Ever since I was a child, I was interested in the biological processes around me and this is still true today. I want to study at the Biomedical science program because I have a high academic interest in the subjects of biology and chemistry and am interested to learn more about the knowledge and skills related to it. With this degree, I hope to become a part of medical research and help people globally.

Through in-school and extracurricular experiences, I have been able to explore my interest in pursuing the program of biomedical sciences. In class I find myself curious as to how I can apply my various knowledge into the real world. As someone planning to have a career in the research field, I find myself drawn to experiments and participating in practical activities. I aspire to use both my curiosity and interest in experiments to explore topics involving the biomedical sciences in a deeper manner, uncovering more knowledge about it. For instance, I was curious about people’s snacking habits during COVID-19 due to stress after reflecting on my own experiences. Thus, I joined the GloCoLiS competition with a group of 3 and conducted an experiment, ultimately writing a research paper titled “Association Of Covid-19-Induced Stress To Snacking Behavior In High School Students.” I did this by sending out a survey to different schools in Jakarta, where later I was able to statistically analyze my results.

I am interested in the brain and how it affects our behavior, a reason why I attended BerkeleyX's The Science of Happiness at Work: Empathy and Emotional Intelligence at Work also allowed me to learn about how different parts of the brain and human system are essential to emotional intelligence. I am able to apply the knowledge that I have gained through joining competitions such as Sci4Teens where I wrote a blog titled “Gut-Brain Axis in Parkinson's Disease” with a partner, achieving first place. While writing this I learned about how the shifting in microbiota affects α-syn levels and in turn, Parkinson’s. As both of the previously mentioned activities give two different perspectives of the sympathetic, parasympathetic, and autonomic nervous system, vagus nerve, and neuroendocrine system, it further shows me how much still there is to discover in this area which motivates me to pursue research in biomedical science.

Serving my community is something that I value which is why I started the Health Checkup project with a group where I raised money through a donation page and bought medicine to be given out for free to the less fortunate. While on the site, I was also able to learn some health and communication skills along the way. I am also willing to volunteer for PIC roles in my other organizations such as Boxes of Hope. I conducted an Easter event for an orphanage wherein I applied my managerial skills to bring all the members together to cooperate. The event itself allowed children to get plenty of candy and play some Easter games. I held meetings and made sure the members in my group were doing their part. I love helping children, as I am intrigued by their genuine and honest reactions. It reminds me to be grateful to be born the way that I am in a world that can be cruel and unforgiving. Through these experiences, I have developed my leadership and teamwork skills which I have noticed is very important while attending the virtual Clinical Shadowing 101 which showed how multiple careers must work together to create good patient care. It makes me think about my role as a biomedical researcher in the world of healthcare, including how I am able to help people through my investigations.

Another activity that I have been doing my whole life is art. My ability to draw allows me to participate in competitions and contribute to different projects. In one of my fundraising projects, LUNCH, we sold shirts and hoodies in which I was able to use my art skills to create merchandise. I also joined the extracurricular activity of manga throughout my junior and senior years at school, in which some of my drawings were sold at school for donations. Currently, I continue to draw on Instagram and join challenges and competitions held by other popular creators.

I was first introduced to Hong Kong as a potential place to study biomedical science because of its development as a country and in healthcare. Of course, HKU came to my mind first as a potential university as it is renowned globally. I am inquisitive about HKU's Final Year Project/Biomedical Innovation Team Project. Since I am interested in researching healthcare, synthesizing a product of my own with a group of people of a multidisciplinary approach will be a very valuable experience for me. Researching further, I also came to realize the important discoveries that were based in this university. As I attended the SUTD Webinar starring Dr Feng Zhang, who pioneered the development of CRISPR-cas9, Dr Alan Wong and his team’s recent discovery of enhancing gene editing efficiency through AI and protein engineering technology immediately caught my attention. I admire the hard work that has been put into the project which will save numerous patients, and I aspire to work just as hard so that I can contribute to my community as well.

In the future, I see myself researching medicine for the healthcare industry. I am excited by the limitless areas in healthcare that have yet to be touched upon and resolved. I want to have a career that contributes to my community. This program coincides with my desire to gain new skills and pursue a line of career relating to biomedicine.

*Hi Ariel,*

*This essay is already great in showcasing your interest in studying Biomedical Sciences. You’ve highlighted specific experiences relating to the course and you talked about why you love them. I love the enthusiasm and passion for the subject that clearly emanates from this essay. However, some parts of the essay can be improved to enhance the quality of the whole essay.*

*First, this essay could be a whole lot more concise. I do understand that you have a lot to talk about, but it helps to condense the information into shorter paragraphs and sentences. For example, you can simply talk about your involvement with children in one or two sentence instead of using half a paragraph to get to your point. This helps in keeping the main point of the essay in focus.*

*Second, you can also add more depth to the activities/research you’ve done by explaining what you did and what you thought of them. For example, you can explain what you found from your COVID-19 research and talk about possible solutions. This can help convince your readers that you have the capability to form educated opinions on something you want to pursue, a great way to show your deep interest in the subject.*

*With that said, I hope that you can take this advice and develop your essay further. I wish you the best of luck in your essay application.*

* *Calysta Tesiman, Essay Editor*

Hi Ariel!

Good job coming up with a first draft! There are some interesting experiences that you mention here that I think can be elaborated on a little bit more.

The purpose of a personal statement is to convince the reader that you would be a great fit for the program that you’re applying to. To do that, you want to show that you have a passion in the field by demonstrating initiative & technical knowledge. That means that you want to highlight your major-related experiences and more importantly, tell the reader what you learned from those experiences.

Here is a general structure you can use to guide your revisions:

* Why Biomed? Is there a personal reason for this major? Was there a moment where you remember being captivated by something in the field?
* How you’ve pursued knowledge in Biomed. Elaborate on your most relevant biomed-related experiences, and just mention the less relevant ones. Talk about the hard & soft skills you learned from them. Don’t be afraid to mention technical terms, as this will show your level of knowledge in the area. Just make sure you’re using them correctly.
* How your other experiences will help you in Biomed. Talk about your non-science activities here, and what skills you learned there + how it will help you in university.
* Your future goals. What are your goals after university? Is there a particular industry or issue you want to work in? How will the university help you achieve these goals?

Best of luck!  
Chiara