**自我介绍**

尊敬的各位导师好！今天能够在此平台参加面试，我感到非常地荣幸。首先我想简单介绍一下自己，我叫周仕依。今年22岁，来自上海，目前就读于上海交通大学护理学院。

在生活中我是一个积极乐观、踏实勤奋，勇于接受挑战的女生。在学习中，我系统地学习了护理学专业的课程，并取得了良好的成绩。曾获得护理学基础单科奖，校C类奖学金。一次性通过英语四六级考试，并利用课余时间考取了雅思证书。大学期间，我在实践学习方面也有过一定的锻炼。我曾担任班级学习委员，并获得“优秀学习委员”称号。大二参与了英属哥伦比亚大学的游学项目，学习康复医学及慢病管理相关内容。在实习期间，我积极对待护理工作，做事认真严谨，获得了带教老师及患者的好评。同时我积极参与医院的志愿者项目，曾担任“东方重症医学学术会议”志愿者并参与学习，学习期间我感受到了护理的魅力及前辈们勇于探索和创新的精神，并激起了我对护理研究的向往。选择继续攻读研究生是因为在学习及实习过程中我逐渐意识到自己的能力还十分有限，因为临床上有很多问题是无法只凭经验就能解决的，拥有较强的科研实力尤为重要，我希望在导师的指导和帮助下能够提升自己的专业能力和科研水平，这样就能帮助去解决更多护理领域的问题，应对更加激烈的人才竞争。并实现自己的人生价值。

以上就是我的自我介绍，谢谢各位导师！

**English Version**

Good morning my deer professors! It’s really a great honor to have this opportunity for an interview. First of all, I want to briefly introduce myself. My name is Zhou Shiyi. I’m 22 years old from Shanghai. I’m currently studying at Shanghai Jiaotong University and major in nursing.

In life, I am a positive, hardworking, and courageous girl. In my study, I systematically studied nursing courses and achieved good results. I have accomplished the university scholarship and the Single Subject Award for Foundation of Nursing. I’ve passed the CET-4 and CET-6 exams at one time, and got the IELTS certification in my spare time. During the past four years, I also had some exercises in practical learning. I once served as a member of study secretary and won the title of "Outstanding member of the Study Committee". I participated in a study tour at the University of British Columbia, learning Rehabilitation Medicine and Chronic Disease Management there. During the internship, I actively participated in the nursing work, and received praise from the teachers and patients. At the same time, I also played an active role in the hospital's volunteer project. I once served as a volunteer in the "Oriental Critical Medicine Academic Conference" and participated in the study. During the study, I felt the charm of Nursing and the spirit of the seniors' courage to explore and innovate. It inspired my desire for scientific research at the same time.

I chose to continue my graduate study because I gradually realized that my ability is still very limited during the study and internship, because there are many clinical problems that can’t be solved by experience alone. It is particularly important to have a strong scientific research ability.. I hope under the guidance and help of my tutor, I can improve my professional ability and scientific research capacity, which can help solve more problems in the nursing field. I want to handle with more fierce competition for talents and to realize my own life value.

That’s my self-introduction, thank you !

**自我介绍**

尊敬的各位导师好！今天能够在此平台参加面试，我感到非常地荣幸。首先我想简单介绍一下自己，我叫周仕依。今年22岁，来自上海，目前就读于上海交通大学护理学院。

在生活中我是一个积极乐观、踏实勤奋，勇于接受挑战的女生。在学习中，我系统地学习了护理学专业的课程，并取得了良好的成绩。曾获得护理学基础单科奖，校C类奖学金。一次性通过英语四六级考试，并利用课余时间考取了雅思证书。大学期间，我在实践学习方面也有过一定的锻炼。我曾担任班级学习委员，并获得“优秀学习委员”称号。大二参与了英属哥伦比亚大学的游学项目，学习康复医学及慢病管理相关内容。在实习期间，我积极对待护理工作，做事认真严谨，获得了带教老师及患者的好评。同时我积极参与医院的志愿者项目，曾担任“东方重症医学学术会议”志愿者并参与学习，学习期间我感受到了护理的魅力及前辈们勇于探索和创新的精神，并激起了我对护理研究的向往。选择继续攻读研究生是因为在学习及实习过程中我逐渐意识到自己的能力还十分有限，因为临床上有很多问题是无法只凭经验就能解决的，拥有较强的科研实力尤为重要，我希望在导师的指导和帮助下能够提升自己的专业能力和科研水平，这样就能帮助去解决更多护理领域的问题，应对更加激烈的人才竞争。并实现自己的人生价值。

以上就是我的自我介绍，谢谢各位导师！

**English Version**

Good morning dear professors! I feel very privileged and delighted to have this opportunity for the interview today. First of all, please let me briefly introduce myself. My name is Shiyi Zhou, 22 years old from Shanghai. I’m currently pursuing a Bachelor’s degree in Nursing at Shanghai Jiao Tong University and I will promisingly graduate in June.

After four years of studying at Jiao Tong University, I am well prepared for a graduate program with extensive coursework and practical experiences. I systematically studied nursing courses including xxx, xxx and so on, and I’ve received the Single Subject Award for Foundation of Nursing. I’ve achieved a GPA of top xxx% and granted a university scholarship in 2019?. I’ve passed the CET-4 and CET-6 exams with high scores of  ??? and achieved ??? in IELTS exams.

I’ve always maintained a great attitude towards the internship at hospitals and what I’ve treasured most is my experience at xxx.

… received praise from the teachers and patients.

I also had some exercises in practical learning(???). I once served as a member of study secretary and won the title of "Outstanding member of the Study Committee".

Furthermore, I played an active role in the hospital's volunteer project. I once served as a volunteer in the "Oriental Critical Medicine Academic Conference" and participated in the study. During the study, I deeply felt the charm of Nursing and the spirit of the seniors'(???) courage to explore and innovate. It inspired my desire for scientific research (具体是啥)at the same time.

During my first summer vacation at college, I participated in a study tour at the University of British Columbia, learning Rehabilitation Medicine and Chronic Disease Management there, which broadened my horizon and provided me a chance to see what’s Nursing like in North America.

I choose to continue my graduate study because I gradually realized that my ability is still very limited with the study and internship, since there are many clinical problems that can’t be solved by experience alone.

% It is particularly important to have a strong scientific research ability.

My academic(???) goal is to xxx (maybe solve more problems in the nursing field) and to continue with a graduate program here is the ideal place for my career in nursing since xxx professor is an expert in xxx and that is exactly where my interest lies in. Details here

% I hope under the guidance and help of my tutor, I can improve my professional ability and scientific research capacity, which can help. I want to handle with more fierce competition for talents and to realize my own life value.

And That’s it, thanks for your listening!

% ：注释掉的