Student Learning Profile: Student’s Self-Account

Guidelines to students when writing the profile:

1st Paragraph:
- Mention your name, subjects you are taking in senior secondary education
- Briefly describe your own personality
- Write about your own strengths and weaknesses (what you are good at and what you are not good at, both in the academic aspect or non-academic aspect)

2nd Paragraph:
- Write a summary of what you have participated in OLE (Five components of OLE: Moral and Civic Education/Community Services/Career-related Experiences/Physical Development/Aesthetic Development) during NSS1 (S.4)
- Provide the name of the most important activity or activities of OLE that you have participated and describe what these activities are
- Mention what you have done especially the role that you have played in the activity or activities
- Write the awards or certificate you have been awarded (if there is any)
- Write what you have learnt from the experiences in terms of whole person development (e.g. leadership skill, time management skill, the importance of team work, how to work under pressure or stress, etc)

3rd Paragraph:
- Mention the most important learning experiences you have obtained from taking part in these OLE activities
- Write about your own thoughts and feeling after your own participation (the positive aspects or negative aspects)
- Share or comment on one another’s work

4th Paragraph:
- Write about your goal in the future (are you going to continue in this OLE in the future? What do you expect you will do in the future? Or are you going to search for new experiences in other areas? Why?)
- If you are going to explore the same area in the future, what benefits will you get in terms of personal growth and career development?
**Suggested ideas on how to write the profile:**

1. 1st Paragraph: (use present tense) (50-80 words)
   
   Introduce yourself:
   
e.g. I am Chan Tai Man, a student currently taking six subjects in the senior secondary education. / As a student now taking six subjects in the senior secondary education, I am called Chan Tai Man. My name is Chan Tai Man. I am a student taking six subjects in the senior secondary education

   Describe your own personality:
   
e.g. I see myself as energetic and active/I am energetic and active. I am outspoken can project myself into the feelings of other people. Being friendly is the general comments given to me by my friends.

   (****adjectives to be used : quiet, polite, considerate, thoughtful, optimistic, cheerful, pleasant, brave, decisive, friendly, hardworking, diligent, industrious, conscientious, outgoing, warm, caring, obedient, responsible, dutiful, adorable, creative, thankful, respectful, careful, empathetic, civic-minded, broad-minded, artistic, intelligent, punctual, inquisitive, imaginative, innovative, sportive, reliable, independent, communicative, philosophical, neat and tidy, analytical, logical, sensible….etc.)

   Describe your strengths and weaknesses:
   
e.g. I am responsible and thoughtful. I always care about the feelings of other people. As a leaner, I always have the thirst to obtain the latest information to update my knowledge. However, I can be impatient at times. I am not always hardworking especially when given some boring tasks.

   e.g. I am good at sports and I am a good team-mate. I know how to motivate my peers to work towards a goal. I always give encouragement to my friends to support them in whatever they do. Nevertheless, I am not good at academic work and I am not punctual as I sometimes go to school late

   (**** you need to mention both your own good points and shortcomings in whatever areas, not necessarily in academic work)

   **** you need contrasting connectives to bring out the different description:
   
e.g. although, but, however, nevertheless, on one hand….. on the other hand, yet, nonetheless, …etc)
2. 2nd Paragraph: (about 100-150 words)

(****Use Present Perfect Tense****)
- How many OLE have you participated? What are they?
  (e.g. I have taken part in ‘Community Services’ and Moral and Civic Education during my NSS1.)
- What are the names of the activities?
- What is the name of the organization?
- Who took part in these activities?
- What were the aims of these activities?
- Did you play any role such as leader, planner, advisor, committee member, helper…etc? What have you done in the activities?
- Have you been given any awards or certificates? Why?
- What have you experienced in these activities?
  (e.g. team spirit, a care for the minority group in the community, a new sport, some techniques in art work, leadership skill, communication skill, time management, self-management, the importance of punctuality and co-operation, a better understanding of a different way of life, the importance of knowledge, your own potential in sports/art work, more exposure to the outside world, enriched life experience, better language skills, some fresh ideas, independence, planning and organization, logical thinking, a care for the elderly/children/new immigrants/blind/handicapped/poor, appreciation of pop/classical/light/Chinese/Western music, appreciation of art work, learn a new type of dance/body movement, learn how to make cakes….etc)

3. 3rd Paragraph (about 150-200 words)

Write about your most impressive experiences(****use Present Perfect Tense****)
- Name the most impressive activities/schemes/programmes you have taken part in (you can write one activity or more)
- Were these activities meaningful, positive and impressive?
- Why were they meaningful and impressive? Give some reasons
- How have you been benefited from the participation in these activities?(you can mention the non-academic aspect or whole person development)
- What are your own feelings and thoughts towards these experiences?
- Have you learnt anything from the other participants in the same activities/programmes? If yes, what have you learnt from them?
4. **4th Paragraph (about 30-50 words)**
   - Are you going to take part in the same programme/activity again in the future? If yes, why?
   - Are you going to take up a career that is related to these experiences? Why?