



REFLECTION GUIDE for Social Good Leader Award Personal Narrative

Please submit a personal narrative to connect@ust.hk on or before **15 April 2026**. The narrative will be reviewed based on the criteria outlined in the rubric provided at the end of this guide. A personal narrative that does not meet the stated expectations may result in NOT receiving the award.

Format options: You may express your narrative in the language and format (e.g. writing, video, artwork or other creative forms) of your choice that best tells your story. *[Recommended lengths: writing 900–1200 words; video 3–5 minutes; artwork accompanied by a 300–500 words artist statement.]*

Support: Advising sessions are available if you need assistance with your personal narrative. Scan the QR code to make an appointment with our advisors. We look forward to meeting you soon!



Your personal narrative should **tell a story** about your experiences and leadership journey throughout your participation in HKUST Connect programs, reflecting on what you learned and showing how your experiences shaped you as a leader. It's not just about listing activities—it's about showing growth, impact, and vision.

We encourage you to begin your reflection *before* completing all programs and events. Here are some general prompts and tips to guide you:

GENERAL PROMPTS



Start with a story: What was a challenging or enlightening moment during your service experience? Moments of growth? Or a turning point that changed your perspective?



Show your role: How did you contribute? How did you engage with others who held diverse perspectives to achieve shared goals? In what ways did you cultivate and demonstrate leadership skills?



Reflect on growth: What did you learn about yourself, leadership, and working with others? What new insights did you gain through your program experiences?



Connect to impact: How did you use your skills to address the challenges faced by the community? In what ways did your actions make a difference for the community or team?



Look ahead: How will these experiences reshape your personal beliefs and values? How do they inform your future goals, aspirations, and commitment to social good? How do you envision using your experiences in HKUST Connect to achieve these aspirations?

TIPS

- **Be specific:** Include clear details, examples, and outcomes instead of general statements like “I helped a lot.”
- **Explain the “why” and “how”:** Why did you address the challenges faced by the community in this way? How did it change your perspective or actions? How did you engage with others who have diverse perspectives?
- **Focus on insights:** Highlight what you learned and how you grew, not just what you did or the achievements.
- **Show progression:** Connect past experiences to future aspirations for leadership and social impact.
- **Keep it clear and authentic:** Make it personal, reflective, honest, easy to understand and aligned with the rubric.

Rubric for the Social Good Leader Award Personal Narrative

	Above Expectations (3)	Met Expectations (2)	Below Expectations (1)
Leading Social Change & Collaboration	Provides a deep exploration of leadership journey and development through participation in HKUST Connect programs using specific examples to illustrate leadership and initiative and collaboration, and how the applicant has contributed to leading positive change in the community.	Reflects on leadership experiences gained from HKUST Connect programs, demonstrating leadership skills with some examples of teamwork, initiative, and leading positive change in the community.	Displays basic leadership skills with minimal effort, offering limited examples and shallow reflection on leading change in the community.
Critical Reflection	Critically reviews participation in HKUST Connect programs, demonstrating a strong connection between the experience and personal development. Uses specific examples to show how new insights and perspectives have reshaped personal beliefs and values.	Demonstrates connections between experiences in HKUST Connect programs and personal development, providing some examples of insights gained and how they impact personal beliefs but in a general or abstract manner.	Provides superficial observations and limited reflection on their impact, lacking depth and relevance to personal development, with vague examples.
Empathy	Consistently demonstrates compassionate empathy by showing deep understanding of others' feelings, experiences and needs, demonstrating the ability to view situations from others' perspectives, responding thoughtfully and respectfully.	Shows recognition and general appreciation for the feelings and experiences of others, and makes an effort to consider others' perspectives, responding in a generally respectful manner.	Shows limited or inconsistent awareness of others' feelings or perspectives, with responses that may appear surface-level, or lacking in empathy and sensitivity.
Community Impact	Clearly articulates multiple, specific ways how their contributions addressed identified community needs, providing tangible examples of positive change or impact supported by evidence of meaningful outcomes.	Describes at least one meaningful way how their contributions benefited the community, with some evidence of positive impact.	Lacks a clear description of concrete benefits or changes for the community resulting from their actions, failing to connect their contributions to community needs.
Vision for the Future	Articulates an inspiring and structured vision for future community engagement or social innovation, effectively linking past experiences to concrete plans for social change and personal development as a change leader.	Presents a general vision for future involvement in community impact, showing some connection to past experiences and a sense of personal responsibility to the community.	Mentions future intentions and goals vaguely, with little to no connection to past experiences or personal development.

Submissions determined to be generated by AI tools will be disqualified from consideration for the Award.