**Draft 3**

**What have you done to make your school or your community a better place? (In progress)**

For most of my life I’ve been entirely used to serving within my community, where I’m part of the ‘strings’ church orchestra and a pianist in the youth group. On top of that, I have also assisted in mentoring aspiring young church musicians and aid in their journey to further revolutionize the church as it is currently developing.

Not far from months ago however, I got the chance to engage with unfamiliarity during a 4-day classroom refurbishing program in a school at Bogor named “SMP Pancar Bakti”. This program felt particularly novel to me. Not only did I get hands-on experience with the reconstruction of classroom walls, chairs, and tables, learning how to disassemble and re-screw the parts together, as well as repainting them, but my peers and I designed and created a mural of our country’s, Indonesia’s, geography to decorate the school’s walls. As it was a local school, my peers and I decided to give a prompt English lesson, where we taught these kids how to greet and do simple conversations such as “How are you doing?” or “I am doing/ not doing well.” To my surprise these kids were eager to learn more, however due to time constraints we weren’t able to fulfill their wishes. Still, their enthusiasm to learn will leave a permanent mark in my memory. Improving these underprivileged children’s lives and wellbeing, and especially witnessing the effect on its own was a blessing.

Community service is ultimately about giving back to the community, whether it being to the people around you, or those truly in need, and sharing what we have does not need to incur excessive costs. The church services I’m habituated to is where I share my knowledge of and ability to play the piano, and the refurbishing programme is where I get to invest my time and privilege to enhance the lives of those with less. Despite how minimal, a little goes a long way when we are willing to serve.

**Previous Draft**

**What have you done to make your school or your community a better place?**

Community service comes in different forms, some where you directly feel its impact, and others you don’t. For most of my life I’ve been entirely used to the latter, where I’ve been part of the ‘strings’ church orchestra, a pianist in the youth group, and mentoring aspiring church musicians and aid in their journey to further revolutionize the church as my church is currently developing. Though these activities alone are fulfilling, I got to experience the incentives of community service during a 4-day classroom refurbishing program in a school at Bogor named “SMP Pancar Bakti”.

This program in particular was something else. Getting hands-on with the reconstruction of classroom walls, chairs, and tables, learning how to disassemble and re-screw the parts together, as well as repainting them not only felt novel, but rewarding, knowing that I can bring comfort in these kids’ education. On top of this and the fact that a few of my peers and I designed and created a mural of our country’s, Indonesia’s, geography to decorate the school’s walls, we had time to interact with the students there. As it was a local school, my peers and I decided to give a prompt English lesson, where we sang English songs together and taught these kids how to greet and do simple conversations such as “How are you doing?” or “I am doing/ not doing well.” To my surprise these kids were eager to learn more, however due to time constraints we weren’t able to fulfill their wishes.

Still, their enthusiasm to learn will leave a permanent mark in my memory. Improving these underprivileged children’s lives and wellbeing, and especially witnessing the effect on its own was a true blessing, no matter how small the impact.

**(This one doesn’t have a previous version cos it’s new, never been reviewed before)**

Notes:

It’s always a privilege to serve in the communities around us :)

I think it’s very interesting how you want to highlight the impact of classroom refurbishing over your other community service activities. Is it because you are serving an underprivileged community? Or is it because the activities are new and different to what you’ve been involved in? Is it because it’s an outreach program to an unfamiliar community?

Whatever the reason is, I think it’s worth further exploring the contrast between your community service at church/youth group/orchestra and the classroom refurbishment program. In what ways are your activities in your everyday communities fulfilling? In what ways are the classroom refurbishment activities fulfilling? I suggest giving equal weight to both stories in your essay.

As a reader, I think all of your activities are worth mentioning. I would want to show the reader that you are involved in many types of activities. In doing so, you wholeheartedly care to make these places better, however different the effects may be for your own personal fulfillment.

All the best!

**Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.**

I never knew hatred can develop into passion. I’ve loathed feeling ill all my life and had always wished to escape the series of ailments. However, due to my fragile physique, the condition was inevitable.

For the first time at 8, I was introduced to the internet. I recalled the birth of the little researcher in me: as I was curled up in excruciating gastric pain, I desperately searched up “Gastric pain treatment”, and eventually, “Why use antacids for gastric pain?”. I was enlightened with how the basicity of antacids will neutralize the acidity of stomach acid that the sting in my stomach had seemed to vanish. The topic of self-health research stemmed from gastric pain to hormone regulation and stem cells. The science of health never fails to intrigue the curious soul in me.

Self-study and junior high biology and chemistry classes were not sufficient; I starved for more knowledge, which is why I decided to pursue the higher level biology and chemistry courses of the IBDP. Despite being faced with challenges, those classes were a bliss. Even so, I know that there’s still more to know out there, and wanted to further expand my engagement with the related fields. Additionally, I felt the need to share my knowledge with those who are unaware of the benefits that come with acknowledging the science behind a healthy lifestyle, and wanted to do so through a platform.

This is where my health science research club, Somnolence, emerged. Prior to the establishment, I identified a prevalent problem: the importance of sleep is not acknowledged enough by the people around me. Hence, my club started off with advocating good sleeping habits through Instagram posts and webinars hosted. Although not many followed us, I was more than satisfied as two of our followers expressed their gratitude for the content we make, and how helpful and fascinating they are. They reminded me of how I was back then as I started to appreciate health sciences and technology. This fueled me to expand the scope of content to the science of biohacking in health, where we share about shortcuts to improve health and eventually, wellbeing. Regardless, I still wish to reach a wider audience and be presented with more research opportunities in the future.

**Previous Draft**

**Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.**

I never knew hatred can develop into passion. For all my life, I’ve loathed feeling ill, let alone physical discomfort. I had always wished to escape the series of ailments, however due to my fragile physique, the condition was inevitable.

For the first time at 8 years old, I was introduced to the internet. I recalled the birth of the little researcher in me: as I was curled up in excruciating gastric pain, I desperately searched up “How to heal gastric pain”, and eventually, “Why use antacids to cure gastric pain?”. I was enlightened with how the basicity of antacids will neutralize the acidity of stomach acid that the sting in my stomach had seemed to vanish. The topic of self-health research stemmed from gastric pain to hormone regulation and stem cells. The science of health never fails to intrigue the curious soul in me.

Self-study and junior high biology and chemistry classes were not sufficient; I starved for more knowledge, which is why I decided to pursue the higher level biology and chemistry courses of the IBDP. Despite being faced with challenges, those classes were a bliss. Asking questions beyond the syllabus, however related to the subject, and receiving answers was the best part of it.

After some thought, I felt the need to share my knowledge with others also willing to break free from an unhealthy lifestyle, and wanted to do so through a platform. This is where my health science research club, Somnolence, emerged. Prior to the establishment, I identified a prevalent problem: the importance of sleep is not acknowledged enough by the people around me. Hence, my club started off with advocating sleep science through Instagram posts and webinars hosted. Although not many followed us, I was more than satisfied as two of our followers expressed their gratitude for the content we make, and how helpful and fascinating they are. They reminded me of how I was back then as I started to appreciate health sciences and technology. This fueled me to expand the scope of content to the science of biohacking in health, where we share about shortcuts to improve health and eventually, wellbeing. Regardless, I still wish to reach a wider audience and be presented with more research opportunities in the future.

Notes:

I think structure wise it would be very helpful to focus on one story. I understand that you want to show how your interest for health science started with your gastric pain. However, it leaves little room for you to tell your main story on Somnolence.

You can start your essay by briefly mentioning your physical condition and your general interest in health science within and outside of class. However, also give a background story on how you came to be concerned about sleep science so that the essay as a whole ties together.

All the best!