

「個人自述」文章

簡介會

SLP (學生學習概覽)

- ▶ 這是學校為了配合新高中學制 (OLE, Other Learning Experiences) 而設的文件。
- ▶ **內容**：包含你在高中三年內的校內成績、參與過的課外活動 (德育及公民教育、社會服務、體育、藝術等)、校內外獎項，以及你的「學生自述」(Self-account)
- ▶ **呈交**：學校會整理好一份 PDF 檔，由你檢查無誤後，經學校直接上載或由你在 JUPAS 系統上載

OEA (比賽 / 活動的經驗及成就)

- ▶ 這是 JUPAS 申請表中最重要的一部分，是你直接與大學教授溝通的機會。
- 內容：
 - **10 項活動/獎項**：你必須從三年的經歷中，**精選**出最厲害、最相關的 10 項填入去。
 - **個人自述**：你要用文字去講述你的故事、熱誠以及為何你想讀該學科。
- ▶ 你需要親自在 JUPAS 帳戶的 OEA 內逐項輸入資料，及在**附加資料**部分需撰寫**不多於 500 字**「**個人自述**」**文章**。

- School Profile**
- Student Info Management**
- Maintain Students' List
- Alternative Qualification(s) in Chinese Language (ACL)
- School Principal's Nominations (SPN)
- School Reference Report (SRR) (Batch Upload)
- Verify Supporting Document
- Other Experiences and Achievements in Competitions / Activities (OEA)
- Mismatched Data
- My Account**
- Help**
- Download Area**
- My Declaration**
- Contact Us**

Application No.: [Redacted]

Admissions Exercise: 2020 JUPAS Admission

[Personal Information](#)
[OEA](#)
[SLP](#)
[Other Academic Results \(Language Subjects\)](#)
[Music Qualifications](#)
[Prior Education](#)

[Alternative Qualification\(s\) in Chinese Language \(ACL\)](#)
[Disability](#)
[School Principal's Nominations \(SPN\)](#)
[School Reference Report \(SRR\)](#)

點擊 OEA

Other Experiences and Achievements in Competitions / Activities (OEA)

OEA Awards / Activities

Award / Activity Name : Club / Society / Inter-class / Inter-house / Inter-school / School Activity / Competition / Service / Team – Head Prefect 學會 / 班際 / 社際 / 校際 / 學校活動、比賽、服務及隊伍 – 領袖生員 (Community / School Services (Generic - Student Ambassador))

Category : Community / School Services	Role : Chairperson / Judge / Leader / Referee / Trainer
Activity Nature : Student Ambassador	Year (From / To) : 2018 - 2019
Award Bearing : No	Award Type : No Award

Description of the Award / Activity : I really appreciate that I can take up this important post ,and I have learnt a lot of things ,for example ,communication skill , leadership skill and sense of responsibility.

Award / Activity Name : Club / Society / Inter-class / Inter-house / Inter-school / School Activity / Competition / Service / Team – School Choir 學會 / 班際 / 社際 / 校際 / 學校活動、比賽、服務及隊伍 – 學校合唱團 (Art, Music and other Cultural Development (Generic - Student Ambassador))

Category : Art, Music and other Cultural Development	Role : Chairperson / Judge / Leader / Referee / Trainer
Activity Nature : Student Ambassador	Year (From / To) : 2014 - 2019
Award Bearing : No	Award Type : No Award

Description of the Award / Activity : I have been the pianist of our school choir for 5 years . We have participated in many different competitions and performances ,so I have gained a lot of experience .I was also the chairlady in Form Four.

Award / Activity Name : Future Leaders Award 明日領袖獎

Category : Leadership Training	Role : Athlete / Member / Participant / Performer
Activity Nature : Competition / Contest / Match / Tournament	Year (From / To) : 2018 - 2018
Award Bearing : Yes	Award Type : No Award

Description of the Award / Activity : 此獎項是藉以培育及啟發青年領袖才能，並表揚學界中的青年領袖。

在OEA版面下半部：Additional Information 輸入自述文章

Additional Information

I am a music enthusiast . I love playing the piano and violin as it makes me feel relaxed. That is why I want to study Music at the university. I am patient and focused because of my passion in music. Also, I am good at socializing. I think all of these traits can help me become a music teacher.

After I entered secondary school, my teacher asked me if I wanted to be the pianist of the school choir. I have learnt the structure, operation and some piano skills through these six years. The most important thing I have learnt here is responsibility while trying my best to join each choir practice. I realized that I love music since I was in Form Three, so I started learning violin at that time. I won the First Runner-up of the 6 th Hong Kong International Music Festival 2019 Music Competition Adult Piano.

I understand that acquiring music skills is not the only thing that a teacher needs. So I start focusing in my studies, using the patience and the concentration that I have learnt from playing the piano in studying. I won the Youth Arch Student Improvement Award (2016-17).

Leadership is also one of the characteristics of teachers, because they need to lead students to walk on the right path. I was the choir chairlady when I was in Form Four. I led all choir members to participate in different competitions and shows. I was also the head prefect when I was in Form Five. It trained my leadership and made me realize that I could be a good leader. I love communicating with other prefects and be friends with them. I received an award of the Toypa 2018 Future Leader.

The last important thing that being a teacher needs is the will to sacrifice , because teachers always need to spend quality time with students. I have done many things for my school through these six years and I am really enjoying it. My service hours exceeded 200 hours when I was in Form Four.

If I can get into the university, I think it's the best way for me to learn music, because there are many different topics of music, chances of joining exchange programmes and performances. All of these experiences can help me to have a deeper knowledge and understanding of music , and prepare myself well for the career as a piano teacher.

SLP報告

- ▶ 在e-class內的SLP報告中需撰寫不多於1000字「學生自述」文章

學生學習概覽 Student Learning Profile

發出日期 Date of Issue:

學生資料 Student Particulars	
學生姓名 Student Name: 	性別 Gender: 女 F
出生日期 DOB:	
學校名稱 Name of Educational Institution: Precious Blood Secondary School 寶血女子中學	
學校地址 School Address: 柴灣新廈街338號	
學校電話 School Phone: 25704172	

校內高中學科成績 Academic Performance in School at Senior Secondary Level						
	2019-2020 S6		2018-2019 S5		2017-2018 S4	
科目 Subject	滿分 Full Mark	校內表現 Mark/Performance in School	滿分 Full Mark	校內表現 Mark/Performance in School	滿分 Full Mark	校內表現 Mark/Performance in School
中國語文	--		--		200	
英國語文	--		--		200	
數學	--		--		100	
通識教育	--		--		100	
經濟	--		--		100	
地理	--		--		100	
倫理與宗教	--		--		A	
音樂	--		--		--	
體育/體育發展	--		--		A	
藝術發展	--		--		A	

其他學習經歷 Other Learning Experiences					
其他學習經歷的有關資料，須由學校確認。其他學習經歷可透過由學校舉辦或學校與校外機構合辦的學習活動獲得，包括在上課時間表以內及/或以外的學習時間進行的有關學習經歷。除核心及選修科目外，在高中學習階段的其他學習經歷，尚包括德育及公民教育、藝術發展、體育發展、社會服務及與工作有關的經驗。 Information about Other Learning Experiences must be validated by the school. Other Learning Experiences can be achieved through programmes organised by the school or co-organised by the school with outside organisations. They may include learning experiences implemented during time-tabled and/or non-time-tabled learning time. Apart from core and elective subjects, Other Learning Experiences that the student participates in during his/her senior secondary education include Moral and Civic Education, Aesthetic Development, Physical Development, Community Service and Career-related Experiences.					
活動項目(及簡介) Programmes (with description)	學年 School Year	參與角色 Role of Participation	合辦機構(如有) Partner Organizations (if any)	其他學習經歷範疇 Components of OLE	獎項 / 證書文憑 / 成就* (如有) Awards / Certifications / Achievements* (if any)
參觀香港航空	2018-2019	參與者	聖雅各	與工作有關的經驗	--
第六屆香港國際音樂節2019藝韻盃	2018-2019	參與者/會員/表演者/ 運動員	--	德育及公民教育	第一名
--					

在e-class內的SLP (學生學習概覽) 報告中的學生自述



學生自述 (可選擇填寫)

Student's 'Self-Account' (Optional)

學生可於此欄分享其高中學習生活及個人發展之得著或提供額外資料，好讓其他人仕(例如各大專院校及未來僱主等)作參考之用。為提供更全面的內容，學生可考慮提及於高中前所獲得的重要成就。

In this part, student could provide additional information to highlight any aspects of his/her learning life and personal development during the senior secondary education for readers' (e.g. tertiary institutions, future employers) references. In order to give a fuller picture to the readers, student could consider to provide information about their key achievements before the period of senior secondary

從小到大，我接觸得最多的除了家人便是老師了，老師們的悉心教導除了令我的知識有所增長，也令我領悟到很多人生道理。因此我希望自己能成為這種「傳道、授業、解惑」的老師。

踏上中學後，我被老師提拔為合唱團的鋼琴伴奏。在這五年間，我知道了合唱團的結構、運作，還有一些彈奏技巧，更重要的是我在這裏學會了要做一個有責任心的人，後來我也漸漸喜歡上音樂，在中三時開始學習小提琴，並在第六屆香港國際音樂節二零一九年藝韻盃鋼琴青年組中榮獲第二名。

我明白作為一位音樂老師學業也很重要。因此我專注於學習，把從音樂中學會的堅毅、上進心用在學習上，令自己的成績不斷提升，在二零一七年時獲得青苗學界進步獎。

領導才能也是其中一個很重要的因素，作為老師，應領導學生走向正確的道路。在中四時，我作為合唱團團長帶領團員進行不同的比賽、表演。而在中五時我有幸成為領袖生組長，帶領一眾領袖生執行校規，在過程中也與組員培養了深厚的感情和默契。

最後，我在在校期間為學校貢獻良多，小至科長，大至領袖生組長。其中一年的服務時數甚至超過二百小時。我相信這種無私奉獻的精神也是成為老師的必要條件。

「傳道、授業、解惑」對學生的影響重大，因此我立志成為一位老師，並將自己所喜愛的音樂融入教育，引導學生走向正確的人生道路，為社會作出貢獻。

完
End

特徵	SLP (Student Learning Profile)	OEA (Other Experiences and Achievements)
中文名稱	學生學習概覽	比賽 / 活動的經驗及成就
性質	一份文件 (PDF)	網上表格 (JUPAS 系統內填寫)
內容來源	由學校根據校內紀錄整理及發出	由學生自己篩選及撰寫
數量限制	沒有限制 (記錄所有 OLE 及獎項)	最多 10 項 獎項 / 活動 + 500字自述
主要用途	作為證明文件，供大學核實你的經歷	爭取面試機會、面試時的話題重點

A. 內容部份

- ▶ 已回應大學/院校設定的特定問題
- ▶ 只陳述你自己
- ▶ 每項陳述均具有例子和佐證
- ▶ 所有例子均屬於你個人的和具體的
- ▶ 可給予別人清晰形象，並能讓別人了解你過往的努力
- ▶ 展示你對你期望入讀的大學/學院/學系有一定程度的了解

B. 文章結構

- ▶ 每一段落(包括引言部份)均具有清晰的主題
 - ▶ 每項/主題均具有最少一項例證
 - ▶ 文章主體的每一段落的長度相近
- 

C. 表達手法

- ▶ 不要矯揉造作
- ▶ 以正面、樂觀和充滿能量的寫作法
- ▶ 不要為自己的失敗和挑戰找借口
- ▶ 文句要有變化，不要千篇一律
- ▶ 要用主動式詞句寫作 (英文則盡量用主動式，避免用被動式詞句寫作)
- ▶ 不要濫用形容詞

C. 表達手法

- ▶ 運用不同的詞彙寫作 (但不要賣弄)
- ▶ 不要用簡稱描述你的活動 / 職位 / 成就等，須準確陳述
- ▶ 當你閱讀你的個人陳述時也感到興趣
- ▶ 文章最後一句須要給人有一種已完全的感覺
- ▶ 檢核文法和串字 / 正字

「個人自述」文章樣本

- ▶ 香港輔導教師協會提供
- ▶ 本校師姐提供

校方的安排

- ▶ 中英科會安排課堂指導同學撰寫並批改

▶ 同學請認真撰寫並按老師之要求準時呈交。