**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. In their weekly sessions, we were taught by doctors through videos and interviews about patients’ health conditions. I was taught 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.

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 find it was not eloquent and convincing. As I reflected, I noticed that I had exaggerated the stakes of delivering my views to others. Later, thanks to my Instagram’s suggestions, I coincidentally saw a video 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 be of 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. In conclusion, to make my presentation excellent, I must have practiced presentation skills, prepared the materials thoroughly, and I must speak with confidence.

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

Helping others makes my life more meaningful. One time when I provided a free health checkup 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 the medications. Besides, the people were not aware of their health, thus I tried to explain 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, thus I search for writing activities, such as essay competitions and writing content for organizations. Before I received the offer, I had signed up for a handful of the activities, and written essays with diverse topics. Neither did I win nor get into the organizations. I remained resilient and browsed for an organization on Instagram, which was Pemoeda Bisa. After passing through the stages of selection, particularly application form and interview, I finally earned it. It has been a formative experience. I have learned trending issues, leadership as I become the Head of Content Writer, the power of communication, etc. As I practice, I become increasingly finer at writing in vocabulary, conciseness, and so on. My contents, Conventional Learning and Nation’s Girl Bosses, even gained the most likes of above 70. If it were not resilience and my high achieving desire, I would not excel writing.

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

As I further my knowledge in Biological Science, having known Earth is encountering progressiveness in diseases, I would like to study living organisms to contribute to creating 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 believe my future findings would impress everyone as much as it impresses me. I would also provide human health facts and advice in order to enhance public health.