**Topic:** Explain how you responded to a problem and/or an unfamiliar situation. What did you do, what was the outcome, and what did you learn from the experience? (Max 1500 characters)

As a child, I had to face digestive problems, which caused me to be underweight and my body resistance weaker than average. My doctor told me that I need to split meals into smaller portions to help my digestive system process better. When I was old enough to go to kindergarten, I was force-fed by my teachers and even isolated in a separate room with a threat of punishing because I was not swallowing the food they gave me. My hands were trembling, and my heartbeat was fast whenever my teachers started to feed me. I became the victim of body-shaming since I received lots of harsh comments about it.

Later on, after a talk with my mom, I realized that I did not express my feelings and raise my voice in defense of myself when receiving these judgements, so people continued to tease me. After self-reflection, I shifted my mindset to a new direction. I know that I have to change my mentality to become a person who is in charge of my own feelings. When I was born, I did not have the right to decide how ugly or beautiful I was, but living and doing what I love in this body is already a great thing in my life. I realized it is better to love myself than pay attention to the negative comments that would worsen my mental health. The moment I spent time taking care of myself, I stopped caring about the offensive comments about my body, and people also stopped gossiping about my body since then. Furthermore, I decided to join The Solitude Project to spread awareness to everyone to stop body shaming and accept others as they are.

**Topic:** How has the pandemic changed your involvement in the community or group most important to you? What have you learned from this experience? (Max 1500 characters)

During the pandemic, online volunteering has become a trend; numerous pages were established by students on social media platforms with the purpose of contributing to the community. It is a great alternative to help people who are in need and ensure everyone's safety and health.

After online volunteering in different organizations and accumulating a huge amount of experience, I established my own project on Instagram called “[*wewander*](http://wewander.vn)*.vn”* that provides useful information about travelling and architecture as I have a strong passion for these fields, and I also aim to create a community where travellers can connect with others and share their travelling destinations during this challenging time. There was a time when I thought of stopping my project because I doubted myself that I did not have enough ability and skills.

Until one day, one person messaged my page, hoping that I would keep posting new content since she enjoyed my posts with beautiful illustrations. We did not know each other, but the messages from her - a total stranger - could become a big motivation for me to start working on my project again. I could not describe how happy I was when someone recognized my ceaseless efforts. With each passing day, I could see the benefits of my hard and progressive work over the last few months: more people follow my page and message to encourage me, thus urging me to come up with more interesting and helpful content to the page. Indeed, it is perseverance that matters.

**Topic:** Tell us about who you are, how would your family, friends, and/or members of your community describe you? If possible, please include **something about yourself that you are most proud of and why**. (Maximum 1500 characters)

I am a person with full determinism. Once I want to do something, I will try my best to reach my goals. A few months ago, I saw my friend posting a picture of her wearing a cardigan from my favourite fashion brand. I loved that cardigan, but instead of buying one, I challenged myself to knit a cardigan. It took a great deal of time to finish, but the result went beyond my expectation. Eventually, I could economize my money and create a cardigan that represents my uniqueness.

One time, my friend was suddenly filled with tears of spontaneous emotion on the way back home with me, and there were so many people on the bus. Instead of asking her why she cried continuously, I folded her in my arm so that she could feel safe and secure. I knew that she had some problems, but it was not the right time to share. I understand that practicing listening to others with all my heart is the best way rather than giving advice when people are not in a good mood. A few days later, my friend confided with me that her family had some problems and thanked me for my help.

My friends and family have often considered me a patient, creative and empathetic person. I am proud of what I am pursuing now: help me and the people around me improve every day. I have always participated in various opportunities that inspired me to learn about and engage with the world around me. My ideal is "no matter how educated, talented, rich or cool you believe you are, how you treat people ultimately tells all."

**Topic:** What is important to you? Why? (Maximum 1500 characters)

We have been instilled in the mindset that learning academically in school is enough for success. Since wisdom is assessed not only on qualifications but also on life experiences, I believe self-study is the most significant skill for me in this era.

Self-study determined our ability to adapt to the changes stemming from novel technologies. There are a variety of social platforms that keep us constantly updated on our information. Recently, I have found podcasts - a powerful source that I could accumulate knowledge. By listening to podcasts, I am exposed to different content and stimulate my brain.

Travelling is also a great way to self-study for me. Since I was in secondary school, my passion for travel grew intensely that whenever I had a chance to travel, I would not hesitate to go. The more destinations I travel to, the more people I connect with. Therefore, I can expand my knowledge and be immersed in different cultures that I cannot directly experience through reading books.

Social development is rapidly increasing, and people are trying hard to work and study. If one day I am not self-learning, I will feel myself falling behind compared to the previous version of myself. The knowledge is limitless and constantly innovating, so I need to experience more to accumulate more information. Compared to others, I do not live a life in the fast lane. I do things that I will not have any regrets about when looking back: to be the one with a strong spirit of self-learning.

**Topic:** Tell us about (up to) five activities or accomplishments in one or more of the following areas (MAXIMUM 300 CHARACTERS FOR EACH):

* Athletics
* Clubs
* Creative and performing arts
* Family and community
* Service to others
* Volunteering
* Work or employment
* Other

### **WiTech Vietnam - Woman in Technology Organization**

WiTech is an organization established to expand knowledge about technology for young generations worldwide. I became a financial department member, with the primary duty of preparing financial documents, balancing funds, and finding sponsorship.

### **A Cup of Psych**

A Cup of Psych is a project that provides accurate and helpful information about psychology. As a content creator, I use daily life situations to explain specific human behaviours to followers. Working on this project, I acquired a wide range of knowledge about psychology.

### **VVYC (Vancouver Vietnamese Youth Community)**

I participated as a member in Vancouver's Vietnamese Youth Community - a team created to help Vietnamese international students who study abroad for the first time and struggle to settle down in Vancouver with the help of experienced students there.

### **UBC Storm The Wall**

UBC Storm The Wall is one of UBC’s most iconic experiences. I took charge of different tasks such as route patrol, finish assistant and cycle registration assistant. Luckily, I had a chance to work with third-year and fourth-year UBC students to gain valuable experiences.

### **GongCha**

GongCha is the first place I work as a part-time employee. Working as a barista, I had the opportunity to improve my communication skills through dealing with demanding customers, observing the system operating in details, and having the ability to make a variety of drinks.

**Topic:** Tell us more about one or two activities listed above that are most important to you. Explain the role you played and what you learned in the process. (Maximum 2100 characters)

Studying abroad for more than three years now, I realized that I am mature enough not to be heavily dependent on my parents’ finance, and I decided to step out of my comfort zone. The huge problem was all restaurants or cafes were reducing the number of employees because everyone had to stay at home to protect themselves against Covid-19. After a period of searching for jobs, luckily, I became an employee in the GongCha bubble tea store. Honestly, working in GongCha was my honour because it was the first time I could make my own money. I chose to work part-time at GongCha because of the flexible time and good income.

Being a cashier, I have a great advantage to improve my communication skills through interacting directly with the customers. Customers today are particularly concerned with how they are treated, that is a reason why employees have to learn how to give customers satisfaction through a smile on their faces. At the same time, I learn to understand and show my empathy towards the customers. To perceive other perspectives, I need to know what they mean by putting myself in the customer's shoes, thus identifying the cause of their frustration.

I constantly reminded myself to get the clutter under control to create customers' comfort through cleanliness. No customer wants the place they sit to become dirty or the drinks to become contaminated. I want to do well even in the things that no one cares and sees, not just things that people can easily observe. These small actions can create vital trust between the store and the customers.

Working part-time at a milk tea store helps me gain the most realistic and detailed view of the food and beverage business. Besides the primary role of making drinks and serving customers, I also have opportunities to observe the system operating in details. In my opinion, having a part-time job will help me gain lots of experience handling various situations before entering the food and beverage industry later.