

**CUHK Convocation Study Improvement Awards 2019/20**  
**香港中文大學校友評議會學業進步獎 2019/20**

<b>Name</b> 姓名	Ho Ka Ying
<b>Major</b> 主修	Exercise Science and Health Education

It is my honour to be awarded the CUHK Convocation Study Improvement Award 2019/20, which is a great encouragement to me.

It was an uphill task for me to enter The Chinese University of Hong Kong (CUHK). My family is not rich. I have done part-time jobs to help support my family and studies because I believe that university education would enable me to acquire more knowledge which would guarantee a more stable life for my family. I am extremely grateful for this Award which has definitely helped me a lot in relieving my financial burden.

Thanks to the challenges that I encountered while studying in university, I realize that many people care about and support me. My family, friends and academic advisors listened to my problems, and encouraged me to do better. I am thankful for their support and guidance which has definitely helped me overcome the obstacles and improve my academic performance.

Apart from striving to pursue knowledge, I aspire to contribute to the society through helping the people in need. I enjoy doing voluntary work, such as SPCA Flag Day, BGCA Elderly Visit and Sun Life Shine Charity Race which has not only enhanced my interpersonal skills and communication skills, but also given me a great sense of fulfilment. I have met people from all walks of life who have inspired me by sharing their stories with me. Thus, I enjoy volunteering which is an incredibly rewarding and fruitful experience.

Once again, thank you very much for awarding me the CUHK Convocation Study Improvement Award. I will keep striving for academic excellence, volunteering and playing sports in order to be an all-rounder.



This is SSPE department building. We have meetings and lessons here.



We usually practice woodball in the Sir Philip Haddon-Cave Sports Field.