



Professor Shui-fong Lam

Director

Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative

Faculty of Social Sciences

The University of Hong Kong

Biography

Professor Shui-fong Lam is the Director of the Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative (JC PandA) at the Faculty of Social Sciences, The University of Hong Kong. She received her Bachelor’s degree and Postgraduate Diploma in Education from The Chinese University of Hong Kong, Master’s degree (Counselling Psychology) from The University of Texas, and PhD in School Psychology from the University of Minnesota.

Professor Lam’s research interests include achievement motivation, teaching and learning strategies, parenting and parent education and positive psychology. Her work has appeared in journals such as *Social Development*, *British Journal of Educational Psychology*, *Mindfulness*, *School Psychology International*, *School Psychology Quarterly*, *International Journal of Psychology*. She has also written the guidebook *Mindfulness Culture in Schools* in collaboration with Educational Psychologists from the JC PandA project to share her precious experience with educators who aspire to promote the well-being of school community.

She was a recipient of the Outstanding Teaching Award from the HKU in 2012, the Outstanding International Scholar Award from the International School Psychology Association in 2015, and the Knowledge Exchange Award from the Faculty of Social Sciences at HKU in 2016.