

My Learning Profile

I enjoy studying in Jockey Club Government Secondary School. I want to be an all-round student to prepare myself for a range of options in the future. In school, apart from studying for public examinations, I am enthusiastic in a wide range of different activities including sports, academic clubs and the Speech Festival. I am interested in science and aspire to be a nutritionist in the future.

In sports activities, I have been a member of the school table-tennis team. I have joined a lot of inter-school table-tennis competitions. This is the only sport that I specialise in. This sport emphasizes the individual condition and state of mind. These are the main elements of success for competition. If you are emotional, you will definitely lose the competition. This activity helps me to learn how to control my own emotions and not to be too excited or depressed during a competition. However, controlling the state of mind is not simply for winning competitions. We might face many more challenges while we are working. If we feel depressed all the time, challenges will not be overcome. I treasure the chance to participate in those competitions.

In addition, I have joined the English Speech Festival every year since Primary Three. During the competition, you need to stand in front of the adjudicator and the audience. Participating in this kind of competition has helped me become more confident. Without any confidence, you will not be successful in your career.

In other extra-curricular activities, I am the Chairperson of the English Club and a member of the Chinese Club and the Music Club. As the Chairperson of the English Club, my responsibilities are organizing various activities for my schoolmates. Moreover, being a member of the Chinese Club and the Music Club, I always try my best to help and participate in the activities organized.

When organizing activities for the clubs, I need to work with other club members. We share many different ideas to reach an agreement. If we only cared about ourselves, we wouldn't come up with any decisions. This experience helps me to realise how important it is to work as a team.

The skills that I have learned from managing different activities are all valuable. They will help me advance to a prospective future.

I am hard-working and helpful. I am also active and eager to learn. Becoming a nutritionist is my ambition because I think it is most important to be a healthy person. A

doctor cures people when they fall ill and a nurse takes care of the patients. I think a modern advanced society needs nutritionists who advise people on how and what to eat to prevent themselves from falling ill. As we all know, prevention is always better than cure. Fortunately, Hong Kong is one of the healthiest cities. The average life expectancy of Hong Kong females and males ranks amongst the highest in the world. Yet, Hong Kong is also facing the problem of an aging population. Therefore, I aspire to pursue a degree in nutrition and food science after finishing my secondary schooling to help people stay healthy and raise the level of awareness in nutrition. To prepare for this course, I need to organise my learning properly and keep searching and reading information on science and nutrition.

Poon Kwok Cheong, S6B (16)
(552 words)

24.9.2012