

## **Expressions for Additional Information for JUPAS application (for reference only)**

### **Opening:**

- From an early age I have been fascinated by the workings of life. The human body is a remarkable machine with many diverse systems producing an organism that could never be artificially reproduced. My love of science is just one of my reasons for choosing medicine. I enjoy a challenge particularly towards a rewarding objective and although medicine is a tough career it can be enormously gratifying, highlighted by the doctors I have spoken to during my experience and on a personal level.
- I have always had a great interest in Science and Mathematics because of the impacts that both of these have on our daily lives. I have become fascinated by Pharmacy as a career because it brings together Chemistry and Maths and directly effects on the lives of people in the community.
- I relish the opportunity to commence my career as a doctor by studying Medicine at university and very much look forward to the academic and emotional challenges it will present.
- In the last six years, I have strived for my best to have my dreams come true and prepare myself to become a university student.

### **Study/Careers aspiration/goals:**

- Through research and in-depth study, I hope that I can contribute to the creation of a better environment for us.
- I aspire to explore the world of knowledge at the university
- I started to believe that science is different from other subjects such as Chinese and English. It trains our logical and critical thinking and it gives us some reasons to understand all the phenomena about nature. Science is the most challenging subject that I have ever learnt. As a student of Chemistry and Biology, I hope I can use the knowledge I have learnt to discover more and more wonderful theories and rare species of animals or plants so as to help our society have more improvement and understanding about nature.
- Improvements in biology or chemistry raise society's living standard. My mission is to help to protect the natural environment so as to keep the ecosystem well and protect wildlife.
- I realize that having a good attitude is the main factor in reaching success. My attitude towards science will be one of the driving forces for me to attain a higher level in science and make more improvements for society and nature.
- I have a strong passion for jobs related to finance. I wish to work in an investment bank or commercial bank.
- Working in a field that is related to commerce, I can....
- I started to gain interest in the arts stream.
- In my secondary education, I have been striving persistently to explore fields related to art and to communication and to equip myself for the profession through academic and non-academic involvement.

- My enthusiasm for Art and Design turned out to be the driving force to take an Applied Learning Course in Fashion Design organized by a tertiary institute.
- I was able to equip myself with the necessary knowledge and skills and to develop a positive attitude towards the industry.

**Personal rewards:**

- I have devoted myself to serving the needy and the poor in my secondary school life. One of the most rewarding experiences is ...
- Being inspired by two important persons in my secondary school life, I am determined to study in areas to work for and with people.
- I have set a career goal to participate in a service industry that could benefit the needy. Whatever position I have in future, I have decided to try my best to love and serve the community to make us live in a better world.
- I also serve as a big sister in teaching the junior form students and serving in a voluntary group which taught me to be patient.
- I gained some precious experience in developing responsibility, communication skills and creativity.
- As a school volleyball team member, I have been trained to have leadership, confidence and patience, because by lacking either one of these qualities you may lose the match.
- It was an unforgettable experience which widened my horizon and allowed me to apply the various skills I have learnt.
- Working closely with my volunteer group partners has assured me that patience, trust and humility are qualities we should have when serving others.
- I enjoy meeting different people.
- Throughout the years of my social service to different groups of people, I have become more sociable and acquired better interpersonal and communication skills.
- I have grown to be more mature in dealing with individuals and also in working with a team.

**Interest/hobbies/ECAs:**

- I am interested in ...
- Photo-taking is my favourite hobby.
- I enjoy reading different sorts of books which help broaden my horizons and enrich my mind.
- To strike a balance between work and play, I have developed various interests.
- I like playing chess which helped me to develop a logical mind.
- I will definitely seize the opportunity to take part in different extra-curricular activities so as to learn outside the classroom.
- I participated in voluntary work.
- I am thankful to have had ample opportunity to develop various kinds of interests and hobbies when I was young.
- Over the past few years, I have participated in a broad range of activities and taken an active role in completing every task.
- I have also joined various kinds of activities, both indoors and outdoors, to enrich myself.

Through outdoor activities, I ... Concerning the indoor activities, I...

- My OLEs have influenced me in many ways which are conducive to my whole-person development.
- I am particularly keen on ...

**Personality/ gains/learning from various experience:**

- I love raising questions.
- Being a member of the Chinese Debating Team, I have learnt how to...
- More importantly, I have been trained to think systemically and respond logically.
- I am sure all these experiences will be very helpful for being a Social Science student.
- As a sociable and active student, I enjoy dealing with people.
- Being elected by my schoolmates as a member of the Student Union, and taking on the role of External Vice Chairperson, I have been given many chances to get to know different people.
- I have also learnt how to cooperate with others.
- I have developed a curiosity about things and public issues happening around me.
- With all these activities I have participated in, I am now becoming more independent and mature. I am able to make decisions at a critical time and work effectively. Moreover, I have acquired valuable leadership skills which will surely help me in the future.
- It gives me a sense of satisfaction.
- My work was highly appreciated by the teacher.
- The experience has fuelled my determination to study Biology-related disciplines in my tertiary education.
- From all the above competitions, I have acquired responsibility, leadership skills, learnt to solve problems with a clear mind and learnt how to operate with others well and have sportsmanship also. These have improved my confidence.
- I am a self-motivated person.
- I always take the initiative in learning new things.
- They help to develop a critical mind and analytical skills.
- I am also enthusiastic about helping people.
- I love doing voluntary work.
- Through the activities, I became more patient and responsible.
- Being in charge of the Current Affairs Club, I acquired important skills in organizing activities. I also gained much valuable experience in dealing with adversities and making decisions.
- As the Secretary of the Odyssey of Mind Club, I learnt how to work as a team and communicate with others to solve problems.
- Taking part in the Hong Kong Schools Music Festival equipped me with more confidence.
- In the past three years of NSS study, I have been trained to have an analytical and logical mind through science subjects.
- Through vigorous discussion, my critical thinking, leadership and communication skills have been polished and utilized.
- This has proved that I am a self-motivated student who revels in a sense of curiosity.
- Through joining training courses such as expeditions and camping, I was required to exert myself

to accomplish different tasks. I have acquired independence, communication and networking skills.

- These are invaluable experiences for me as they all have enhanced my personal growth and self-understanding.
- Participating in the band in BGCA has been a turning point in my life.
- Not only did I have a chance to learn music, but I was also trained to be persevering and confident.

### **Being a team player:**

- Elected to be the Internal Vice-president of the Student Association, I needed to perform well under pressure both as a team player and a team leader and to organize different sorts of student activities, which have undoubtedly enhanced my leadership, critical thinking and life-long learning skills.
- Being in the team taught me how to cooperate with different people and how to combine different ideas.
- Being in the team made me learn more about myself. A team needs division of labour as everyone has his/her own skills, his/her own knowledge. By dividing the work, the team can work better and have more efficiency.
- When I worked with my teammates, I discovered my strengths. I have strong analytical skills, good presentation skills and a lot of background knowledge in different areas.
- Being in the team allowed me to learn some important values.
- Being a team member, I acquired a lot of different knowledge.
- Since Form 2, I have been in the robotics team of my school. After 5 years of being a team member, I learnt a lot of things. The team built my personality and let me understand myself.

### **Duties/responsibilities:**

- As a committee member of the Academic Leaders, I was responsible to help....
- Being the Vice House Captain, I needed to coordinate and motivate more than 200 students in our house to take part in various inter-house activities.
- The experience enriched my learning and exerted a positive impact on my study.

### **Closing:**

- I realize I still have so much to learn and discover and I believe that an undergraduate course in History of Art presents me with the perfect opportunity to achieve my goals.
- I very much look forward to exploring the new ideas of University level Mathematics, and playing a full part in University life.
- I am a self motivated, determined individual and I look forward to the social and academic challenges of university. I am aware of the demands of a medical career but my commitment and desire to become a doctor has only been strengthened through my experience and work in a voluntary capacity.
- I hope this presents to you a well-rounded student, equipped with the skills necessary to succeed at university. I look forward to being introduced to new academic and social challenges.
- At University, I would like to contribute to university life, as this will be a new experience and I

will look forward to meeting new people. I am a reliable, determined and enthusiastic person who will relish the opportunity to study pharmacy if I am given the opportunity.

- I am looking forward to experiencing university life - it will not only give me the academic grounds to get into careers like actuarial science, research and commerce, but the social experience in itself is something to look forward to.
- I have experienced a rewarding secondary school life and am looking forward to new challenges at university.
- I believe that university education is not just about job training. It also helps us to develop our intellectual ability and expand our knowledge base. I hope that I can be one of the candidates you find suitable for your university.
- I believe that your programme provides what I need to pursue my career and to contribute to society. I will cherish the opportunity of getting a tertiary education and participating fully in university life.
- I am sure that the attributes of a sense of responsibility, willingness to collaborate with people, and perseverance have laid a solid foundation for my pursuit in furthering my studies and career aspirations. I am looking forward to a new journey.
- Should I be given the chance, I will certainly endeavour to prove my eligibility in tertiary education.
- I hope all this evidence can prove my capability and enthusiasm for my further studies in the tertiary education.
- Last but not least, I believe the character traits I mentioned above can prove that I am a suitable candidate to be admitted to university and can have the ability to realize my dream.

### Possible phrases:

1. General academic Ability (e.g. power of analysis – the ability to handle information and knowledge)
2. Special skills/abilities (specific strength, special talents – include artistic, design and musical talents)

an analytical mind	excited by ideas	an inquiring mind
intellectual curiosity	think in depth and with perspective	logical
imaginative	has sound judgement	creative
original in ideas	critical in thinking	

3. Language proficiency (strength in written and oral expression; ability to articulate concepts and ideas; have you been called upon to be the MC for school functions?)

articulate	expressive	Speaks with confidence/clarity
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4. Attitude towards work (Have you put in consistent effort?)

enthusiastic	interested	keen on
very committed	dedicated	earnest

Independent worker	industrious	diligent
conscientious	studious	very disciplined in approach to studies
volunteer opinions	determined	willing to share ideas
persevering	efficient	systematic
organised	exhaustive/ thorough in research	

5. Extra-Curricular Activities:

- a) Participation and personal development (highlight your participation in the life of the school and link participation with some aspect of personal development; In what way have you developed personally from being involved in your choice of ECA or activity?; How did you discharge your duties? Do you have team spirit?)

showed care and concern for the less-privileged through active participation in community service projects organized by...
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- b) Contribution to the school (you can also your leadership qualities)

My fellow students showed their trust and confidence in me by electing me as Chairman of ____ Club.
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6. Personal attributes (show positive aspects of your personality and character in terms of your overall behavior, your relationship with your peers and teachers, your treatment of people in general; do not just list the personality. Cite specific incidents to support your points)

mature	serious-minded	patient, tolerant
trustworthy	has moral strength /courage	independent
has initiative/drive	able to lead	decisive
dependable	reliable	responsible
efficient	able to deal with pressure and uncertainties calmly	
able to cope with difficult situations	remains calm even under pressure	
high level of discipline	show capacity to innovate	open-minded
committed	very determined	single-minded
has sound judgement	rational	considerate
thoughtful	co-operative	helpful
willing to volunteer	Sensitive to the needs /feelings of others	amiable
patient with detail	adaptable	outgoing
sociable		

7. Outstanding achievements and special awards (Have you won prizes for any writing, speech, art, design, music, etc competitions?)