

Name \_\_\_\_\_ Class \_\_\_\_\_ ( )

### What is JUPAS?

- JUPAS = Joint University Programmes Admissions System (JUPAS)
- A scheme and the main route of application designed to assist local students with Hong Kong Diploma of Secondary Education (HKDSE) Examination results (past and / or current) to apply for admission to the following programmes:

### What programmes are offered?

1. UGC-funded full-time bachelor's degree programmes offered by 8 UGC-funded institutions

- |  |
|--|
| <ol style="list-style-type: none"><li>(i) City University of Hong Kong (CityU)</li><li>(ii) Hong Kong Baptist University (HKBU)</li><li>(iii) Lingnan University (LingnanU)</li><li>(iv) The Chinese University of Hong Kong (CUHK)</li><li>(v) The Education University of Hong Kong (EdUHK)</li><li>(vi) The Hong Kong Polytechnic University (PolyU)</li><li>(vii) The Hong Kong University of Science and Technology (HKUST)</li><li>(viii) The University of Hong Kong (HKU);</li></ol> |
|--|

2. UGC-funded full-time higher diploma programme offered by EdUHK;
3. Self-financing full-time bachelor's degree programmes offered by Hong Kong Metropolitan University (HKMU); and
4. SSSDP full-time bachelor's degree programmes offered by the SSSDP institutions.

- |   |
|---|
| <ol style="list-style-type: none"><li>(i) Caritas Institute of Higher Education (CIHE);</li><li>(ii) Chu Hai College of Higher Education (CHC);</li><li>(iii) Hong Kong Metropolitan University (HKMU);</li><li>(iv) Hong Kong Shue Yan University (HKSJU);</li><li>(v) Technological and Higher Education Institute of Hong Kong, Vocational Training Council (VTC-THEi);</li><li>(vi) The Hang Seng University of Hong Kong (HSUHK);</li><li>(vii) Tung Wah College (TWC); and</li><li>(viii) UOW College Hong Kong (UOWCHK).</li></ol> |
|---|

# 2024 JUPAS APPLICATION

## THE FIRST 2 STEPS – CREATE & ACTIVATE account (from 4 October 2024, 9 am)

### STEP 1 - Create an applicant account

1. [www.jupas.edu.hk](http://www.jupas.edu.hk) → **LOGON My JUPAS Account** → **Create JUPAS account**
2. Answer questions and enter personal data \*
  - \* **Home / mobile no. / mailing address IMPORTANT – MUST GET THEM RIGHT!!**
  - \* **CLICK YES for SMS messages**
  - \* **Use a FREQUENTLY USED login name / password**
3. After entering all personal data required → **Continue**
4. Check very carefully if you have entered your personal data correctly. → **Create account**. (→ **Edit** if you wish to amend your data)

### STEP 2 - Activate your account

1. Get the verification code from your email
2. [www.jupas.edu.hk](http://www.jupas.edu.hk) → **LOGON My JUPAS Account** → enter **login name & password**
3. Enter verification code on ‘Account Activation Verification code’ → **submit** / regenerate verification code

The screenshot shows the JUPAS website homepage. Key elements include:

- Navigation Bar:** Links for 'Applicants' User Guide', 'FAQ', 'Statistics', 'News', 'Events', 'Useful Material', and 'Important Alert'. A search bar is also present.
- Secondary Navigation:** 'About JUPAS', 'Eligibility', 'Application Procedures & Information', 'Results of Application', and 'Calendar'.
- Participating Institutions:** Logos for CityU, CUHK, HKBU, HKUST, EdUHK, and others.
- Account Access:** A 'LOGIN my JUPAS Account' button is circled in blue.
- Key Dates Calendar:** A calendar for September 2023 with dates 07, 14, and 14 highlighted in red, corresponding to information days for HKBU, CityU, EdUHK, and HKUST.
- Events and Info Days:** A list of upcoming events with dates and descriptions.
- What's New:** A section titled 'JUPAS' with a date '20 Sep 2023' and a description: 'JUPAS Office 2024 JUPAS Application for Admission will Commence on 5 Oct 2023'.
- Important Links:** A list of links including 'Important Alert', 'Internet Security', 'Communication Channels', 'Definition of Local and Non-local Students', and 'Information Days for 9 JUPAS Participating-...'.
- Useful Material:** A section for additional resources.
- Links to Other Information:** A dropdown menu for further information.
- Programme Search:** A search bar with options to search by keywords or institution/scheme.
- Study Subsidy Scheme:** A link to the 'Study Subsidy Scheme for Designated Professions / Sectors'.

## JUPAS APPLICATION – WHAT TO SUBMIT (8 ITEMS)

ITEMS	Deadline
(i) OEA – 10 + <u>upload certificates to the JUPAS system if system requires</u>	<b>27/11/2024 11:59 pm</b> <b>(school deadline)</b>
(ii) OEA Additional Info – 500 words	
(iii) Other Academic Results (Language) + <u>submit proof of qualifications to school</u>	
(iv) Music Qualifications + <u>submit proof of qualifications to school</u>	
(v) 20 Programme Choices	
(vi) Upload 1000 words Self-account for SLP	
(vii) Pay application fee: \$460	
(viii) <u>Downlad your SLP (check email), then upload it to the JUPAS system</u>	<b>28/5/2025 11:59 pm</b>

### Remarks

1. All school applicants **MUST observe the school deadline.**
2. You shoud subscribe to JUPAS calendar! (Click calendar → subscribe JUPAS calendar)

**(i) ENTER Other Experiences and Achievements (× Music / Other Language Qualifications)**

1. Log on to your JUPAS account. Then click **application information**
2. Click **Other Experiences and Achievements in Competitions / Activities (OEA)**
3. Click **Edit** to enter or edit OEA information
4. Click **+** button to add a new award or activity item.
5. Enter full name of activity / award – then click **search**

Other Experiences and Achievements in Competitions / Activities (OEA) Help

Enter the FULL NAME of your award / activity (WITHOUT the year of event) (e.g. Hong Kong Schools Music Festival) in the box provided below and click "Search".  
If the item is highlighted in pink after you click "Save", you will be required to upload the supporting document(s) for that award / activity no later than 2014-03-31 23:59:59, otherwise the award / activity will not be considered by the 9 JUPAS participating-institutions and / or the SSSDP institutions.  
Please click "Save" before you exit from this page, otherwise you will lose all the information you have entered in this page.

Enter FULL NAME of your award / activity  Search

Award / Activity Name

Category

Year of Participation From  To

Participation Mode

Activity Nature

Role

Was this Award Bearing Activity?  Yes  No

Award Type

Description of the Award / Activity (Maximum: 40 words)

6. Click **+** button to choose.
7. If you cannot search the name of your activity / award, tick **I cannot find my award**, then enter the details required.

Enter FULL NAME of your award / activity  Search

Award / Activity Name

Search Results [Click + to select activity](#)

Governance X <b>Workshop</b> 管治研究計劃	<input type="checkbox"/>
The University of Hong Kong (HKU) Science <b>Workshop</b>	<input type="checkbox"/>
HSBC Living Finance <b>Workshop</b>	<input type="checkbox"/>
Sex Education <b>Workshop</b> / Sex Education Pioneer Training 性教育工作坊 / 性教育先鋒訓練	<input type="checkbox"/>
MESE One-Day <b>Workshop</b> 學生模擬管理計劃工作坊	<input type="checkbox"/>

Record: 1 - 5 of 5

Category

Year of Participation From  To

Participation Mode

Activity Nature

Role

Was this Award Bearing Activity?  Yes  No

Award Type

Description of the Award / Activity (Maximum: 40 words)

You should input the information in English and / or Chinese characters only. The 9 JUPAS participating-institutions and / or the SSSDP institutions may not be able to view characters other than English and Chinese.  
Remaining: 40 words

I cannot find my award / activity from the above search results.

8. Click **save** after you've finished entering the details.

9. \*\* What supporting documents to upload? **ONLY award / activity highlighted in PINK.**

OEA Awards / Activities DEMO

Award / Activity Name : ABC Workshop	
Organisation : JUPAS School	
Category : Academic-related / Intellectual Development Programme	Role : Athlete / Member / Participant / Performer
Activity Nature : Internship / Seminar / Talk / Training / Workshop	Year (From / To) : 2015 - 2015
Award Bearing : No	Award Type : No Award
Description of the Award / Activity : ABC Workshop organised by JUPAS School.	

  

Award / Activity Name : Federation Internationale de Natation Amateur (FINA) – FINA Swimming World Cup	
Category : Sports and Games	
Activity Nature : Competition / Contest / Match / Tournament	Role : Athlete / Member / Participant / Performer
Year (From / To) : 2015 - 2015	
Award Bearing : Yes	Award Type : Certificate of Acknowledgement / Appreciation / Attendance / Completion / Participation
Description of the Award / Activity :	
Supporting Document: <input type="button" value="Browse..."/> No file selected. <input type="button" value="Upload"/>	
File format : PDF / JPG	
Maximum file size : 0.5MB	
Supporting document for the award / activity not uploaded by <b>9 JUPAS participating-institutions and / or the SSSDP institutions. Late submission will not be entertained.</b>	

  

Award / Activity Name : Hong Kong Schools Music Festival 香港學校音樂節	
Category : Art, Music and other Cultural Development	
Activity Nature : Competition / Contest / Match / Tournament	Role : Athlete / Member / Participant / Performer
Year (From / To) : 2014 - 2014	
Award Bearing : Yes	Award Type : Certificate of Excellence
Description of the Award / Activity :	

\* Click 'upload' to complete this process.

**Video User Guide for dummies**

<http://www.jupas.edu.hk> → Applicant's User Guide → 3. Application Information

→ 3.1 Enter Other Experiences and Achievements in Competitions / Activities (OEA) (if any)

**Details of OEA submission**



**(ii) OEA - Additional information – 500 words**

- "Additional Information" aims at allowing the applicants to describe **interests** or **activities** that have been **particularly meaningful** to them or have **affected their personal growth and life goals**.
- It does **NOT** aim at testing their language skills.
- Applicants can submit the "Additional Information" in either English or Chinese.
- The word limit is 500 words.

The screenshot displays a web-based application form. At the top, there is a header bar with the text "Press Esc to exit full screen" and "活動、學會、比賽、服務及隊伍 - 籃球". Below this, a table lists various details: "Award / Activity Name : School Activity / Club / Competition", "Category : Sports and Games", "Activity Nature : Competition / Contest / Match / Tournament", "Award Bearing : Yes", and "Description of the Award / Activity : Inter-class basketball competition organised by JUPAS School." To the right of the table, there are fields for "Role : Athlete / Member / Participant / Performer", "Year (From / To) : 2013 - 2015", and "Award Type : 1st Runner-up / 2nd Class Award / 2nd Class Honour / 2nd Place / 2nd Prize / 亞軍 / 第二名". A large red "DEMO" watermark is visible on the right side. Below the table, it says "Number of entries : 4". The main section is titled "Additional Information" and contains a text area with instructions: "Please describe in approximately 500 words an interest or experience that has been particularly meaningful to you, or has affected your personal growth and life goals. Additional Information can be entered in both English and Chinese characters. The 9 JUPAS participating-institutions and / or the SSSDP institutions may not be able to view characters other than English and Chinese. Click 'Save' to save the 'Additional Information', otherwise you will lose the information you have entered." Below the text area, it says "Remaining: 500 words". At the bottom left, there is a blue "Save" button.

### (iii) & (iv) Enter Other Academic Results (Language subjects) or Music Qualifications

1. Log on to your JUPAS account. Then click **application information**
2. Click **Music Qualifications** / **Other Academic Results (Language Subjects)**
3. Click **edit** to enter / edit your qualifications.
4. To enter a record, click the **+** button and **choose from the approved list of qualifications.**
5. Click **save** when you finish.

#### Sample 1

Admissions Exercise: 2015 JUPAS Admission  
Application No.: 43001000

#### Other Qualifications and Information

OEA SLP **Other Academic Results (Language Subjects)** Music Qualifications Prior Education  
Alternative Qualification(s) in Chinese Language (ACL) Disability

✔ 'Other Academic Results (Language Subjects)' has successfully been saved.

**Edit**

**Other Academic Results (Language Subjects)** [Help](#)

Examination	Level	Year	Subject	Grade/Score	Document Verified
IELTS	N/A	2014	English / English Language	7.5	No
GCSE	N/A	2013	Chinese	A	No

#### Sample 2

Admissions Exercise: 2015 JUPAS Admission  
Application No.: 43001000

#### Other Qualifications and Information

OEA SLP Other Academic Results (Language Subjects) **Music Qualifications** Prior Education  
Alternative Qualification(s) in Chinese Language (ACL) Disability

✔ 'Music Qualifications' has been saved successfully.

**Edit**

**Music Qualifications** [Help](#)

Western Music

Examination	Year	Instrument	Level	Grade/Score	Document Verified
ABRSM-P	2015	Piano	Grade 6	Passed	No
ABRSM-T	2014	Theory	Grade 5	Ment/Credit	No

Chinese Music

Examination	Year	Instrument	Level	Grade/Score	Document Verified
CCM-P	2012	Pipa琵琶	Grade 5	Distinction	No

6. Submit proof of your qualifications (show me the true copy, and give me a copy – with your name and class) to Mr. Yeung TK (Rm 224) before **29 November 2024**. If you cannot get your certificates before the deadline, you should report to me in person before the deadline. If you do not provide your proof of qualifications, they will not be verified by the school.

#### Video User Guide for dummies

<http://www.jupas.edu.hk> → **Applicant's User Guide** → **3. Application Information** **3.3 Enter Other Academic Results (Language Subjects) and Check Verification Status (if any)** / **3.4 Enter Music Qualifications and Check Verification Status (if any)**

List of Other Academic Results (Language Subjects)

(2025 JUPAS data)



List of Music Qualifications

(2025 JUPAS data)





**(v) Submit Programme Choices**

1. Log on your JUPAS account. Then click **Programme Choices**
2. Click **Edit Programme Choices**, then click **OK**.
3. Click **Programme Catalogue**.
4. Click the numbers to view programmes offered by institutions,

UGC-funded programmes					
	City University of Hong Kong	12	5	0	17
	Hong Kong Baptist University	18	0	0	18
	Lingnan University	3	0	0	3
	The Chinese University of Hong Kong	51	0	0	51
	The Hong Kong Institute of Education	20	0	1	21
	The Hong Kong Polytechnic University	9	0	1	10
	The Hong Kong University of Science and Technology	8	0	0	8
	The University of Hong Kong	34	0	0	34
Self-financing programmes					
	The Open University of Hong Kong	24	0	0	24
Study Subsidy Scheme for Designated Professions / Sectors programmes					
	Study Subsidy Scheme for Designated Professions / Sectors	7	0	0	7

or search for programmes by entering keywords / JUPAS Catalogue no.

**Programme Search**

Keywords:

JUPAS Catalogue No.:

Study Area:

Institution:  All  CityU  HKBU  LingnanU  CUHK  HKIE  PolyU  HKUST  HKU  CUHK

Level of Study:  All  Bachelor's Degree  Associate Degree  Higher Diploma

Funding Category:  All  UGC-funded  Self-financing  SSSDP

5. Click the **+** button to select your interested programmes.

Admissions Exercise: YYYY JUPAS Admission  
Application No.: 00000000

**My Search List**

HKU

Institution / Scheme	JUPAS Catalogue No.	Funding Category	Programme Full Title	Action
HKU	JS6004	UGC-funded	Bachelor of Arts in Architectural Studies	+
HKU	JS6016	UGC-funded	Bachelor of Science in Surveying	+
HKU	JS6028	UGC-funded	Bachelor of Arts in Landscape Studies	+
HKU	JS6030	UGC-funded	Bachelor of Arts in Conservation	+
HKU	JS6042	UGC-funded	Bachelor of Arts in Urban Studies	+
HKU	JS6054	UGC-funded	Bachelor of Arts	+
HKU	JS6066	UGC-funded	Bachelor of Arts and Bachelor of Education in Language Education - English (double degree)	+
HKU	JS6078	UGC-funded	Bachelor of Arts in Literary Studies and Bachelor of Laws	+
HKU	JS6080	UGC-funded	Bachelor of Arts and Bachelor of Education in Language Education - Chinese (double degree)	+
HKU	JS6107	UGC-funded	Bachelor of Dental Surgery	+
HKU	JS6119	UGC-funded	Bachelor of Education and Bachelor of Science (double degree)	+
HKU	JS6157	UGC-funded	Bachelor of Science in Speech and Hearing Sciences	+
HKU	JS6183	UGC-funded	Bachelor of Science in Exercise and Health	+
HKU	JS6195	UGC-funded	Bachelor of Education and Bachelor of Social Sciences (double degree)	+
HKU	JS6406	UGC-funded	Bachelor of Laws	+
HKU	JS6456	UGC-funded	Bachelor of Medicine and Bachelor of Surgery	+
HKU	JS6468	UGC-funded	Bachelor of Nursing	+

6. Click **Proceed to MY DRAFT Programme Choices**

7. Drag and drop a programme to re-order it.

Add programme choices: Programme Catalogue

Delete and / or Re-order programme choices:

Priority	Institution / Scheme	JUPAS Catalogue No.	Funding Category	Programme Full Title
1	HKU	JS6004	UGC-funded	Bachelor of Arts in Architectural Studies
2	CUHK	JS4006	UGC-funded	Anthropology
3	CityU	JS1011	UGC-funded	College of Liberal Arts and Social Sciences (Bachelor of Arts / Bachelor of Social Sciences)
4	CUHK	JS4850	UGC-funded	Journalism and Communication
5	CUHK	JS4801	UGC-funded	Social Science
6	LingnanU	JS7100	UGC-funded	Bachelor of Arts (Honours)
7	CityU	JS1041	UGC-funded	School of Creative Media (Bachelor of Arts / Bachelor of Science / Bachelor of Arts and Science)
8	CUHK	JS4836	UGC-funded	Geography and Resource Management
9	CityU	JS1889	UGC-funded	School of Law (Bachelor of Laws)
10	HKEd	JS8648	UGC-funded	Bachelor of Arts (Honours) in Creative Arts and Culture (Visual Arts)
11	HKBU	JS2310	UGC-funded	Bachelor of Social Sciences in Communication
12	HKBU	JS2810	UGC-funded	Bachelor of Arts in Visual Arts
13	OUHK	JS9012	Self-financing	Bachelor of Arts with Honours in Creative Writing and Film Arts
14	SSSDP	JS5014	SSSDP	Offered by OUHK: Bachelor of Fine Arts with Honours in Animation and Visual Effects
15	PolyU	JS3301	UGC-funded	Broad Discipline of Social Sciences
16	CityU	JS1093	UGC-funded	Associate of Science - Architectural Studies
17	HKEd	JS8349	UGC-funded	Bachelor of Education (Honours) in Visual Arts
18	OUHK	JS9004	Self-financing	Bachelor of Social Sciences with Honours in Applied Social Studies
19	SSSDP	JS5C01	SSSDP	Offered by CHC: Bachelor of Architecture (Honours)
20	HKUST	JS5004	UGC-funded	Global China Studies: Humanities and Social Science

Save Draft Continue

Records retrieved on 1/11/2014 at 1:33

8. Click Save Draft. / \* To submit your programme choices, click **continue**, then click **OK**. Check your programme choices carefully.

9. Type 'Yes', then click **submit**. Then click **OK**.

Submission of Confirmed Programme Choices

- You must check your programme choices above carefully before submission.
- If you wish to submit your programme choices, type "Yes" in the following box and click the "Submit" button.
- Once you type "Yes" in the following box and click the "Submit" button, your programme choices will be considered by the 9 JUPAS participating-institutions and / or the SSSDP institutions.

Type  to confirm and click "Submit"

Submit Cancel

## Video User Guide for dummies

<http://www.jupas.edu.hk> → Applicant's User Guide → 1.4 Submit Programme Choices

**(vi) Upload 1000 words Self-account**

Enter your self-account to a Google Form via the following QR code (remember to log on to your school Google account):



**(vii) PAY!**

Don't forget to PAY the application fee! The application fee for the 2025 JUPAS is HK\$460. Application fee received after the application deadline will be subject to a late charge of \$350.

### (viii) Upload your SLP to the JUPAS system

1. Your SLP is prepared by the school. It will be available in May. Your class teacher will inform you when it is available. It will be sent to you by email.
2. Save your report on your computer / device and check that **it should contain your F4 – 6 academic results, a record of your extra-curricular activities, awards in competitions and your 1000 word self-account.**
3. Login to your JUPAS account, click [application information](#), then click [Student Learning Profile \(SLP\)](#).

Admissions Exercise: 2017 JUPAS Admission  
Application No.: 45043970

#### My Application Checklist

	No. of Items	No. of Supporting Docs. Uploaded	No. of Items Verified	Deadline
<b>Mandatory</b>				
Application Fee	Paid	N/A	N/A	01 Dec 2016 (11:59 PM)
My CONFIRMED Programme Choices (for consideration by institutions)	20	N/A	N/A	Designated Periods
My HKDSE Examination Years	1 (2017)	N/A	N/A	N/A
<b>Optional</b>				
Amendments - Paid - Processed - Not Processed	0 0 0	N/A	N/A	23 May 2017 (11:59 PM)
Other Experiences and Achievements in Competitions / Activities (OEA)	10	0	N/A	23 Jan 2017 (11:59 PM)
<b>Student Learning Profile (SLP)</b>	1	1	N/A	28 Apr 2017 (11:59 PM)
Other Academic Results (Language Subjects)	0	N/A	0	31 Mar 2017 (11:59 PM)
Music Qualifications	0	N/A	0	31 Mar 2017 (11:59 PM)
Prior Education	0	N/A	N/A	31 Mar 2017 (11:59 PM)
Alternative Qualification(s) in Chinese Language (ACL)	0	0	0	31 Mar 2017 (11:59 PM)

4. Click [Edit](#), then click [Choose file](#) to upload your SLP.

Home Message Box (42) Logout

Personal Profile

Payment

Programme Choices

Application Information

- My Application Checklist
- Application Summary
- Other Qualifications and Information
- My Declaration
- My HKDSE Examination Year(s)
- Cancel My JUPAS Application

Download Area

Message Box

Contact Us

Admissions Exercise: 2017 JUPAS Admission  
Application No.: 45043970

### Other Qualifications and Information

OEA
  SLP
  Other Academic Results (Language Subjects)
  Music Qualification
  Disability

---

[Edit](#)

**Student Learning Profile (SLP)** [Help](#)

45043970\_20170428172019937.pdf

5. Click **Save** to complete the process, or **X** to delete if a wrong file is uploaded.

Home Message Box (42) Logout

Personal Profile

Payment

Programme Choices

Application Information

- My Application Checklist
- Application Summary
- Other Qualifications and Information
- My Declaration
- My HKDSE Examination Year(s)
- Cancel My JUPAS Application

Download Area

Message Box

Contact Us

Admissions Exercise: 2017 JUPAS Admission  
Application No.: 45043970

### Other Qualifications and Information

OEA
  SLP
  Other Academic Results (Language Subjects)
  Music Qualification
  Disability

---

**Student Learning Profile (SLP)** [Help](#)

**Please click "Save" before you exit from this page, otherwise your data will be lost.**

Student Learning Profile (File format: PDF, Maximum file size: 3MB)

Please note that a newly uploaded file will replace the previous one.  
Please click "Save" to complete the uploading.

45043970\_20170428172019937.pdf

Choose File No file chosen

**Save**

### Student Learning Profile

Student Particulars	
Student No: [REDACTED]	HKID: [REDACTED]
DOB: [REDACTED]	Gender: [REDACTED]
Name of Educational Institution:	Cheung Sha Wan Catholic Secondary School
School Address:	533 Fuk Wing Street, Cheung Sha Wan, Kowloon
School Phone:	27415034

Academic Performance in School at Senior Secondary Level						
Subject	Full Mark	2016-2017	Full Mark	2015-2016	Full Mark	2014-2015
		S6		S5		S4
		Mark/Performance in School		Mark/Performance in School		Mark/Performance in School
Chinese Language	300	150.4	300	152.5	300	157.4
English Language	300	207.1	300	194.3	300	202.8
Mathematics (Compulsory Part)	300	199.3	300	208	300	201.3
Mathematics (Extended Part – Module 2)	100	--	100	28.9	100	70.5
Liberal Studies	300	143	300	157.1	300	173.1
Economics	200	117.8	200	91.8	200	85.2
Geography	200	124.9	200	98.4	200	111
Physics	200	--	200	--	200	82.4
Ethics/ Religious Education	100	57.7	100	58.7	100	65.2
Physical Education/ Development	100	58.5	100	66.6	100	71.4

Other Learning Experiences						
Information about Other Learning Experiences must be validated by the school. Other Learning Experiences can be achieved through programmes organised by the school or co-organised by the school with outside organisations. They may include learning experiences implemented during time-tabled and/or non-time-tabled learning time. Apart from core and elective subjects, Other Learning Experiences that the student participates in during his/her senior secondary education include Moral and Civic Education, Aesthetic Development, Physical Development, Community Service and Career-related Experiences.						
Programmes (with description)	School Year	Role of Participation	Partner Organizations (if any)	Components of OLE	Awards / Certifications / Achievements* (if any)	
Athletic Meet: A Grade Javelin	2016-2017	Participant	--	Physical Development	Second 35m 34cm	
Cross Country Competition (6km) A Grade	2016-2017	Participant	--	Physical Development	Participation 1h07m27s	
Pastoral Care Team: Ending Mass Helpers	2015-2016	Participant	--	Community Service	--	
Careers Committee: Visit to the Chinese University of Hong Kong	2015-2016	Participant	--	Career-related Experiences	--	
[REDACTED]				Community Service	--	
[REDACTED]				Community Service	--	
[REDACTED]				Community Service	--	

**Student's 'Self-Account' (Optional)**

In this part, student could provide additional information to highlight any aspects of his/her learning life and personal development during the senior secondary education for readers' (e.g. tertiary institutions, future employers) references. In order to give a fuller picture to the readers, student could consider to provide information about their key achievements before the period of senior secondary

When I was a rookie in my secondary school, Cheung Sha Wan Catholic Secondary School, everything I saw was a brand new experience for me. Therefore, as an adventurous student, I would like to join various extra-curricular activities to enrich my secondary school career, and more importantly, I would like to cultivate myself cognitively and physically during my secondary education. Among all the activities I have participated, there are several events that I would like to share with you.

In preparing to be a well-informed student, I believe that it is the most valued and glorious experience to me. I have learned a lot of things like first aid and be well-disciplined. Throughout the course, I have learned a lot of things like first aid. What's more, I become more independent and equipped with various skills. Students are required to behave themselves well, cooperative and responsible, I became more disciplined. Moreover, there are much stamina-demanding activities, I became more physically and mentally tough, ensuring myself can face the hardships and obstacles in the future. I hope that I will never give up but leap over all the stumbling blocks and challenges and strike for excellence in the future.