1. **Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes or contributed to group efforts over time.**

**在羽毛球中，双打是一项非常激烈的运动。跟单打不同，which每一个player需要在整片场地上奔跑，击球，双打是有每个人需要负责的区域的，这就导致比赛的节奏非常快，观赏性也非常高。**

**作为一名经常单打独斗的羽毛球爱好者，单打当然是我首选的项目。所以，当学校进行羽毛球比赛的时候，尽管我两个项目都报名了，但是把注意力都放在了单打上，并没有把后面进行的双打比赛放在心上。**

**但是事实证明，我错了。**

**在单打比赛的决赛中中，我以2比1的成绩不敌对手，输掉了比赛，拿了第二名。我自己坐在羽毛球场旁，看着对方与同学相拥着，心里一片苦涩。**

**就这样，我浑浑噩噩地等待着双打比赛的开始。**

**赛场上，我看着身边认真准备，等待对手发球的对手，自己的注意力却并没有那么集中。脑海中还在回放着单打比赛中在同一片场地那场输掉的比赛。**

**等到球飞到我上空的时候，我终于回过神来，手忙脚乱地打出了一个质量并不怎么高的高远球，对手以一个高速的扣杀打到了我身后。**

**这球就这样了吧，我心想，然后转过身去，等待队友捡球。**

**可正在这时，队友的喊声把我拉回了现实。我向后看去，发现队友此刻却躺在地上用手护着脚踝，正在痛苦地哀嚎。**

**我连忙看过去，发现原来是崴到脚了。看到身旁掉落的球，我猜测应该是他为了接这个球步伐太快了，导致整个身体没有保持好平衡从而伤到了脚踝。**

**我三两步走到他身旁，把他背到座位上，仔细查看起来他的伤势。**

**伤的不是很重，只不过因为倒地的速度太快了，所以很疼。**

**我连忙走到校医室，把医生请了过来。**

**路上，我感到十分内疚。毕竟是因为我注意力不集中，给对面杀球的机会，然后他接球受伤的。从根源上来说，罪魁祸首是我。**

**当医生在给他紧急处理时，我就在一旁看着他。我不敢看他的脸，因为我怕我愧疚的表情会抑制不住表现出来。**

**自然，这场比赛搁置了。挪到了一个月之后重新比赛。**

**之后，我就经常去我队友的班级里找他。**

**在他养伤的这段时间内，我发现我的队友是一个性格十分随和的人。在我向他表达了歉意之后，他并没有把任何责任推到我身上，而是对我说是因为他太想接那个球导致了自己受伤。**

**我十分疑惑，打个比赛为什么要这么拼命呢？他对我说，是因为他只有羽毛球了。**

**To be specific, 他学习成绩并不是很好，也没有什么艺术特长，但唯一的爱好就是打羽毛球。因此，他十分想通过赢一场比赛来展现自己的价值。**

**此刻，我心中原本已经消失一些的愧疚感再次涌上心头。我发誓，我一定要让我们在一个月后的双打比赛中拿到冠军。**

**练习是赢下比赛必不可少的。每天的下午上完课的时间我和我的队友都会在羽毛球馆练习配合，步伐，和发力。我发现，虽然他看着比较内向，但是在打羽毛球这方面有着很多的细心和耐心。每当有一些手法他看我施展出来自己却不会时都会第一时间询问我，看到我与他的杀球动作有所不同的时候也会模仿我的动作。除此之外还有很多，我就不一一赘述了。**

**我发现，他十分信任我。他说，只有当时比赛的时候我打出的那个球跟他平时打的球类似，其它的都远远强于他。我只是笑笑，心中却再次坚定了要赢下决赛的想法。**

**终于，忙碌的一个月结束了，我们也迎来了我们第一场比赛。这次，对手还是一个月前比赛的两人。但是我们早就不是当初的自己了。从第一颗球发到对面场地开始，我就100%专注起来，努力给对方造成一些苦难的局面。当最后一颗杀球落到对方场地界内后，我知道我们赢了这一场比赛。我的队友表现的十分兴奋，但是我知道，想赢下决赛我们两人的配合和技术层面上还完全不够。我们双打比赛的赛制是，一共三场积分赛，赢两场就能进决赛，但我们现在只是打了第一场比赛，后面肯定还会有更强的对手。但是由于下一场就在明天，我和队友只好互相道别后回去休息。**

**第二天，我在踏入球场的那一刻就担心了起来，因为这次的对手中有在单打比赛中打败我的那个人。实力层面上我们两个差不多，只不过在**

**我以前一直以为，是否为一个好的领导者的评判标准是能否带领整个团队走向预期的结果。可是自从这一件事之后，我知道我错了。在引领团队向前走的路途中，能否让队员在欢乐中获得进步，才是最重要的。**

1. **自己能力出众**
2. **观察队员情绪，给予安慰和后续计划**
3. **共同承担责任，不甩锅**

**作为一名羽毛球爱好者，打比赛互相切磋是必不可少的。在学校的一次羽毛球比赛中，我获得单打比赛冠军之后为了娱乐也报名了双打比赛。在这个比赛中，我结识了我的双打队友，也是我现在的好朋友。当时的他还是一个基本上什么都不会的小白，而我已经获得了单打比赛的冠军。**

**在我获得冠军后，他在一旁看着我，满眼羡慕。**

**原本我认为，自己已经获得了单打的冠军，这个双打比赛就随便打打，当作娱乐就可以。但是看到我队友那兴奋的模样，让我想起了曾经对于羽毛球热爱的自己。训练的时候，我看着他凌乱的步伐十分无奈，可是当他满场跑的身影逐渐与记忆中曾经的自己重合时，我又下定了决心：我一定要尽全力帮助他，带领我们队伍获得好成绩。**

**共同承担结果，引领队友，一起训练，grit，失败的结果**

Things to consider: A leadership role can mean more than just a title. It can mean being a mentor to others, acting as the person in charge of a specific task, or taking the lead role in organizing an event or project. Think about what you accomplished and what you learned/grew from the experience. What were your responsibilities? What that experience meant to you? What, if any, impact did that have in other places in your life?

Did you lead a team? How did your experience change your perspective on leading others? Did you help to resolve an important dispute at your school, church, in your community or an organization? And your leadership role doesn't necessarily have to be limited to school activities. For example, do you help out or take care of your family?

1. **Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.**

**创意写作**

Things to consider: Give an example of your creativity (do not limit yourself by conventional definitions).What does creativity mean to you? Do you have a creative skill that is important to you? What have you been able to do with that skill? If you used creativity to solve a problem, what was your solution? What are the steps you took to solve the problem? What was the outcome?

Do you have a creative passion? What have you gained from this passion that has affected other parts of your life or the life of those around you?

How does your creativity influence your decisions inside or outside the classroom? Does your creativity relate to your major or a future career?

1. **What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time?**

音乐，生活中的良药，是陪伴我度过所有困难的第一选择。对于很多人来说，音乐只是一种娱乐、休闲方式，但是对于我来说，音乐却有着与众不同的意义。

小时候由于右耳后天失聪，我妈妈让我去学习钢琴和唱歌。刚开始，一切都是那么枯燥与乏味——那些不同声调的音符漂浮在空中，进入我耳朵，可我听到的只是不同的音高的声音。对于那时的我来说，我十分不理解人们听音乐的爱好。后续的学习与考级，更是把我对音乐的耐心消耗到极致：每天几个小时的练习，除非是专业的演奏或演唱家，没人能一直坚持吧。

于是，在进入青春期，嗓子因为变声而无法唱歌后，我不再练习跟音乐相关的技能。

但那时的我还不知道，将近6年的学习，早就讲我讨厌的，枯燥的音乐融入了我的血液中，在潜移默化中不断地刺激着我的mind和灵魂。

升入中学后，我通过网络接触到了各种各样的歌手。他们的风格迥异，但是都有一个特点，那就是——充满着情绪。这也是我喜欢音乐其中一个主要的原因，我可以从每首歌曲中汲取到作者想要表达出来的情绪。

不知从什么时候开始，我开始过于在意眼前的生活。以前的回忆在脑海中逐渐淡去。但是，音乐本身就是一个记忆锚点：听到过去听过的音乐就可以回忆起那段时间发生的事情。所以，音乐本身也可以将现在和过去的自己建立起一种记忆层面上的链接。

不同的情绪同时也可以映射出另外一种人生背景下一个人的生活。怀着这样的念头我对音乐变得越来越感兴趣，并且开始翻唱网络上的热门歌曲。

实话说，刚开始的时候，想要唱好这些歌曲很不容易。当时嗓音状态并不好，加上多年没有接触过音乐，导致自己的音准还是唱功方面都有下滑。

但是，我想要唱好。

重新找老师上课当然不现实，但是我还有网络这个好帮手。我开始不断在网络上观看唱歌训练的相关视频，跟着视频练习......一段时间后我发现，这样学习的效果并不是很好。而且，想要把一首歌唱的好听，只有唱功是不够的。除此之外，还有自身投入的感情，自身对于旋律的把握，音准等等。想要同时保证高质量地实现这些，也是十分困难的。

唱歌时人的状态是捉摸不定的，再多的练习换来的可能只是那短短几分钟的从容与稳定。但是，如果把时间线拉长，那么产生的结果将是预想不到的。我开始每天都练习，空闲的时候，走路的时候...只要有机会，我就会在脑海中思索这首歌的旋律，这首歌背后蕴含的感情和可能的创作背景，让自己代入进去以获得更好的情绪状态.......

但是自己私底下再怎么练，都比不过一次真正的上台表演。

一次机缘巧合的机会，学校组织了一次公益性质的的唱歌比赛，用来救助地震地区的学生们。我知道，我的机会来了。

紧张是肯定的，但更多是一种兴奋——练习了那么久，终于有机会表现出来了。

在台下，看着将近百名观众，我的心在这个时候不断用行动告诉我它的激动。走上台的那几步，我感觉自己就像是走红毯的明星一样，全场的目光都集中在我身上。

伴奏响起，我想看清台下的观众，但台上的灯光却闪得耀眼，就像台上的我一样。

脑海中的画面在不断闪回。从初始对于音乐的厌倦，后面的兴趣与热爱，再到现在的真正开始展示自己的音乐才能......这一路的有困难与怀疑，但是也有快乐与兴奋。

从开口的第一句开始，我的心思就完全放在了歌曲本身上。至于台下观众的反应，我丝毫不在乎。同时，心中也出现了一种使命感——我也参与进了帮助地震地区学生的项目中了。

此刻，这是我的舞台。

一曲终末，听到台下的掌声我才知道表演已经结束了。可我还沉浸在刚刚100%投入进音乐的那种忘我的感觉中。

通过这次表演我知道了，音乐是一定要给别人听的。自己练习的时候会怀疑，会踌躇，但是在台上的时候你别无选择，唯一能做的就是展示一个完全的自己。

从那次以后，一旦有任何机会上台表演我就会努力去争取。因为这不仅是一种帮助自己精进音乐能力的方式，更是展示自己，了解自己的窗口。

我会带着我对音乐的热爱一直走下去。

Things to consider: If there is a talent or skill that you're proud of, this is the time to share it. List what you consider your talents or skills and pick one that is the most meaningful or important to you and tell why. You don't necessarily have to be recognized or have received awards for your talent (although if you did and you want to talk about it, feel free to do so).

Does the talent come naturally or have you worked hard to develop this skill or talent? Does your talent or skill allow you opportunities in or outside the classroom? If so, what are they and how do they fit into your schedule?

Tip: You may have always had this talent or skill but we hope you will focus your answer on the present or recent past when it relates to this talent or skill.

1. **Describe how you have taken advantage of a significant educational opportunity or worked to overcome an educational barrier you have faced. educational barrier不建议写语言、学习障碍;思考可不可以写在additional comments。Opportunity和barrier写一个就行**

Things to consider: An educational opportunity can be anything that has added value to your educational experience and better prepared you for college. For example, participation in an honors or academic enrichment program, or enrollment in an academy that's geared toward an occupation or a major, or taking advanced courses that interest you; just to name a few. If so, what have you gained from the experience?

If you choose to write about educational barriers you've faced, how did you overcome or strive to overcome them? What personal characteristics or skills did you call on to overcome this challenge? How did overcoming this barrier help shape who you are today?

Feel free to speak about an opportunity and/or a barrier. An opportunity could have come due to a barrier. Also, it is okay if you experience one and not the other.

1. **Describe the most significant challenge you have faced and the steps you have taken to overcome this challenge. How has this challenge affected your academic achievement?**

曾经的我认为，自信是需要自己获得了一些成就才可以保持的。但是经历了这件事之后我明白了，保持自信不能只根据自己有没有获得成就，而是在跟以前的自己对比之下，自己是否比昨天的自己做得更好。

高一的时候，我学习了AP 物理2，原本在学习物理1之后才建议学习的内容。那时的我不知天高地厚以为自己已经掌握了物理中所有法则。但在学习了一段时间后我发现，现实完全不是这个样子的：多到数不清的物理公式，各种复杂的题目情景，以及无法把题目和公式联系起来的困境，都对我物理2这门课程的学习造成了很大困难。

在老师的不断帮助下，我在大考之前终于练习到了我自己认为不错的水平，得5分的概率还是比较大的。但是现实却给我开了一个很大的玩笑。

就在我其它三门AP课程都是5分的时候，成绩单上却出现了一个非常显眼的4。在那一刻，我在想什么呢？我已经记不清了。我只记得自那天以后我每天都在笑着向老师和同学说“没关系”来表达我其实并不是那么在乎。可是深夜辗转反侧的我，脑海中却在不断播放着试卷上的试题，老师的教诲，以及平时辛勤练习的自己。

最让人过意不去的，就是自己在朝着目标进了自己最大努力后却还是没达到目标的失落与无助。

我相信，家人，老师，同学都原谅了我这个失误，可我却一直迈不过去这个坎。

当时的我清楚地明白，自己这种没有自信，反复折磨自己的状态是非常危险的——自己未来的学习心态会被严重影响。

确实，在那一段时间我的学习效率非常低。当时学校要求我们做PBL(Project based learning)，在做的过程中我搜索，阅读文献的速度受到了严重的影响，最终分数也没有很高——一遇到困难就想到了这个失败的自己。

我不是一个会给自己找理由的人，我不会因为说自己没有学过物理1就学更难的物理2所以没考好，我只会说，这是因为自己还不够努力。可结局已经注定了，没有用的懊悔最窝囊。

我努力找寻着一个方法可以帮助我走出这个自我怀疑的泥潭。终于，我找到了。

当自己本身陷入困境无法自拔，而其他人也无法帮你的时候，说明也许是你自己太在意一件事了。这个时候，就需要其它事情来转移一下注意力了。

不久之后，我在暑假参与了一项关于天文学的科研——天文是我从很小就喜欢的一个领域，但奈何学校并没有相关资源，于是我只能在科研领域自己探索。

在科研过程中，我遇到了从知识层面上十分困难的障碍：碍于还没有丰富的知识，我无法理解大部分知识。但这并不妨碍我对我热爱的领域的探索。

于是，我在深夜的时候独自一人在宿舍学习那原本根本看不懂的物理和计算机公式，并且最终写到了论文内容中。

成就感？当然，在得知论文发表的那一刻强烈的成就感扑面而来。可是更多的，是一种释然。

我也许并不需要一个简单的，残酷的分数来证明我自己的价值。努力的意义并不是获得一个成就，而是努力本身就值得称赞。因为它让我变成了一个更坚韧的自己。

我从不讨厌当时那个自我怀疑的自己，同时也感激现在这个与自己和解的自己。

Things to consider: A challenge could be personal, or something you have faced in your community or school. Why was the challenge significant to you? How did you get through it? This is a good opportunity to talk about any obstacles you've faced and what you've learned from the experience. Did you have support from someone else or did you handle it alone? Who are you today because of that time in your life? What did you learn from the experience?

If you're currently working your way through a challenge, what are you doing now, and does that affect different aspects of your life? For example, ask yourself, How has my life changed at home, at my school, with my friends or with my family?

Tip: While your challenge can be personal, we are asking how it impacted your high school academic achievement.

1. **Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.不一定是学校的课程**

Things to consider: Many students have a passion for one specific academic subject area, something that they just can't get enough of. If that applies to you, what have you done to further that interest? Discuss how your interest in the subject developed and describe any experience you have had inside and outside the classroom such as volunteer work, internships, employment, summer programs, participation in student organizations and/or clubs and what you have gained from your involvement.

Has your interest in the subject influenced you in choosing a major and/or future career? If so, how and why is that important to you? Does this academic interest relate to activities or interest outside the classroom? Have you been able to pursue coursework at a higher level in this subject (honors, AP, IB, college or university work)? Are you inspired to pursue this subject further at UC, and how might you do that? What sparks your desire to learn?

Tip: We are not limiting you to traditional academic subjects or those in core academic areas.

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

Things to consider: Think of community as a term that can encompass a group, team or a place like your high school, hometown or home. You can define community as you see fit, just make sure you talk about your role in that community. Was there a problem that you wanted to fix in your community? What motivated you to act? Did you contribute to a positive change at your school or in your community? What steps have you taken to accomplish this?

Why were you inspired to act? What did you learn from your effort? How did your actions benefit others, the wider community or both? Did you work alone or with others to initiate change in your community? If you worked in a group you need to focus on your tasks, your role, and/or your responsibilities.

Tip: Even small changes can have a big impact. Admissions readers cannot click on links or search for your accomplishment online. You need to explain your accomplishment without external factors.

1. **Beyond what has already been shared in your application, what do you believe makes you a strong candidate for admissions to the University of California?**

**平常除了打羽毛球和唱歌以及写作之外，我还会看游戏电竞比赛。**

Things to consider: If there's anything you want us to know about you but didn't find a question or place in the application to tell us, now's your chance. What have you not shared with us that will highlight a skill, talent, challenge or opportunity that you think will help us know you better?

From your point of view, what do you feel makes you an excellent choice for UC? Don't be afraid to brag a little.

Look at your transcript, resume and daily routine. Is there anything that you need to clarify, explain or elaborate on which we won’t find in another PIQ?

What did we not ask in the application that reflects on who you are as a student inside and/or outside of the classroom?

Tip: UC does not review unsolicited supplemental information (transcripts, letters of recommendation or resumes). Think of this question as a chance to add context or clarification about what we will find in your application.