

CUHK Convocation Study Improvement Awards 2015/16
香港中文大學校友評議會學業進步獎 2015/16

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Major 主修	Social Work/Year 4

I would like to express my gratitude for being granted the CUHK Convocation Study Improvement Award. I was thrilled to learn of my selection for this award and I am deeply appreciative of the support from CUHK Convocation.

I am a Social Work major with hopes of becoming a professionally competent social worker. Over the past four years, I have been guided to identify with the humanistic values and ethics of the social work profession and maintain a special concern for the vulnerable groups in society.

To do better at studies, I put a lot of effort into getting a balance between my academic, field placement and part-time job. First of all, the best way to achieve a right balance is to be organized. I always have a structured work pattern so that I know I can do this and do not agree to work part-time job at a time when I have lectures or tutorials scheduled. I plan to study intensively for a while and then devote myself to work during the holidays. I hand in written work timely for field supervision, and it facilitates my professional improvement.

Secondly, I develop supportive and good relationships with classmates, colleagues and field instructor. These relationships provide me a source of support for me throughout my studies. I always discuss my stressful or emotionally charged situations with them and learn how to manage the emotional toll from their experiences. I am open and receptive to comments and suggestions, and it is very important to take an active part in the learning process.

The Study Improvement Award is a great encouragement and affirmation to me. Once again, I would like to express my heartfelt gratitude to CUHK Convocation. I am committed to the social welfare field, and one step closer to becoming a social worker and giving back to the community.

Photo 1



Graduation photo taken on the Shaw College Photo Day.

Photo 2



This is me (on the right) and my favorite Social Work teacher, Prof. Wallace Chan.