

CUHK Convocation Study Improvement Awards 2023/24
香港中文大學校友評議會學業進步獎 2023/24

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Receiving the Chinese University of Hong Kong (CUHK) Convocation Study Improvement Award 2023-24 has truly been a humbling and gratifying experience, one that has allowed me to reflect on my academic journey and the strides I have made in improving my academic performance. It serves as a reminder of the dedication, perseverance, and growth that I have achieved throughout this process, and further motivates me to continue striving for excellence. Throughout this journey, I would like to express my gratitude for the support and guidance I have received; my professors, mentors, and peers have played an instrumental role in my growth, providing invaluable advice, encouragement, and inspiration. Their unwavering belief in my abilities has propelled me forward and helped me realize my potential.

As a medical student who struggled immensely throughout pre-clinical years, I recall feeling frustrated and doubtful constantly, even suffering from a sense of imposter syndrome. There were times when I felt overwhelmed by the demands of coursework, struggled with time management, or faced obstacles that seemed insurmountable. Exams, tutorials, classes, lectures, classwork... The workload and expectations kept piling up and it seemed like I was unable to fulfil the demands of the medical curriculum. However, I promised myself that I will do better and strived to enhance my academic performance. In clinical years, the learning modus operandi changed from studying theoretical concepts in lecture-based settings to directly interacting with patients and practitioners in the medical field. In such a new and practical setting, I started to understand and humanize the knowledge I learned throughout the class, as the diseases, physiology and medical concepts we learned during pre-clinical and clinical years could be applied to our everyday practice. The experience of being able to learn from patients and doctors while getting real-time feedback has helped me grow tremendously, as I finally better appreciated the art and science of medicine.

Being able to go abroad has also been another part of my academic journey. During my clinical years, I was fortunate enough to attach at the Selian Lutheran Hospital in Tanzania and the Colonial War Memorial Hospital in Fiji. Through those experiences, I was able to learn more about the healthcare system in other countries, interact with doctors in specialized fields, and learn their medical skills and techniques which could be applied directly back into my medical studies.

Being a recipient of the CUHK Convocation Study Improvement Award reminds me of the transformative power of education and reinforces my commitment to lifelong learning, and this award has undoubtedly been a significant milestone in my academic journey. It symbolizes the progress I have made, the obstacles I have overcome, and the growth I have experienced. I am grateful for the recognition, and am excited to continue on this path of growth, embracing challenges, and striving for excellence in all my future endeavours.



Photo 1: I on the second from the left and my fellow medical school mates at Selian Lutheran Hospital in Tanzania.



Photo 2: I on the left and the doctor on the right is an Anesthesiologist from East Timor who spent a month teaching me about the ins and outs of Anesthesiology at the Colonial War Memorial Hospital in Fiji.