

## Outstanding Student, Faculty of Health and Social Sciences 2019

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It is truly my honour to be selected as the Outstanding Student of Faculty of Health and Social Sciences. I would like to take this opportunity to share some of my experiences during my study at PolyU.

Throughout these five years, I have encountered numerous opportunities to develop my talents and interests. The local and outbound vision screenings gave me chances to participate in social services that allowed me to contribute to the society using my knowledge. Picking up roles in the Softball Club committee allowed me to learn how to work with others in an efficient manner. My exchange programme to Australia last summer also broadened my horizon and brought me valuable memories.

### Helping our Society – Local and Global

I participated in local vision screenings organized by the School of Optometry in community centers and schools at first, then organized our own vision screening with my classmates afterwards. We provided eye checks for clients of different ages, including kindergarteners, the elderly and people with physical and mental disabilities. I learned to be flexible and be prepared whenever unexpected events happen. A backup plan or a pair of extra helping hands can ensure the event to run smoothly. Through interacting with different clients, I realized the importance of vision screening to the needy and its value in community healthcare in Hong Kong.

I also participated in outbound vision screening trips to Kyrgyzstan and Cambodia since I wanted to help others while promoting eye care worldwide. Those were unforgettable experiences. Since the locals lacked basic eyecare facilities, so our on-site screenings might be the only chance for the locals to have their eyes checked in their lifetimes. I was glad that we helped discover some clients suffering from certain eye conditions, and we arranged appropriate medical care accordingly. The process of doing eye checks was challenging, but the hard work paid off as the clients left the screening station with smiles and satisfaction. Moreover, I intend to continue to engage in volunteer works even after employment.



### Having Fun at School - Teamwork and Duty

Apart from voluntary services, I also engaged in various extracurricular activities. I took up the duties as the Financial Secretary of the 23rd Red Castle Softball Club since I wanted to have a taste of running a club with a team during my university life. I was responsible for the administrative and financial issues of the Club, and I tried my best to strike a balance among my duties, my studies and softball trainings. I also established good communication with other committee members. Working with students from different faculties was a fruitful experience since I received more diverse ideas from different perspectives when we prepared for events. It was also an experience for us to develop teamwork. Running a club is never easy especially when the club has over a hundred members. We had to arrange weekly trainings and participate in inter-universities competitions. Only through cooperation and coordination with others can the events be held smoothly. It was a memorable lesson that would be useful in my whole lifetime.



### Learning Never Stops – Learning and Applying

Academic excellence is of course crucial for an Outstanding Student, but in my opinion, applying what I have learnt is equally important. I was glad that during my clinical placements, I was able to apply what I learnt to help my patients while learning something new at the same time. To further enhance my clinical experience, I joined a six-week exchange programme to University of Melbourne in Australia. The cases in Melbourne were more challenging than those in Hong Kong, and I was grateful that the supervisors were willing to lend me a helping hand whenever I needed it. The local students were friendly and invited my classmates and I to different functions, like football matches and dinners. We had an unforgettable time. I hope I could apply what I have learnt in Australia, including the clinical knowledge and the attitude, back in Hong Kong.

