

CUHK Convocation Study Improvement Awards 2020/21
香港中文大學校友評議會學業進步獎 2020/21

Name 姓名	Simol KHADKA
Major 主修	Integrated BBA

I would firstly like to take this opportunity to express my heartfelt gratitude to CUHK Convocation for recognizing me as the recipient of the CUHK Convocation Study Improvement Award. Your generous support is extremely valuable to me, especially during such unprecedented times. This scholarship will certainly reduce my financial troubles and help me to continue focusing on my studies.

I was wildly overwhelmed during my first year at CUHK as I was exposed to a completely different environment. I felt left out, alone and different from the crowd. I isolated myself, avoided groups and this eventually weighed on me mentally and thus, my academic performance. I used to spend hours overthinking and doubting myself instead of putting my thoughts into action. Due to the pandemic, I moved back home with my family and reconnected with myself.

First, I tried to believe in myself with positive affirmations. Then, I thought of a well-organized plan and created a schedule I would enjoy. I aimed to be fully present in my online classes, participate and ask questions and revise after each class. I didn't feel the need to pressurize myself for perfection but rather enjoy the process and learn. If you put in the work, you will definitely see results.

This experience has taught me many things and mostly, helped me regain confidence. One of the many things that I have learned is to have faith and put myself out there and go after every possible opportunity. With this in mind, I applied to possible virtual internships and eventually secured one this summer. You have to make the best out of every situation.

The award is an acknowledgment of my hard work and a reminder that I should continue putting in the effort to achieve greater things. I certainly feel more motivated and encouraged. I would again like to thank CUHK Convocation for the wonderful support they provide to many students. I assure you that I will use the award to continue improving myself.



Individual reflection project for MKTG3020 where we had to examine a case study and give suitable recommendations



APRU Virtual Exchange Program (Cross-cultural communications) at Chulalongkorn University, Thailand.