	28/06/2010
A06214	362.2	AMO	Jon drinks alcohol	28/06/2010
A06215	616.3	AMO	Jamal is overweight	28/06/2010

Po Leung Kuk Lo Kit Sing (1983) College
School Library
Recommended Booklist for Liberal Studies

A06200	306.8	LEV	Talk about family break-ups	23/06/2010
A06201	612.6	LEV	Talk about sex and puberty	23/06/2010
A06132	152.4	CUL	Be the boss of your pain: self-care for kids	15/06/2010
A06133	152.4	CUL	Be the boss of your stress: self-care for kids	15/06/2010
A06137	153.8	BAC	What do you really want?: how to set a goal and go for it!: a guide for teens	15/06/2010
A06136	158	COO	Speak up and get along!: learn the mighty might, thought chop, and more tools to make friends, stop teasing, and feel good about yourself	15/06/2010
A06127	158	ESP	Doing and being your best: the boundaries and expectations assets	15/06/2010
A06130	158	ESP	Proud to be you	15/06/2010
A06129	170	ESP	Making choices and making friends: the social competencies assets	15/06/2010
A06134	305.2	DES	The struggle to be strong: true stories by teens about overcoming tough times	15/06/2010
A06125	305.2	ESP	People who care about you: the support assets	15/06/2010
A06126	305.2	ESP	Helping out and staying safe: the empowerment assets	15/06/2010
A06128	371.3	ESP	Smart ways to spend your time: the constructive use of time assets	15/06/2010
A06135	395	PAC	How rude! the teenagers' guide to good manners, proper behavior, and not grossing people out	15/06/2010
A06131	646.7	BEN	What teens need to succeed: proven, practical ways to shape your own future	15/06/2010
A06105	323	DUC	Our rights: education	20/05/2010
A06106	323	DUC	Our rights: health	20/05/2010
A06109	323	EDW	Our rights: voice	20/05/2010
A06107	323	HAR	Our rights: home	20/05/2010
A06108	323	HAR	Our rights: safety	20/05/2010
A06103	155.4	GRE	What to do when good enough isn't good enough	19/05/2010
A06104	618.92	CRI	What to do when you're sad & lonely	19/05/2010
A06019	152.4	ESP	Jealousy	18/05/2010
A06021	152.4	HIP	Fighting invisible tigers: stress management for teens	18/05/2010
A06020	155.5	GRE	Loneliness	18/05/2010
A06009	158	MAC	Respect: a girl's guide to getting respect and dealing when your line is crossed	18/05/2010
A06010	170	DOA	Caring	18/05/2010
A06014	170	DYL	Respect	18/05/2010
A06012	303.3	HIR	Leadership	18/05/2010
A06011	303.6	DOA	Conflict resolution	18/05/2010
A06055	306.7	POL	Sex	18/05/2010

Po Leung Kuk Lo Kit Sing (1983) College
School Library
Recommended Booklist for Liberal Studies

A06013	320.5	DEF	Patriotism	18/05/2010
A05979	362.2	LOC	Ketamine: dangerous hallucinogen	18/05/2010
A06053	362.2	POL	Alcohol	18/05/2010
A06056	362.2	POL	Tobacco	18/05/2010
A06054	362.2	WAT	Drugs	18/05/2010
A06016	370.15	LAU	Trustworthiness	18/05/2010
A06017	370.15	OCO	Academic anxiety	18/05/2010
A06015	370.15	SED	Responsibility	18/05/2010
A06008	371.3	ROB	Making smart choices about time management	18/05/2010
A06057	371.4	PET	Positively me: a self-esteem programme for teachers and students book 1	18/05/2010
A06058	371.4	PET	Positively me: a self-esteem programme for teachers and students book 2	18/05/2010
A06093	613	CAR	Physical education self-management for healthy, active lifestyles	18/05/2010
A05985	613.8	WAL	Natural and everyday drugs: a false sense of security	18/05/2010
A06022	646.7	ESP	Life lists for teens: tips, steps, hints, and how-tos for growing up, getting along, learning, and having fun	18/05/2010
A05830	157	GRE	The blue day book	10/05/2010
A05827	170	NIV	100 simple secrets of happy people: what scientists have learned and how you can use it	10/05/2010
A05199	152.4	CUL	Be the boss of your stress: self-care for kids	04/02/2008
A05163	170	DOA	Caring	30/01/2008