

### **Sample 1**

Having studied in Ma Ko Pan Memorial College for 6 years, I have learnt a lot of knowledge by studying different subjects thoroughly. In my school life, I have not only enriched my knowledge but also developed various skills by participating in different activities. Most importantly, I have learnt how to be a responsible and caring leader

Thanks for the opportunities the school gave me, I have joined the Hong Kong Red Cross Youth Unit 227 since I was F1. Although the tasks in the team were tough, it was a meaningful and indispensable experience to me.

During the tour of my duty, I comprehend that 'no pain, no gain'. I always thought that it was enjoyable to become a leader since I could gain a sense of achievement. But it turned out that it could be painful. Studying was always my first priority and it required much effort. But the workload of a leader was quite heavy. For example, we had meetings twice or third a month. Before it, we had conference with leaders to arrange the meeting, Even harder, we had to handle paper work and inform members of some affairs by phone sometimes. It is well known that students need to face endless homework and tests everyday. At the same time, I had to use my spare time to handle those affairs. Honestly, it was so tough that I wanted to give up several times. However, I chose to insist because I understand it was my responsibility and I believed that I could insist and then succeed.

Moreover, for some friendship activities, other leaders and I would spend nearly a month for preparation. To our disappointment, by arranging these activities, we could not gain the affirmation from teachers, and the support from members. It really made me depressed and I lost the driving force to go on. Thanks to the encouragement from other leaders, we tried again and again. We tired to think of innovative ideas and spend more time perfecting our plan. Soon, we started gaining the appreciation from teachers and members. Therefore, I have been aware of the importance of determination. So far, determination has helped me overcome a lot of difficulties and arduous tasks. To sum up, these experiences change me into a determined and indomitable person.

In the team, I have developed my leadership and communication skill. In F2, I was chosen to be the leader of the team. Furthermore, I became the head leader in F4. Therefore, I had to accept heavy responsibility. I was shy and afraid to speak in front of people before. The experience of being a leader has changed me a lot. I had regular conferences with other leaders. I was responsible for guiding them to discuss the affairs of the team, the context and activity of the meetings and allocating work to them. After that, in the meeting and training with my members, I had to be in charge of it and lead different activities or games. Also, I had to give guidance and instruction to my members appropriately. Now, I am confident to guide my members and lead different activities. Also, I am able to express myself in public confidently.

In addition it is essential to communicate with others as a head leader. In our team, we always had friendship activities and training. It is impossible to organize the activity only by myself. Moreover, each leaders had different ideas and opinions so it was important for us to discuss rationally. Therefore, I have learnt how to listen to others, and then express my ideas so I could communicate well with others. Furthermore, I have realized that the most vital quality of a leader is humbleness. Although I was the head leader, I still had mistakes. Thus, I have learnt to listen to others' opinion and criticism humbly. Also, I couldn't be arrogant since

I was still learning and it was important to maintain harmonious relationship between members. As a result, these experiences have made me be humble.

Being a leader, I have been trained to be responsible. There were nine leaders in total. When one of our leaders committed a mistake, the whole team would be affected. Remember that when I was F2, one of our leaders forgot to prepare the training material. Our meeting was seriously disrupted. Other leaders had to devote extra effort to remedy for the mistake. Therefore, I understood that a leader should bear his/her own duty. Otherwise, it could cause horrible consequences. Furthermore, I was an academic ambassador in class from F1 to F4. I was responsible for recording the students who forgot to submit homework. If I failed to execute my duty responsibly, it would be unfair to other disciplined students. Since my role was important and I knew the teachers believed me and assigned the job to me, it forced me to become responsible.

Besides, I was not confident to accept responsibility before because I was worried about making mistakes. After taking on these duties, I understood that I could be competent. Also, the achievement of it help me build up confidence so I have courage to face new challenges now. In short, thanks to the duties taken, I am a confident person now.

Apart from participating in activities, I would try to do different volunteer services which turned me to be helpful. In the past, I knew that volunteering was meaningful, but I was not enthusiastic to sacrifice my time and vigor. However, after experiencing the satisfaction of volunteering, I am keen on helping the needy. Joining RC gave me a lot of opportunities to serve. For example, I always did first aid service in Sports Day and morning assembly. This gave me a chance to practise the skill I have learnt. My skill was extremely useful to the student who was injured or sick. Apart from that, I visited people who suffered from mental retardation. In fact, my power was limited. I could only gave them some gifts, talk to them and play with them. But I was quite surprised that my little contribution could make them smile from heart and say 'thank you' genuinely. From the experience of doing services, I realized that the power of a person is small. However, this power is very important to the people in need. Moreover, the satisfaction of helping the others is unique and invaluable. Therefore, I would like to be helpful and make a good use of my ability in order to contribute to the society.

Six years of campus life soon disappeared. All experiences in school have changed me a lot. The one who was shy, timid has disappeared. Now, I have become more determined, humble, responsible and helpful, which makes me more competent to face challenges and open a new page of my life.

## **Sample 2**

By making a sustained effort to learn, I have not only obtained knowledge in academic area but also built my personal characteristic. I cherish every opportunity to learn as I believe life experiences such as interpersonal skills, ability to deal with accidents, leadership skills are treasurable because those things can hardly be learnt from textbooks. Therefore, I made very endeavour to participate in different activities from various aspects.

To begin with, being a vigorous person allows me to acquire knowledge from different areas. Personally, I do believe that joining a wide range of activities is conducive to my whole-person development such as communication skills, which is very important in our daily life. Besides, I do not want to idle any of my precious away by wasting time on computer games or television. Therefore, I found lots of programmes held by universities. I joined the Crimson Summer Exchange Programme, organized by the University of Hong Kong, for two consecutive years and Summer Institute, held by the Chinese University of Hong Kong. As I needed to spend time with all the participants around the clock for two weeks, it allows me to realize the differences between every individual. We all have different values, opinions, dreams and so on. So, I know that we have to understand each of the group mates and roommates fully in order to deal with everyone peacefully. It is because applying the same attitude to every people can never build up a large social network. For example, having an energetic friend we cannot be silent all the time since they need a person who can play crazily with them. Meanwhile, when I was participating in the Winter Program for the Gifted & Talented 'Learning from Positive Psychology', organized by The Chinese University of Hong Kong Program for the Gifted and Talented Centre for University. I absorb the knowledge of psychology which I did not study in-depth before. During the program, I made very endeavour to gain more knowledge in this aspect. I learned how to live a mentally healthy life by doing regular exercise, relaxing exercise and so forth. Also, I was one of the participants of the Dentistry and Oral Health, held by the University of Hong Kong. From a week of program, I have learned more interpersonal skills and how to apply the skills that I have learned before. While, I have a deeper insight into the knowledge about dentistry as well. Undoubtedly, my initiation acquaints me with knowledge or communication skills that I cannot learn from schools or books.

In the second place, through the experience of being a leader, I realized that humility is of the essence to lead a team successfully. I was the chairperson of the Music Master Class, the vice-chairperson of the English Society and the head guidance prefect. Those experiences have taught me that a leader should be more practical than aesthetic because leaders cannot only be a commander but also use your hands to do every little thing. If we get to know how our team wrestles with the task more, we would know how they feel with it in order to adjust or improve their workload or their quality of work. I joined the PolyU Gifted Summer English Programme "English for Young Leaders", organized by the Hong Kong Polytechnic University. Through the two-week program, I was taught the characteristics that a good leader required and how companies work. I explored that being humble is prerequisite. We should never think that we could contend with obstacles by ourselves, as we are just human. We just have a brain. If we are humble enough to ask for our teams to help, maybe they can provide us with penetrating comments so that we are able to solve a problem. Therefore, we should never bemoan that we can't address difficulties efficiently if we believe that we can be able to deal with everything by ourselves. I deem that teamwork is key to success and a humble leader leads a better teamwork. So, my success can be ascribed to the hard work of my team because I treat them as friends. They feel comfortable to work with me but not under stress, which let them to finish tasks I assigned for them efficiently.

Moreover, during years of participating in various events, I fully understand the importance of conscientiousness. It is because opportunities will only be reserved to trustworthy people. Hence, I strive hard to fulfill every task or work that people assigned me to do. Once I promised that I would finish the task, I would definitely wrestle with it on time with quality. As I was the head guidance prefect, there were quite a lot of events that I need to organize. Via organizing these events, I fully understood each task cannot be procrastinated because if one step was delayed, the whole event would be messed up. So, it is all about conscientiousness. Once I promised that I would handle it, I would never hesitate to manage it on time. Meanwhile, I did lots of voluntary work, especially flag selling. I remember once I did the same thing but I was sick on that day. I got a fever and felt extremely dizzy. I told myself if you were still okay, you should not be absent. I could not let illness impeded me from fulfilling my responsibility. So, I went on to sell flag with a mask. When the bystanders saw that they came to me and donated money. More importantly, they told me to take care. My conscientiousness earned me great respect. When we were small, our teachers and parents always remind us to be a responsible person. But we would always forget about that because we did not understand if we were irresponsible, the aftermaths could be irreparable. Through the duties that I have, it always reminds me to be conscientious and become a responsible person.

To conclude, the things that learned during these years can hardly be counted. What I learned was not only knowledge but also becoming a better and unique person with good characteristics. I do hope all the things that I learn and my own personalities would help me to contribute the society in the future.

### **Sample 3**

In this day and age, the competitions among students are fiercer than any century in the past. I sincerely believe that an outstanding student should be all-round, he/she should not only own a good academic result, but also be a moral person. Moreover, he/she should gain life experience in different aspect so as to become a mature person who can contribute to the society, and own well developed leadership and interpersonal skills. Also, it is better to gain some work experience. I am striving to be an excellent student as I described. I am going to introduce some activities I joined or the posts I got which have facilitated my growth.

First of all, for the leadership, I am the chairman of the fine art club since I was form 2. Being the chairman was a tough job as I was young and inexperienced at that time. I had to put extra effort to prove I was able to lead the club. Fortunately, both members and the teachers witnessed my passion and ability, and they trusted me and willing to let me serve them as the chairman. This experience let me realize how to act as a leader. A chairman has to bear a lot of responsibility, and need to be accountable for the fault made by the members. Our club holds an art exhibition every years, I am the person in charge of it. I had to communicate with teachers and clarify the task I needed to accomplish. Also, I have developed plenty skills and put them into practice, and i have learned how to hold a function. I started to know what technical, interpersonal and conceptual skills are. They all helped me to accomplish the task of me in the fine art club. I have learnt plenty of leadership skills through this position.

Moreover, for work experience, I have worked as a tutor assistant in a tutorial school since I was form 5. That was a valuable working experience for me. In this job, I have to work under pressure. I need to mark the homework of the students and distribute them back before the students leave the tutorial school. Work with efficiency is essential as I need to accomplish the goal in limited time. Also, I obtain opportunities to do some administrative work which is a great chance for me to be more competent in the workplace. I needed to answer the phone calls from the parents of the students, prepare receipts of the tuition fee, and record the attendance of the attendance. Through the administrative work, I realize courtesy is crucial in the workplace. I have to be polite when I face my clients and colleagues, only through which can I obtain a good relationship with them. This job experience let me grow up and become more mature. I know I still have much to improve, and now I am striving for a better self.

For the interpersonal skills, I used to be the receptionist of a Mongolia exchange students group and a group of Thailand government officials. Mongolia exchange students could only speak Mongolian and English, so I needed to communicate with them in English. I gained a chance to put my knowledge into practice. English is not the mother language of us, either the student from Mongolia or I cannot speak native English. However, we can overcome this barrier and make friends with each other. It let me know the key factor of successful communication is not the nationality or the language that we use, but the attitude. Both the students from Mongolia and I were eager to talking with each other and we tried our best to talk in English. Lastly, we became friends. In the visit of Thailand government officials, I learnt how to get along with someone who had a high social status, they are not on the top on the hill, the manner of me to face them is neither overbearing nor self-effacing. I start to know what attitudes I should use when I am facing different people. My interpersonal skills have improved in these years.

In a nut shell, I have learnt a lot and obtained a lot of experience which helps me grow up and become a mature person. I would keep striving for a better self to make contribution and aspire to become a pillar of society.

#### **Sample 4**

Having studied in Ma Ko Pan Memorial College for 6 years, I have experienced a lot. These experiences truly enrich my life. In the school life, I have not only had a in-depth understanding of different subjects, but also, by participating in different activities, I have known more about how to communicate with others, I have known more about myself, and how to improve to become a better person in general.

When I was younger, I was quite passive and quiet in class that I did not join a lot of activities. But as I grow up, I know every one of the activities is the challenge for myself. They are very valuable. They can obviously enrich my experience, and unexpectedly, help me to find out those things that you are not really good at, and then you can improve yourself for the better. Throughout these 6 years of school life, I have caught as many opportunities as I can, in order to challenge myself. I joined the inter-class Chinese debate competition when I was form 4. Debating was absolutely not one of my strength. I joined it because there were not enough people in the team, but more importantly, I knew it would be a great challenge for me to speak in front of the public, which I was scared to do so. During the practice, I worked so hard to make sure my speech was fluent and convincing. Although we did not win at last, the hard work paid off, I was not nervous at the time I spoke, and my speech was fluent. After this, I have more confidence to speak in front of the audience. Also I knew that the fear could be overcome by the repeated practice. I can confront a lot of problem by this attitude.

Besides, I have joined many other activities not only in the academic aspect, but also outside the classroom. I was the chairperson of the charity bazaar when I was form 5 and the vice-chairperson of a candidate cabinet of the student union. They were huge challenges for me because I had never tried something like these before. Take the charity bazaar as an example, as a chairperson, I had to take care of everything. Manpower allocation, marketing strategy and are the things that I have never touched before. Though the process, I developed my leadership and communication skill, which I was not very good at before. With the help of the teacher, I accomplished the tasks with my classmates, and most importantly, I knew how to be a good leader. I will definitely enhance my leadership skill with what I have learned, in order to apply it in the workplace or other situation in the future.

The experiences above truly enriched my life. Probably not all the skills that I developed in the high school are useful in the learning or workplace in the future. However, I believe I am courageous enough to accept and face the challenges ahead with my positive attitude. I think it can definitely help my learning and career.

Since my primary school study, my classmates have always chosen to ask me to be the group leader of projects. I have learned to be responsible during all these years by being a group leader. Of course, most of the time, my group mates were very helpful and responsible. They were willing to follow the jobs allocation. I learned to be responsible for my parts and make sure all the things work together well. Nevertheless, inevitably, some of the group mates did not finish the tasks very well or were just not be able to accomplish their job. In this situation, I had to urge them to continue working or help them to do their job. It is because I understood, as a leader, I had to take care of everything or everyone on the group. In addition, I have to make sure the jobs got accomplished before the deadline no matter what. I find that once I start working, it is not easy for me to give up. No matter how much time I have to spend, I have to finish it as it is my responsibility. I find out this kind of attitude can be applied into every situation.

I can easily get along with other people. Besides, I am good at working with others. I am easy-going and friendly. I am good at accepting advice. I was the director of the inter-class drama competition when I was form

three. In the process of creating a drama, people always had different opinion and thought about it. As a director, of course I had my own thought about the drama. However, I understand this was a group work as well, individual opinions and ideas had to be respected. Therefore, instead of using my own opinion alone, I took the advice from others. Most of the crewmembers raised their distinctive ideas. We eventually created a good drama based on them. It was an incredible experience. Not only because I could join the whole process of creating a drama from nothing, but also I knew that I should respect other's opinion. They can really help us in working.

Six years of campus life soon disappeared, I am glad that I have learned a lot of things of it. Moreover, I am very grateful to have the teachers and students who are so kind and loving, in my life. We share laughter and tears together. Without them, my school life would not be the same. In addition, I also feel very happy to develop different skills, which are impossible to learn from books. It makes me more confident to face the future challenges.

### **Sample 5**

Having studied in Ma Ko Pan Memorial College for six years, I have earned a lot of experiences, no matter is it academic or non-academic. Through different activities, I have been cultivating different kinds of skills and attitude, which are essential to my future career. People might find it difficult to meet the challenges, but I am willing to take the challenge and I am confident I have the ability to fulfill the requirements.

I am a person with a caring attitude. In today's society, a lot of people craze for wealth and fame. As a result, the members of the society become indifferent and detached. However, I believe that people should have the compassion and empathy to help others. In these six years, I have volunteered to join a lot of charities, for example, the 5loaves2fishes back-to-school program, orphan sponsorship, flag selling, amblyopia centre visiting, etc. I think the most meaningful thing is the orphan sponsorship. I do that because I understand that a lot of people are living in a desperate plight. They do not have a chance to be educated, or even have a lack of clean water. I have the determination to donate money to help the people in need. Every year, I allot some of my red pocket money for charity. I want to try my own very best to help others. Besides that, I have also visited the amblyopia centre. Through this activity, I tried to find out what the people need, and I have tried to think of some suitable activities to cater to them. These experiences can give me a chance to physically meet the needy and foster my caring attitude. So I would love to serve others and dedicate myself to the society through my occupation in the future.

Besides that, I think that I am humble and patient enough to prepare myself for lifelong learning. Things in the society change every day. Having adequate knowledge and keeping abreast with the changes is vitally important. And I am sure that I can have the ability to meet this challenge. During these three years in NSS, I have tried different part-time jobs in order to widen my horizon. For example, being a tutor, a helper in a clinic, etc. It seems that these jobs are easy to handle, but indeed not. There are a lot of things to learn through these jobs, as I have no experience before. So I have to consult my colleagues or the bosses of the companies in order to carry out my duties efficiently and effectively. Being a tutor, I have to learn how to teach and other teaching techniques. On one occasion, one of my students was extremely rude. He was running around in the classroom and did not want to attend the class, and I did not really know how to handle it; on another occasion, I did not know how to start my lesson with a more interesting way. These are all my weaknesses and I should be humble enough to consult others' idea. Finally I did it. Also, when being a helper in a clinic, my job was mainly deal with the allocation of medicines. At the beginning, I found it complicated since there are a lot of different medicines in the clinic. Similarly, I have to consult others before I can handle it. It is fundamental to recognize not just our strengths but also our weaknesses and, of course, being patience is also important. Only by understanding my weaknesses and limitations patiently, I can have an open mind to listen to others, and to learn more to improve myself.

Moreover, I believe that I have good communication skills, which can help me to deal with others effectively and efficiently. For example, I know how to listen, how to counsel, how to comfort, how to discuss, etc. This is vital to my future career and education. Studying in the university, I have to interact with a lot of people through learning and daily communication, so communication is undoubtedly extremely important. In these six years, I have successfully bred this kind of characteristics too. Before I studied in Ma Ko Pan Memorial College, I was extraordinary timid to talk openly and loudly to others. Fortunately, my school has given me a lot of chance to talk more openly. I have been a master of ceremonies, a morning assembly

announcer, a president of the class association and the Science Club, and also a candidate running for the president of the student union, etc. These experiences have provided me a lot of opportunity to talk openly to all my fellow schoolmates and my group mates, and I can now be more articulate. Today, I am more confident to speak up. I am sure this ability is useful for my future education and career.

Of course, the knowing of how to relax is one of the skills everybody should have. This is because studying in university is not really simple. There should be a lot of pressure. I think it would be a pity if I cannot deal with it so as to affect my study and quality of work. Frankly, I have my own style to ease up on different things. For example, I know oil painting and I also play music. I have learnt oil painting for more than ten years already, and I have also got a lot of prizes on drawing. Moreover, I have joined the band Pegasus Vanguard for two years, playing trombone. Nevertheless, the most important thing is to know when and how to relax myself. I will not do nothing when pressure comes, but try to find out ways to relax myself first before dealing with it. In my leisure time, I draw and play music mostly. I believe that by doing so, it can improve my academic and working quality, which is also something I have to confront in the coming future.

I have already set a career goal to participate in a service industry that could help the needy. I believe that being a good student is more than just academic excellence. Having right attitude, character, commitment, demeanor and a caring attitude is more important. Should I be given the chance, I will certainly do my utmost to prove myself eligible and I have full confidence in fulfilling the requirements in any of the curricula on which I intend to enroll.

### **Sample 6**

There is an old saying says “He that travels far knows much”. Having studied in Ma Ko Pan Memorial College for 6 years, I got a lot of chances to apply this belief and I gained many unforgettable experiences and knowledge out of the books. In the process, I have learned how to communicate and work with the others, how to love and care for the people surrounding me, and many more than I expected. What I learned in these activities totally changed myself and brought me to meet different new aspects of myself.

I used to be an introverted person and I was really frightened to touch new things and communicate with the others. But luckily, Ma Ko Pan Memorial College provided me a lot of great opportunities to help me solve this problem from the root. For example, I joined The Girls’ Brigade as my uniform team in my junior form, and worked as a Guidance Prefect. Also participated in the annual flag-selling event of The Stewards, the charity bazaar in Form 5 and the visit to the elderly home. All of these activities helped me to touch and communicate with different people, no matter they are inside or outside the school, no matter what roles they have in the society. These experiences helped me to build confidence in dealing with people, also helped me to be more outgoing and be more active in my social circle. Moreover, I learned to be brave to try new things. I really treasure these experiences and I think those are really useful for my future in the society.

In my senior form, I had been studying Biology. Studying a Science subject was not as easy as I thought. Usually I needed to be very careful and investigative when doing experiments and SBA. But my old personalities limited my development in this aspect. Fortunately, my teacher provided two valuable experiences to lead me to a scientific life. The first one is The 45th Jointed School Science Exhibition while the second one is the Biology Olympiad. The former gave me and my group mates an opportunity to design a scientific set up to prevent disasters. In the process I learned designing skills and a lot of scientific knowledge. However, we faced different difficulties and we had to solve them out. I learned to be tough and never give up. This is very important in the spirit of science and I believe that it will be very useful for my future work in science. The latter enriched my knowledge in Biology. This is vital for the jobs and courses which I am interested in.

There is one thing that never changed when years go on. I am very careful and cautious. No matter in primary school or secondary school, I have been handling the work of checking and tidying when doing important projects. My teachers and my friends always say that I am so careful and responsible in doing everything so that they are confident that I can make things perfect. In my secondary school, I was the administrator of Chinese Club and Business Club. These positions gave me a sense of responsibility therefore I always deserve the best for my work and I don’t allow mistakes. On the other hand, I had been a Guidance Prefect and usually I needed to deal with Form 1 students to help them to release stress and solve problems by giving advice. Therefore, I need to be extremely careful about what I shared with them as it may affect them a lot. I am sure this experience will be an excellent guidance for my future.

Moreover, I had been participating in a lot of charity and volunteering events such as the annual flag-selling event, the walkathon, the charity bazaar and the visit to an elderly home. These activities were all memorable experiences for me to touch and understand more about different people in need in the society. We are all living in one global village and we ought to care more about the others and help them out when they are in need. Actually there are many people waiting for a helping hand from us. Although the things we do may not contribute a lot to them, having a kind and love-filling heart is much more important. One small step leads to

bigger steps. We can also encourage the others to join and help those needy. I understand that to give is more than to receive. From these activities, I have learned the most important thing in the world, love.

These activities in my school life changed me completely, although they are not a thing in the others' eyes. Time goes by, the 6 years of campus life is going to disappear. I want to thank my school for providing me so many opportunities to participate in different activities and services. I learned more than only studying books. I am confident that these things would be useful for me to deal with different challenges in the future.

### **Sample 7**

As there is no 'take two' in one's life, I always believe cherishing and enjoying one's short and unpredictable life are of utmost importance. What I have experienced during my secondary school days strengthens my faith in helping others to improve their quality of living.

Willing to help is the prerequisite to fulfilling my dream. Physically or mentally speaking, nobody is perfect. So everyone needs a helping hand at times. To illustrate, whenever an absent classmate asks me about the content of the missed lesson, I try my best to explain what had been taught in detail so that he can catch up with next lessons with ease. Besides, I provided guidance and advice to Form three mentees on elective subjects selection twice. Apart from answering their questions, I even worked out a table, showing the pros and cons as well as the university admission requirements, of specific subjects based on my past experience and knowledge. I believe the more information I provide, the better decision they can make. Outside the school, I joined a speech therapy group as a volunteer to encourage children to express their views in complete sentences. After a series of training sections, they regained confidence in speaking.

Another vital character of pursuing my dream is to cooperate with people well. Though I am not an outgoing person, I get along with others well. I joined and organized social services for several times, so my collaborative experience was enriched. Take the latest one as an example. Half of the service committee members are from my division and half from another in St. John Ambulance. We have to plan 3 day's activities for the mentally handicapped from scratch within a month. Bravely, I first broke the ice and managed to give suggestions in a polite and humble way. But soon, I came across an argument. I proposed a mini basketball shooting game as it can provide exercises for those who live in the centre all day long. Another, who greatly concerns safety, insisted to have 'musical balloon'. At that moment, nothing is better than a mutual compromise. We finally ceased fire and combined our ideas and came up with 'musical basketball'.

On top of those traits, I have also developed my own set of communication skills by joining guidance prefect and St. John Ambulance. I have got trainings on speaking strategies with Junior Form students and carried out practices through regular chat rooms. The topics can be academic studies or peer and parental pressure, the thing to do is providing suggestions to relieve stress. On the other hand, as a senior member in St. John Ambulance, I have to talk to members at different rankings, like reporting details of trainings on First Aid to the captain and giving instructions to the cadets. As the saying goes, practice makes perfect. I can now speak to everyone confidently and fluently, since I get the key, which is being patient, respectful and empathetic, after a large number of trails.

It is also equally crucial to obtain problem solving skills. Among past experiences, the visit the elderly home is the one I treasure most. Despite the preview and site-visit sessions, there are still unanticipated variables, such as physical or emotional conditions of participants and imperfect facilities, when the programme actually runs. As the organizer, I had to react immediately to ease the embarrassing atmosphere as well as to prepare materials for replacement promptly. With slap-up problem solving skills, I will not be afraid of making any contingency plans.

Indeed, having a heart of gold requires my dedication and some sacrifice, but this just proves how meaningful helping other is, and this will never scare me from pursuing my lifelong mission.

### **Sample 8**

I first started reading newspaper when I was in Primary Four. Then, I read newspaper every day. I am curious about things happening in the society, wondering how society and its issues are formed. I am also interested in looking into the smallest unit of a society -- a person, or, a human. Being a New Senior Secondary student, I carried out my Independent Enquiry Study on the conservation project of a historical building in Tai O, a unique fishing village in Hong Kong. I was in pursuit of finding the relationship about the conservation project and the local society, economy and the ties between residents and their families. I did enjoy talking with the residents there and knowing their lifestyle, history and stories related to the historical building.

I loves quiet reflection times. In my busy life as a student, I struggle to make time to think about my life and goals. My liberal Study teacher told me that I have the capability to think differently and provide new and special points. Besides that, my experience in being a member of the Student Union reminds me the importance of communication. I had been a bit proud about my being a quiet thinker, who provide different aspect of thoughts, but when I cooperated with other members of the student union, I found the infinite possibility of communication. I found that a person can never replace others as they can provide new points that I have never thought of. I am now learning to be humble and take the initiative to learn from others, especially my teachers.

I was also the chairperson of the school prefect team. At the post, I am able to think differently from my friends and understand the principle and motivation of some policy of the school. In a meeting with senior staff of our school, the student union members had debate with our teachers. I was listening and thinking. I discovered that the conflicts come from different goals of students and teachers, while the different goals come from their role, age and background. Thus, I started some work to build a bridge between them, rather than make effort to make them to have a common goal. I had some ideas of a communication board. Though I did not complete the work, I passed my ideas to the new student union. I enjoy understanding different people's view and also link them together. I think breaking the wall between people is a meaningful and wonderful job.

I am looking forward to study at a university. I want to explore knowledge and study my loved subjects. I also want to be wise, such as learning how to use my knowledge in everyday life. I want to learn coping with others, especially living in a hall. I want to learn how to learn, so that I can learn and reflect in my whole life. I hope that I can be one of the candidates you find suitable for your university.