**NUS Essays**

1. Tell us something you have done outside your school curriculum to prepare yourself for your chosen degree. (ex: part time, online course) (550 characters)

To be primed for Life Sciences, I enrolled in the HEAL Clinical Shadowing Program where we were taught by doctors through videos and interviews about a multitude of diseases, how to diagnose, fill out SOAP, read a CT scan, and other clinical tasks. It also broadened my knowledge about medications and treatments. For instance, the strep throat culture, which sparked my curiosity of how scientists can identify a group A strep bacteria with a swab.

Add a short sentence about how this increased your passion for life sciences.

1. Tell us about a time when you failed to do something on your first try, but succeeded on subsequent attempts. How did you learn from your failure, what different approach did you take so that you eventually succeeded? (550 characters)

Being an introvert, public speaking was my struggle. In my first presentation for Biology class, I tensely walked to the front and presented only to be ineloquent and unconvincing. I noticed that I had exaggerated the stakes of delivering my views to others. Later, I coincidentally saw a video on Instagram of a tip for coping with anxiety. It was a bizarre way, which was to blow the edge of your thumb. In addition, I realized that shifting my attention would help. I began to shift my focus on possibilities that may not occur to something more actual. As I altered my focus, powered on my confidence, and applied the peculiar technique, my talk was far more cogent, articulate, and engaging.

Add a concluding sentence about how confidence is a way of thinking and practice to end the story.

1. Tell us about something that is meaningful to you, and why. (550 characters)

Helping others makes my life more meaningful. I provided free health checkups for people in a remote site in Jakarta, along with medical personnels and friends. We raised funds to purchase items needed, inspected vital signs, and handed medication. People were not aware of their health conditions, so I explained to them the normal range of blood pressure, weight, etc. Being able to give back to the community genuinely brings out positivity to my life and fosters a sense of achievement as well as well-being.

1. What is your proudest achievement? How does it display your commitment and how you have been enterprising? Please also show how it exemplifies the five NUS values (Innovation, Resilience, Excellence, Respect and Integrity). (1100 characters)

My best achievement is when I was selected in a youth-driven organization, Pemoeda Bisa, to be a content writer. I have had a penchant for writing, so I search for writing activities like essay competitions and writing content for organizations that I never got accepted to. I remained resilient and looked for an organization on Instagram, which was Pemoeda Bisa. After passing through the stages of selection, I finally got in. It has been a formative experience. I learned trending issues, leadership as I become the Head of Content Writer, and the power of communication., I became finer at writing and one of my works, Conventional Learning and Nation’s Girl Bosses, even gained the most likes in the publication.

What do you plan to do next with your writing?

1. Is there anything else about yourself which you want us to know? (550 characters)

As I further my knowledge in Biological Science and learning about Earth’s increasing diseases, I would like to study viruses create vaccinations. In addition, I aim to create a blog in which I share about my research and findings with others. I have seen copious videos, such as from Kurzgesagt, depicting how admirable our bodies are. I would also provide human health facts and advice in order to enhance public health.

Is your goal public education and creating more vaccines? Make this clear in the short answer.