



MSEF SIYUAN Scholarship

Self and Morality Evaluation Form

马来西亚社会企业家基金思源奖助学金之 自我和品德评估表

Attention/注意:

- (1) The self-evaluation form consists of 4 sections: Personal Growth, Time Management, Execution Ability and Future Aspirations. Applicants are required to answer all questions and fill in the answers into the respective columns.
自我评估表共有四个部分：自我成长、时间管理、执行力、未来梦想。申请者须全部作答，并将答案填写于指定空格。
- (2) The self-evaluation form must be completed using a blue ballpoint pen. Correction pen or correction tape is allowed.
自我评估表须用蓝色圆珠笔作答，可用涂改液。
- (3) The morality evaluation form consists of 10 questions and is to be completed by the applicant's alma mater's principal, class teacher or society/club's person in-charge.
品德评估表共有十题，由申请人之母校校长、班主任或参与团体之负责人填写。他们简称为“填写人”。
- (4) The morality evaluation form must be completed using a blue ball point pen. Correction pen or correction tape is allowed.
品德评估表须用蓝色圆珠笔作答，可用涂改液。



- (5) Please answer both sets of evaluation forms truthfully. The result can be used as part of the selection process for the interview session.

请真诚地作答两份评估表，该评估表会决定申请人是否拥有足够资格进入面试环节。

- (6) The scores from both evaluation forms are summed up and marked out of a total of 80 points. The maximum score for the self-evaluation form is 40 points while the morality evaluation form is 40 points.

自我评估表共 40 分，品德评估表共 40 分。综合计分是自我评估表分数加上品德评估表分数，总分是 80 分。

- (7) Grading system 评分系统:

Grade 等级	Points 得分	Category 归类
A	4	Distinction/ 优秀
B	3	Good/良好
C	2	Pass/合格
D	1	Fail/不合 格



Year 20____ MSEF SIYUAN Scholarship

20____年马来西亚社会企业家基金思源奖助学金

Particulars (Filled by Applicants) 基本信息 (供申请人填写)			
Name 姓名	(Chinese 中) (English 英)		
University/ College 就读大学/学 院		主修科系 Programme	
Appraiser 进行评估人士		Appraisal Date 进行评估的日期	
Remarks 备注			
For Appraiser Use Only 供评估人士评分:			
Self-evaluation Form, 40% weightage 自我评估表(共 40 分), 占 40%	Morality Evaluation form, 40% weightage 品德评估表(共 40 分), 占 40%	Total, 80% 总分, 80%	
%	%	%	



Year 20____ MSEF SIYUAN Scholarship – Self-evaluation Form

20____年马来西亚社会企业家基金思源奖助学金之

自我评估表

Self-evaluation Form (To Be Filled by Applicants)

自我评估表 (供申请人填写)

Please refer to the last semester or the last 6 academic months to answer this form. Each question must be answered in more than 60 words. Please elaborate in detail and provide examples.

请回顾过去一个学期或最后在校就读的时期(约半年)来作答。每道题的作答字数需超过60个字,请详述并举例说明。

Section 1: Personal Growth

(Assessing the past to discover growth from: learning, interpersonal relationships, mentality)

第一部分:自我成长

(评估过去,追本溯源,发现成长:学习、人际、心理)

1. On a scale of 1 to 10 stars, how many stars would you rate your performance in class? (e.g.: Do you attend class punctually? Do you maintain a clean and tidy appearance? Do you always concentrate during class? Do you actively participate in group discussions, ask questions, and share your opinions?) How do you rate yourself? (*Self-analytical skills, discover growth: learning skills*)

以十颗星为满分,你对于自己在课堂时的表现,给予几颗星的评价?(如:时常准时上课吗?是否衣着整齐、精神饱满听课?积极地发言与提问,并参与小组讨论?)你是以什么评估标准来给自己评分?(*自我分析能力,发现成长:学习能力*)



2. Are you able to clearly voice out your doubts and standpoints? Do you ever refute your classmates' answers and standpoints? If yes or no, what is your opinion and feeling? ***(Presentation skills, discover growth: how to handle interpersonal relationships)***

你能清楚表达你的提问与立场？你曾经提出否定同学的答案与立场吗？如有或没有，你有什么想法和心情？ ***(表达能力，发现成长：如何处理人际关系)***

3. Please share an event that made you grew up. What was the most satisfying part of that event? What was the least satisfying part? (Please briefly describe the details of those event, such as the reasons for satisfaction and dissatisfaction) ***(Analyze on self-confidence, weakness, and discover growth: self-understanding)***

请分享一件令你成长的事情。在那件事上，最满意的部分是什么？最不满意的部
分是什么？（请简述那些事的细节，如满意和不满意的原因） ***(分析本身的自信与
不足，发现成长：心理-了解自己)***



Section 2: Time Management

(Achievable goal planning, create timeline)

第二部分：时间管理

(具体规划, 循序渐进)

1. Please share how did you sought out your interests? How did you cultivate it? (Please briefly describe the details of your interests, such as what are your interests, the reason you choose these interests and how do you carry it out, etc.) *(Planning skills: how to schedule self-talk time)*

请分享你如何发现和寻找自己的兴趣，以及如何培养和规划它？（请简述兴趣的细节，如自己的兴趣是什么、为何参加、如何进行等等）*(规划能力：如何安排自我对话时间)*

2. What was the extracurricular activity that brought you the most satisfaction? (Please briefly describe the details of this extracurricular activity, such as the reason for participating, how to carry it out, etc.) How do you allocate the time for regular classes and extracurricular activities? *(Planning skills: how to allocate time)*

哪一项课外活动让你获得满足感？（请简述该课外活动的细节，如参加原因，如何进行等等）如何分配正课与课外活动的时间？*(规划能力：如何分配时间)*



Section 3: Execution Skills

(Planning goals, monitoring progress from time to time, acknowledging your successes and failures)

第三部分：执行力

(规划目标，时常观察进度，承认自己的成功与失败)

1. What are your current short-term and long-term goals in academic, extracurricular activities, and self-aspects? Please be specific (e.g.: the steps to accomplish it). Please set your short-term goals' timeline within one semester and long-term goals' timeline within one year. *(Execution skills: how to break down the goals into smaller tasks and complete the tasks phase by phase)*

以学业、课外活动和自身三方面出发，目前有哪些短期的小目标和长期的大目标？请具体化（如何制定和进行来完成你的目标）和量化（需要多少时间才能完成）。小目标以一个学期为限，而大目标以一年期为限。*(执行力：如何分解目标，分阶段完成，规划时间推进)*

2. How would you reward yourself if the short-term or long-term goals has been accomplished? If the short-term or long-term goals are achieved but not in line with your expectations, kindly list out the potential problems and solutions. *(Self-motivation: how to face your successes and failure)*

如果完成小或大目标，你会怎样奖励自己呢？反之，如果小或大目标完成度不如预期，请分享可能面对的问题以及提供改善建议。*(自我激励：如何处理自己的成功与失败)*



Section 4: Future Aspirations

(Self-Orientation and Development)

第四部分：未来梦想

(自我定位与发展)

1. Kindly share new areas of knowledge (e.g.: never experienced before) you would like to explore or are interested in, such as: subjects (mathematics, Korean Language, etc.), skills (painting, computer programming, etc.). *(Self-orientation: Be curious, adventurous)*

请分享你想涉猎或感兴趣的新知识领域（之前从未涉及），如：科目（数学与韩语等）、技能（绘画、电脑编程等）。*(自我定位：保持好奇心，冒险精神)*

2. In what field do you want to develop your career in? Please share your career direction and field you are interested in or would like to develop. *(Self-development: plan your strengths, discover your weaknesses, and develop your potential)*

你想在什么领域进行事业发展？请分享你感兴趣或想发展的职业方向和领域。*(自我发展：规划自己的强项、发觉自己的弱点、开发自己的潜能)*



3. What thoughts do you have towards your future life? Why? (*Self-development: Looking forward to the future with optimism*)

对未来人生抱着什么心态？为什么？ (*自我发展：憧憬未来，愉快前进*)

Statement of Commitment

申请人之承诺书

I hereby declare that the particulars and answers provided in this evaluation form are to the best of my knowledge and belief to be true and correct. I understand that the organizer reserves the right to terminate my application if the particulars and answers were found to be false, untrue, or incorrect at the time of completion of this form.

我承诺，在此自我评估表中填写的所有信息及提供与本申请表相关的一切资料，均是真实、准确的，若有弄虚作假等行为，主办方可取消我被录取的资格。

Signature 签名：

Date 日期：



Appraiser's Comments (For Appraiser Use Only): 评估人士评语 (供评估人士填写)		
Section 部分	Title 题目	Grade 等级
Section 1: Personal Growth 第一: 自我成长	1) Self-analytical skills, discover growth: learning skills 自我分析能力, 发现成长: 学习能力	
	2) Presentation skills, discover growth: how to handle interpersonal relationships 表达能力, 发现成长: 如何处理人际关系	
	3) Analyze on self-confidence, weakness, and discover growth: self-understanding 分析本身的自信与不足, 发现成长: 心理-了解自己	
Section 2: Time Management 第二: 时间管理	1) Planning skills: How to schedule self-talk time 规划能力: 如何安排自我对话时间	
	2) Planning skills: How to allocate time 规划能力: 如何分配时间	
Section 3: Execution Skills 第三: 执行力	1) Execution Skills: how to break down the goals into smaller parts and complete the parts phase by phase 执行力: 如何分解目标, 分阶段完成, 规划时间推进	
	2) Self-motivation: how to face your successes and failures 自我激励: 如何处理自己的成功与失败	
Section 4: Future Aspirations 第四: 未来梦想	1) Self-orientation: Be curious, adventurous 自我定位: 保持好奇心, 冒险精神	
	2) Self-development: plan your strengths, discover your weaknesses, and develop your potential 自我发展: 规划自己的强项、发觉自己的弱点、开发自己的潜能	
	3) Self-development: looking forward to the future with optimism 自我发展: 憧憬未来, 愉快前进	
Comprehensive Opinion 综合意见		
Total 评估得分= (/40)		



Year 20____ MSEF SIYUAN Scholarship – Morality Evaluation Form

20____年马来西亚社会企业家基金思源奖助学金之

品德评估表

Morality Evaluation form 品德评估表						
(For alma mater's principal, class teacher, or society/club's person in-charge to fill in)						
(供母校校长、班主任或团体负责人填写)						
Please refer to the last semester or the last 6 academic months to rate this form.						
请回顾过去一个学期或最后双方在校交集的时期（约半年）来评分。						
Morale 品德	Definition 定义	Grade 等级				Remarks 备注
		A	B	C	D	
Empathy and Altruism 同情、爱心与善心	Ability to recognize, understand, and share one's thoughts and feelings. Always care about and help others, not to gain explicit rewards or to avoid explicit punishments. 换位思考、身同感受、助人为乐、关怀并爱护他人以及不求回报地付出。					
Gratitude 感恩	Cherish and appreciate tangible benefits (e.g., favor, contribution) given by someone or due to a fortunate circumstance (e.g., a beautiful day). 珍惜与感激他人的付出，并时常记在心里和希望有朝一天能够报答他。					

<p>Sense of Responsibility 责任心</p>	<p>The quality of a person who can be trusted to do what is expected and required. Accepts all outcomes, regardless of good or bad results when making decisions.</p> <p>对个人、他人和集体所负责任的认识、情感和信念，以及与之相应的遵守规范、承担责任和履行义务的自觉态度。</p>					
<p>Honesty 诚实</p>	<p>Upright, no falsehoods, willing to admit own mistakes, keep promises, do not plagiarize homework, do not cheat in exams, seek truth from facts, and being open when dealing with people and things.</p> <p>内心与言行一致，不弄虚作假、承认错误、信守承诺、作业不抄袭、考试不作弊、坦诚布公、实事求是、试实地待人处事。</p>					
<p>Grooming etiquette 仪表礼仪</p>	<p>Presentable to others, paying attention to body hygiene and personal cleanliness (e.g., groomed nails, hair, absence of body odor, dressing well, and appropriate body language).</p> <p>穿戴、仪容干净整齐，举止得体。在人际交往过程中，表现的言语动作上礼貌。</p>					

<p>Self-esteem 自尊自爱</p>	<p>Being cautious about own statements and behavior to cherish own reputation for a sense of personal value. E.g., do not publicize pornographic, racist, superstitious, or political content. Respect oneself and self-confident about own abilities and knowledge.</p> <p>珍惜自己的名誉，谨言慎行。如：不宣传色情、迷信、种族主义、政治色彩的言论。对自己的能力和知识有相应的信心。</p>					
<p>Self-Reliance 自强</p>	<p>The initiative to keep improving oneself. E.g., hardworking, proactive learning, critical thinking, actively probing, optimistic attitude, and problem-solving skills.</p> <p>主动让自己进步，如：勤劳俭朴、主动学习、善于思考、积极探究；保持乐观向上的良好心态、正确对待生活、学习中的困难与挫折、积极寻找解决方法。</p>					
<p>Teamwork 团队合作</p>	<p>Collaborate with others, mutually helping and learning together, learn to share, take the initiative to communicate effectively with others, and make progress together.</p> <p>团结同学、互帮互学、学会分享、主动积极与他人进行有效的沟通、共同进步。</p>					



<p>Discipline 自律</p>	<p>Strictly abide by the rules and regulations of the university/college, abide by public order, loyal to duties, attend classes on time, never absent from classes, care for the campus environment.</p> <p>严格遵守学校的规定及制度、遵守公共秩序、忠于职守、准时上课、从不翘课、爱护校园环境。</p>					
<p>Courtesy 礼貌待人</p>	<p>Usage of appropriate language, behave appropriately, respect the privacy of others, respect everyone.</p> <p>使用文明用语、行为举止得体、尊重他人隐私、尊重大家。</p>					
<p style="text-align: center;">Total 评估得分= (/40)</p>						
<p>Comments: (please describe the applicant's personality from your perspective) 填写人的评语：（请以您的观点形容申请人的性格与为人）</p>						



Statement of Commitment

填写人之承诺书

I hereby declare that the particulars and answers given in this evaluation form are to the best of my knowledge and belief true and correct. I understand that the organizer reserves the right to terminate my application if the particulars and answers were found to be false, untrue, or incorrect at the time of completion of this form. I am willing to accept all liabilities for the content in this form.

我承诺，在此品德评估表中填写的所有信息，均是真实、准确的。若有虚报、作假等行为，本人愿意自行承担一切后果及法律责任。

Signature 签名:

Date 日期:

Name 名字:

Designation 职位:

Relationship with Applicant 与申请人的关系: