

VSA ALUMNI E-NEWSLETTER



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- **Alumni Student Mixer: Chat with Medical Students**
- **Tour the New Campus!**

WELCOME TO THE FIRST ISSUE OF THE VSA ALUMNI E-NEWSLETTER!

WRITTEN BY THE VSA ALUMNI OFFICE

Welcome to the first issue of the VSA Alumni E-newsletter! Through the quarterly newsletters, we will be sharing the latest school news, upcoming events, and profiles of the Alumni community for you to connect with.

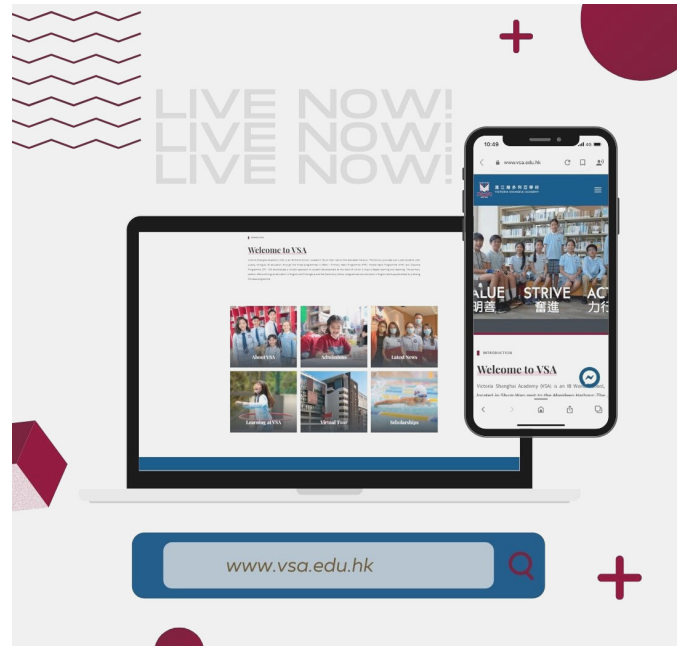
We look forward to growing the VSA Alumni family together.
GO SHARKS!



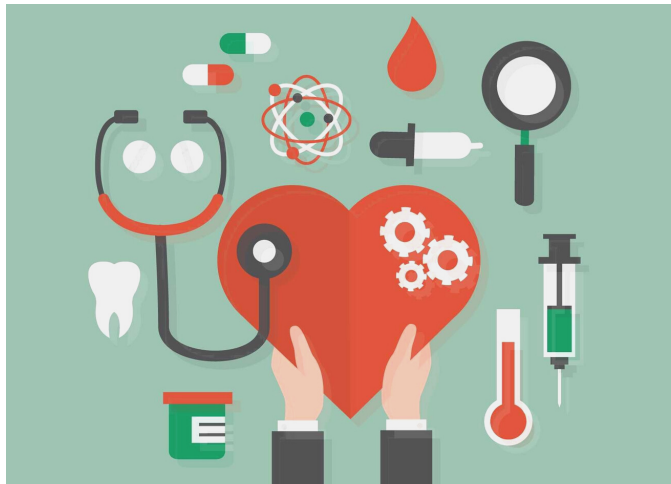
THE NEW VSA WEBSITE HAS LAUNCHED!

We are pleased to share some exciting news - our newly rebranded school website has launched on Monday! This new site offers a much improved experience with impressive features including Virtual Tour, Infographics, chatbox, and more. We aim to develop it further to suit everyone's needs. We hope that you find it useful and enjoy browsing it. Your feedback is most welcome.

VISIT THE WEBSITE



UPCOMING EVENTS



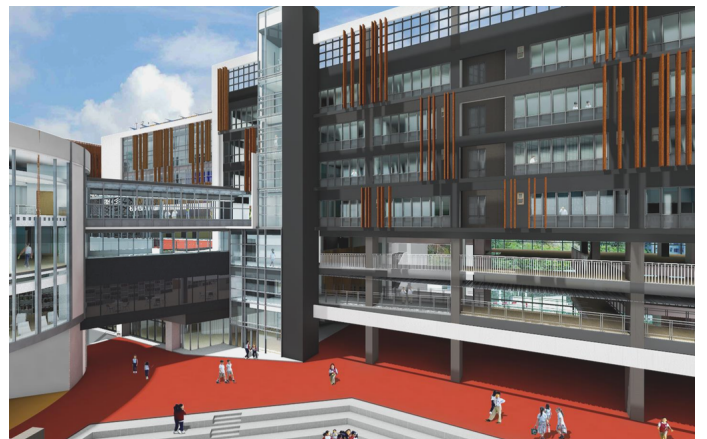
ALUMNI STUDENT MIXER: CHAT WITH MEDICAL STUDENTS

[August 31st] Our first Alumni-Student Mixer will feature Alumni members in the medical field and students who are interested in pursuing a career in medicine. There will be a roundtable chat where students can pick the brains of the Alumni members on their experiences. For Alumni members interested in participating, please contact us!

NEW CAMPUS TOUR

[December TBC] With the campus expansion project soon to be completed, we anticipate moving into the new learning complex in October and would like to invite Alumni members for an exclusive tour. Stay tuned for sign up!

**VISIT THE CAMPUS
EXPANSION WEBSITE**



ALUMNI SERIES

We want to hear from you! If you have a business to promote, an inspiring story to share, or just want to take a trip down memory lane with us, email us at admin@alumni.vsa.edu.hk so we may share it with the VSA community.

Our Alumni Series covers topics ranging from IB study tips, career advice, a look into university life, and more - all to inspire our current students to better prepare for their future. If you are interested to share and be featured in our Alumni Series, please email us at admin@alumni.vsa.edu.hk.

READ ALL ALUMNI SERIES



VSA ALUMNI SERIES

"We are always taught to look beyond what we are 'told to learn' and immerse ourselves into other cultures."

- Emma, Class of 2020
Current Stanford Student

Q: Having graduated from VSA for 1 year, what do you miss most about VSA?

A: I miss the people. The connections I made at VSA were arguably very special because of the continuity and the chance to work with the same community of students and teachers frequently over the years.

Q: Any advice about studying IB for the fellow students?

A: Try to integrate knowledge between subjects. Finding these intersections allowed me to appreciate diverse perspectives by seeing the world in an interdisciplinary light.

Q: How do you apply what you learned at VSA to your study at Stanford?

A: Because the skills I learned at VSA have become such an integral part of my workflow, I do not need to make a conscious effort to apply what I learned at VSA to my studies at Stanford. That being said, I recognise that I use the leadership, organisational skills, and perseverance that I developed at VSA on a daily basis.

Emma, Class of 2020



Always be curious - Encounter new experiences, ask questions, and welcome feedback.

Katrina
VSA Class of 2017,
LLB Bachelor of Laws, LSE, Class of 2020
MSc in Law & Finance, University of Oxford, Class of 2021

Katrina, Class of 2017

Victoria Shanghai Academy

Alumni Series



SONIA
Class of 2019, Current HKUST Global Business Student

Your programme is internationally renowned and difficult to get in, what important qualities do you reckon one needs to be equipped with in order to secure a place there?

Usually when people think of our program, they would think that GBUS only takes people who are extroverted and are leaders. However, I would not say that it is 100% true even though many would fit the two criteria. Therefore, I would highlight three qualities: being ambitious, resilient and have compassion. Almost everyone in our program are self-starters and has their own goals. We all try our best to achieve them in various ways. On the path to success, we will definitely face challenges, and what can set us apart is our ability to be resilient. While doing so we will also need to be responsible for all of our actions. Hence, I would say these three qualities are what one should be equipped with.

“On the path to success, we will definitely face challenges, and what can set us apart is our ability to be resilient. While doing so we will also need to be responsible for all of our actions.”

What are you currently studying in university and how has the IB programme prepared you for it?

I am currently studying Global Business at HKUST and am planning to double major in marketing. In the IB program, we were given an ample amount of opportunities to practice our oral presentations, such as doing the FOA and IOC for English. This allowed me to get a "head-start" by being more confident in public speaking, which allowed me to excel in the presentation part of our coursework and in various case competitions. Moreover, CAS has also prepared me for my program. As being a student means much more than studying, we should also be engaged with various extra-curricular activities that we are interested in. One thing that is important when we do that is definitely time management and I feel that I was able to practice time management during the IB program as I was part of numerous clubs and had various leadership positions. Hence, now I can easily balance my coursework, extra-curricular activities and my free time due to practicing time management at an earlier point in life.

How would you say VSA has supported you in this path?

I still remember during primary, I was very shy and not confident at all. I would always doubt the actions that I have taken. With numerous opportunities at VSA, I became increasingly confident through leading in group projects to becoming a house coordinator in my final year. With confidence, I am now able to achieve my full potential and push further. Also, the CAS trips that were organized have shaped me into a global citizen. I still vividly remember the Travelers CAS trip to Romania. Not only did it allow me to appreciate the cultural differences between Romania and Hong Kong, but I also understood the struggles faced by visually impaired travelers. Through this, I had developed a more empathetic heart for the people in need.

What's your favorite memory of VSA?

Definitely being able to see my friends every day, rushing down the stairs to the cafeteria during recess and lunch breaks to buy snacks and lunches and just hang with a group of people on a daily basis.



Sonia, Class of 2019



VSA ALUMNI SERIES

"VSA has given me a plethora of resources and encouraged constant self-exploration and further learning. The teachers here have constantly challenged me to always present my best work, and to look beyond the class syllabus in order to understand topics thoroughly."

- Joelle, Class of 2019
IB Full Scorer,
Current Medical Student in CUHK

Q: How did VSA prepare you for your college?

A: VSA's university counselling programme was amazing at preparing us for life after VSA. We had workshops on every step of the application process, and also had workshops on life skills. I am particularly grateful to our university counsellors, gave support and advice on writing personal statements, on getting recommendation letters, on interviews... every aspect of the university application process was well organised and supported.

Q: Any advice about studying IB for the fellow students?

A: The IB, and particularly IBDP, is a marathon, not a sprint. Start coursework as early as possible and start revising early. It sounds like a lot of work (and it is!), but the earlier you start, the more time you will have to polish your coursework or your revision methods, and you will have better academic outcomes and less stress by the end of the IB course. Also, remember that the IB is more of a skills-based than a content-based one. Aside from memorising facts, it helps to constantly practice your essay writing skills and to do past papers. Be proactive and ask your teachers to recommend study materials, but also search for things online to supplement your learning. This helps personalise your understanding of your course material!

Q: Share fun facts about studying in Medicine & Surgery.

A: I have been able to apply a lot of the knowledge from my course into my daily life, even though I am not even halfway through my degree - from offering first aid, to explaining genetic diseases to an expecting family member, and even helping my mother change her dietary habits, all of these would not have been possible without the information from my course.



Joelle, Class of 2019