



# EPQ

ASDAN 考试局官方运营  
认证中外导师 1 对 1 辅导

## 全球名校官网科研能力说明

英国 | 美国 | 中国香港 | 新加坡 | 澳大利亚 | 加拿大 | 欧洲

- 全球名校高度重视软性申请材料
- 申请系统普遍鼓励填写科研经历
- ASDAN EPQ 符合全球名校申请要求
- 高质量 文书 申请系统 面试 材料

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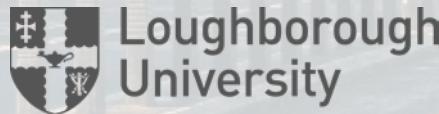
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## 使用说明

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1. 本手册关于 EPQ 的推荐与条件性录取说明都直接摘录自大学官网，不代表阿思丹 (ASEEDER) 的承诺。录取标准逐年变动，如与官网更新有出入，以学校官网说明为主。
2. 具体大学对接受 EPQ 的要求和细节，请同学直接与该大学招生部门联系核实。
3. 本手册提及“EPQ 使用建议”的部分仅作为申请填写建议，不代表学校官方规则及阿思丹 (ASEEDER) 的承诺。
4. 本手册展示录取结果均为真实学生案例，申请及录取情况因人而异，仅供参考。

# 英国名校官网说明



## 英国 G5 大学官方推荐



THE LONDON SCHOOL  
OF ECONOMICS AND  
POLITICAL SCIENCE ■

伦敦政治经济学院

2026 年 TIMES 英国大学排名 1

官方推荐: EPQ 项目对于申请有非常大的帮助, 它展现了你在某一个特定学科领域的知识, 例如一些数学的逻辑思维能力。在心理学和地质学中, 尽管申请条件中并不包含数学成绩, 但 EPQ 能够为你提供更加全面的数学能力证明。

EPQ may add value to an application, similar to the Core Maths, in particular where the programme has a specific mathematical content but does not require a specific maths qualification e.g. Psychology or Geography.

官网链接: [https://www.lse.ac.uk/study-at-lse/Undergraduate/Prospective-Students/How-to-Apply/Admissions-Information?from\\_serp=1](https://www.lse.ac.uk/study-at-lse/Undergraduate/Prospective-Students/How-to-Apply/Admissions-Information?from_serp=1)

备注: 位于 Subject combination 栏目, \*MEI: Mathematics in Education and Industry 介绍模块。



UNIVERSITY OF  
OXFORD

牛津大学

2026 年 TIMES 英国大学排名 4

官方推荐: 牛津大学认可 EPQ 能帮助申请者提升大学课程相关研究与学术能力。我们鼓励申请者在写个人陈述时借鉴 EPQ 的相关经验与经历。

The University recognises that the EPQ will provide an applicant with the opportunity to develop research and academic skills relevant for study at Oxford. Candidates are encouraged to draw upon relevant EPQ experience when writing their personal statement.

官网链接: <https://www.ox.ac.uk/admissions/undergraduate/courses/admission-requirements/uk-qualifications>

备注: 位于 England and Northern Ireland qualifications 栏目, 倒数第二个介绍模块。



UNIVERSITY OF  
CAMBRIDGE

剑桥大学

2026 年 TIMES 英国大学排名 4

官方推荐: 我们欢迎 EPQ 项目, 并鼓励申请人完成这一项目, 因为这将有助于学生发展在高等教育下所需的独立学习能力和研究技能。

We encourage applicants to take an EPQ. It will help to develop independent study and research skills, which are valuable for higher education.

官网链接: <https://www.undergraduate.study.cam.ac.uk/apply/before/accepted-qualifications>

备注: 位于 Qualifications 栏目, Extended Project(EPQ) 介绍模块。

官方推荐：EPQ 有助于发展您的技能。它可以成为您在个人陈述中讨论化学主题的良好起点，让您展示对该主题的知识和兴趣，这是做出申请决定时考虑的重要因素。

Extended project qualifications (EPQ) can contribute towards developing your skills. It can be a good starting point for you to discuss a Chemistry topic in your personal statement, to allow you to demonstrate knowledge and interest in the subject, which are important factors considered when making application decisions.

官网链接：<https://www.imperial.ac.uk/chemistry/undergraduate/applying/>

备注：位于 Admissions process and entry requirements。



官方推荐：EPQ 可以在学术研究、项目协作和演讲展示方面为本科学习提供有用准备。学生还会发现，EPQ 使他们有机会享受对特定感兴趣的领域进行研究，并且可能为面试中的讨论提供有用的话题。如果学校提供的话，我们鼓励学生考虑参加 EPQ。

The Extended Project Qualification (EPQ) can provide useful preparation for undergraduate study in terms of undertaking research, writing up a project and making a presentation. Students may also find that the EPQ allows them the opportunity to enjoy researching an area of particular interest and it may provide a useful topic for discussion during interviews. We would encourage students to consider taking the EPQ if it is offered at their school.

官网链接：<https://www.ucl.ac.uk/medical-school/study/undergraduate/mbbs-admissions/entry-requirements/2025-entry>

备注：位于 Extended Project Qualification 栏目。

## ASDAN EPQ G5 录取案例

20+ 30+ 65+ 30+ 20+



剑桥大学



牛津大学



伦敦大学学院



帝国理工学院



伦敦政治经济学院

\*20 春至今不完全统计

# 英国 20+ 高校条件性录取

## 2026 年 TIMES 英国大学排名 7

官方推荐：EPQ 成绩可以在申请的时候作为代替性成绩。部分项目可以替代 A Levels 的一部分成绩。在 EPQ 中获得的等级可以获得替代性录取条件。

If you take the EPQ alongside A levels and apply to study at Bath, you could get an offer for most of our courses that is one grade below our typical A level offer.

官网链接：<https://www.bath.ac.uk/campaigns/taking-the-epq-to-strengthen-your-application/>

### 巴斯大学



#### 真实案例：

王同学（2023 年秋季学期）威海常春藤外国语学校

EPQ 成绩：A\*

EPQ 选题：《从卫星到 mua 的三种天气条件下具有最高透射率的激光信号波长的评估》

条件性录取要求：降低成绩要求 + EPQ A 航空航天专业

## 2026 年 TIMES 英国大学排名 8

官方推荐：申请人可能会发现在他们的个人陈述中讨论他们的研究并反思开展该项目将如何帮助他们为在华威大学攻读所选学位做好准备是有用的。

Applicants may however find it useful to discuss their research in their personal statement and reflect on how undertaking the project will help prepare them for studying their chosen degree at Warwick...The typical contextual offer is BBB including Biology and Chemistry, or ABB including Chemistry and either Mathematics, Physics, or Statistics, alongside GCSE/AS/EPQ Biology as above.

官网链接：<https://warwick.ac.uk/study/undergraduate/apply/entry-requirements>; <https://warwick.ac.uk/study/undergraduate/courses/bsc-biochemistry>

备注：部分专业（Biochemistry & Biomedical Science）明确提到要求做生物相关的 EPQ 项目，并拿到 A 等级。

#### 真实案例：

崔同学（2023 年秋季学期）宏文学校青岛校区

EPQ 成绩：A\*

EPQ 选题：《品牌联合品牌对消费者购买意愿的影响是什么？——以瑞幸咖啡为例》

条件性录取要求：降低成绩要求 + EPQ A 心理学



拉夫堡大学



兰卡斯特大学



华威大学



巴斯大学



利兹大学



伯明翰大学



雷丁大学



曼彻斯特大学



伦敦大学皇家霍洛威学院



南安普顿大学



诺丁汉大学



约克大学



东英吉利大学



谢菲尔德大学



纽卡斯尔大学



利物浦大学



斯旺西大学



萨里大学



扫码查看完整条件性录取说明

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## 2026 年 TIMES 英国大学排名 13

官方推荐：尽管 EPQ 不是入学的必要条件，但我们仍然鼓励学生在可能的情况下完成 EPQ，因为我们认可它提供的独立学习和研究技能发展方面的价值。当申请人所做的 EPQ 是所选学位课程相关的学科领域，并且与三个 A Level 课程一起完成时，一些学院会将 EPQ 包含在替代录取条件中。

We encourage students to complete an EPQ where possible, as we value the development of skills in independent study and research that it can offer. Some academic departments may include the EPQ in an alternative offer where this is judged to be in a subject area relevant to the chosen degree course and is completed alongside three A Levels.

官网链接：<https://www.sheffield.ac.uk/undergraduate/apply/uk-qualifications>

### 真实案例：

程同学（2024 年春季学期）成都外国语学校

EPQ 成绩：A\*

EPQ 选题：《如何最好地制作一个视频，从不同的社会角度表达成都生活的好处和问题？》

条件性录取要求：降低成绩要求 + EPQ B 传媒专业

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## 2026 年 TIMES 英国大学排名 27

官方推荐：我们认可 EPQ 的好处以及它为申请人提供的发展独立学习和研究技能的机会。我们强烈鼓励未来的学生成个人陈述和面试时提供有关 EPQ 的信息，因为一些学院会将你在 EPQ 中的表现作为录取的考虑因素，尤其对于那些差一点达到我们录取最低分数要求的学生。在某些情况下，招生导师可能会向申请人提供考虑 EPQ 成绩的备选方案（如 A-level 的 AAA 或 A-level 的 AAB 加上 EPQ-A 的成绩）。

The University recognises the benefits of the Extended Project Qualification (EPQ) and the opportunities it provides for applicants to develop independent study and research skills. We strongly encourage prospective students to provide information about the EPQ in their personal statement and, if invited, at interview. This is because a number of our academic Schools may also choose to take your performance in the EPQ into account should places be available in August for applicants who narrowly miss the entry grades for their chosen course. In some cases, admissions tutors may wish to make an alternative offer to applicants, one of which involves successful completion of the EPQ (eg AAA at A-level or AAB plus the Extended Project at Grade A).

官网链接：<https://www.manchester.ac.uk/study/undergraduate/applications/entry-requirements/uk-entry-requirements/>

备注：位于 Other UK qualifications 栏目，Extended Project Qualification 介绍模块。

### 真实案例：

程同学（2024 年春季学期）成都外国语学校

EPQ 成绩：A\*

EPQ 选题：《如何最好地制作一个视频，从不同的社会角度表达成都生活的好处和问题？》

条件性录取要求：降低成绩要求 + EPQ A 传媒专业

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University of  
Sheffield

谢菲尔德大学

MANCHESTER  
1824

The University of Manchester

曼彻斯特大学

# 美国名校官网说明



PRINCETON  
UNIVERSITY



Massachusetts  
Institute of  
Technology



HARVARD  
UNIVERSITY



Stanford  
University

Yale

Duke  
UNIVERSITY



Penn  
UNIVERSITY OF PENNSYLVANIA



THE UNIVERSITY OF  
CHICAGO



COLUMBIA UNIVERSITY  
IN THE CITY OF NEW YORK

# 美国高校 EPQ 研究性学习能力说明



普林斯顿大学 Princeton University  
2025 U.S.News 美国大学排名第 1

在准备你的申请材料的时候，我们希望能够了解你的天赋、学术成果和个人成就。告诉我们你将如何在普林斯顿抓住学术和非学术的机会来为普林斯顿作出贡献。

As you prepare your application, help us to appreciate your talents, academic accomplishments and personal achievements. We'll ask for your transcript and recommendations, and we will want to know more than just the statistics in your file. Tell us your story. Show us what's special about you. Tell us how you would seize the academic and nonacademic opportunities at Princeton and contribute to the Princeton community.

<https://admission.princeton.edu/how-apply>

我们希望寻找拥有突出的学术成果和优秀的课外经验的学生。

Instead of worrying about meeting a specific set of criteria, try to create an application that will help us see your achievements — inside the classroom and out — in their true context, so we can understand your potential to take advantage of the resources at Princeton and the kind of contribution you would make to the Princeton community.

We look for students who make a difference in their schools and communities, so tell us about your leadership activities, interests, special skills and other extracurricular involvements.

<https://admission.princeton.edu/how-apply/helpful-tips>

注：普林斯顿看重申请人的学术成果和个人成就，还有课堂以外的实践经验，EPQ 可以为学生提供这方面的提升，因此，学生可以将已经有的学术报告提交给申请委员会来提升自己的竞争力。同时，学生可以证明自己已经有了学术能力，今后可以更好地开展在大学的学术学习。



麻省理工学院 Massachusetts Institute of Technology  
2025 U.S.News 美国大学排名第 2

我们非常乐意看到学生参与了许多有趣的课外活动！可以是研究项目也可以是音乐戏剧等等。你可以提供图像、视频或者是 PDF 的文件向我们证明。

## Research Supplement

Students who have worked on a significant research project outside of high school classes may consider submitting the Research Supplement via SlideRoom.

## Music & Theater Arts Portfolio

Students with exceptional musical, theater arts, or performing arts talent who would like their work to be reviewed by professional faculty from the MIT Music & Theater Arts department may submit a portfolio via SlideRoom.

The **Maker Portfolio** welcomes engineering, crafting, or coding projects of your own design and making that are substantial, original, and technically creative.

<https://mitadmissions.org/apply/firstyear/portfolios-additional-material/>

注：麻省理工学院提及了希望了解学生课外的一些活动，可以是 research 或者做一个 artefact，并且可以提交一些证据。



哈佛大学 Harvard University

2025 U.S.News 美国大学排名第 3

我们认为标准的申请材料可以作为申请者信息的样本来供我们了解。但我们认为，你可能有真正的天赋或成就想要跟我们分享，我们也不希望错过任何能够进一步了解你的机会。你可以提供一些补充性的资料，例如音乐作品，艺术作品，或者学术成果。

学术文章、研究、创造性写作或其他你是第一作者的材料都可以通过系统提交上来...如果可以，请在提交时标注你研究的赞助者、指导老师、研究小组领导并提供一段文字描述你在这个研究中做出的贡献

Our standard application materials typically give us ample information for making admission decisions. However, we recognize you may have truly exceptional talents or achievements you wish to share, and we want you to have every opportunity to best represent yourself.

At the discretion of the Admissions Committee, supplementary materials—such as music recordings, artwork, or selected samples of academic work—may be evaluated by faculty.

Scholarly articles, research, creative writing or other documents of which you are the primary author should be submitted in the Upload Materials section of the Applicant Portal. This is the most efficient and direct method of submitting these materials, because they will be added directly to your official application. All submissions should include a list of any individuals with whom you collaborated in the production of the work. If appropriate, please identify your research sponsor, mentor, and/or laboratory or research group leader and provide a short description of your particular contribution to the work.

<https://college.harvard.edu/admissions/apply/application-requirements>

注：哈佛大学的申请要求中透露出对于研究项目的认可。他们重视那些在中学阶段就已经参与研究课题或项目的学生，并希望学生已经有了自己的研究成果。



斯坦福大学 Stanford University

2025 U.S.News 美国大学排名第 4

我们希望看到你的承诺、奉献和在拓展你的知识视野上的兴趣。无论是在你写的关于你自己的东西，还是在别人为你写的东西；我们希望看到那种好奇心和热情，能让你在新生研讨会上开展一场激烈的讨论，并在餐桌上继续交谈。我们希望看到，无论是在研究实验室、作为社区组织的一部分、在表演期间还是在运动场上，你在努力中带来的能量和承诺。我们希望看到你主动的寻找机会和拓展视野。

We want to see your commitment, dedication and genuine interest in expanding your intellectual horizons, both in what you write about yourself and in what others write on your behalf. We want to see the kind of curiosity and enthusiasm that will allow you to spark a lively discussion in a seminar and continue the conversation at the dinner table. We want to see the energy and depth of commitment you will bring to your endeavors, whether that means in a research lab, as part of a community organization, during a performance or on an athletic field. We want to see the initiative with which you seek out opportunities and expand your perspective.

<https://admission.stanford.edu/apply/overview/index.html>

注：斯坦福大学没有提到跟项目实践相关的内容，但也提及了希望了解学生课外的一些发展，并且希望看到学生在某一个方面的精专，不求多而求精。



耶鲁大学 Yale University

2025 U.S.News 美国大学排名第 5

耶鲁大学的招生官将通过申请系统里的几篇短文 (essay) 来了解申请者，我们鼓励申请者认真对待这些文章的写作，并充分写下对申请者来说有意义的活动 / 兴趣或经历。了解申请者是如何在高中利用资源的会让招生官对申请者有预期。

The Yale application tries to get at the personal side of the applicant through the use of several short essays whose scope is broad enough to accommodate most writers. We encourage you to take the writing of the essays seriously and to write openly and honestly about activities, interests, or experiences that have been meaningful to you. Again, we are looking for students who will make the most of Yale and the most of their talents. Knowing how you've engaged in the resources and opportunities at your high school gives us an expectation of how you might engage the resources at Yale if admitted.

<https://admissions.yale.edu/what-yale-looks-for>

注：耶鲁大学招生委员会希望学生能够在申请时充分展示自己的丰富经历，并不只是罗列，而是展示自己如何利用身边的机会拓展学术边界以及提升学术能力，这让招生官可以预见学生在耶鲁大学就读的表现。



杜克大学 Duke University

2025 U.S.News 美国大学排名第 6

杜克大学为本科生提供了大量机会。我们正在寻找准备好以聪明、创造性和热情应对这些机会的学生。我们同时考虑到学术和个人素质，我们会在机遇和挑战的背景下思考您所取得的成就。我们寻求能够为校园带来各种经验、背景、兴趣和观点的学生。

Duke offers a multitude of opportunities to its undergraduates. We're looking for students ready to respond to those opportunities intelligently, creatively, and enthusiastically. We like ambition and curiosity, talent and persistence, energy and humanity.

we consider both your academic and personal qualities. We think about what you have accomplished within the context of your opportunities and challenges. And we seek students who will bring a variety of experiences, backgrounds, interests, and opinions to the campus.

<https://admissions.duke.edu/what-we-look-for/>

注：杜克大学希望学生在学术和个人素质上表现优秀的学术，不仅仅是分数。因此，如果学术能在中学阶段展现出自己在学术研究上的成熟，那么一定会备受青睐。



宾夕法尼亚大学 University of Pennsylvania

2025 U.S.News 美国大学排名第 10

我们寻找哪些渴望在宾夕法尼亚大学发展和完善自己的才能和能力的学生，如果学生完成过显著的学术研究，可以通过申请中的“活动”部分或其他信息来传达这些成就，如果您的研究有简短摘要或者解释，可以将其作为补充材料提交。

We look for students who aspire to develop and refine their talents and abilities within Penn's liberal arts-based, practical, and interdisciplinary learning environment.

#### **Supplementary Materials - Expanded Resume or Research Abstract**

Students who have completed notable academic research should use the activities section or additional information sections of the application to convey these achievements. If, however, there is a brief abstract or explanation of your work that you could not include in other required parts of the application, you may submit this document as a supplementary material through your Penn Applicant Portal.

<https://admissions.upenn.edu/how-to-apply/preparing-your-application>; <https://admissions.upenn.edu/how-to-apply/preparing-your-application/supplementary-materials>

注：宾夕法尼亚大学希望看到学生能把他们的想法和兴趣付诸实施，并期待学生在申请时阐述自己做过的学术研究。



芝加哥大学 The University of Chicago

2025 U.S.News 美国大学排名第 11

芝加哥大学对学生提交的补充性材料也是非常重视的，包括艺术、创新、研究和其它。这些材料要能够体现学生惊人的天赋、热情和成就。这些材料包括但不限于：创造性的写作项目，在音乐、舞蹈、视觉艺术和戏剧的高光表现，学校的顶点项目（这个课程类似国内的毕业论文毕业设计课程，综合性的课程，一般设在毕业前的那个学期）例如 AP 的顶点课程。也可以是类似的研究项目，商业计划书或其他内容。

Supplemental Materials: Optional Art, Creative, Research, or Other Supplements. Students may submit supplemental material representing a significant talent, passion, or achievement by self-upload through their UChicago Account. These materials include, but are not limited to, creative writing projects, highlights from music/dance/visual art/theater performance, school capstone projects such as AP Capstone or the equivalent, research projects, business plans, or other work of note.

Students may also elect to submit results of AP exams, or predicted IB or A-Level scores on an optional and self-reported basis.

<https://collegeadmissions.uchicago.edu/apply/application/optional-materials/#supplemental-materials-option>

注：芝加哥大学已经明确的提到了 Capstone 课程，这个课程就是研究性质课程，他希望学生有做研究课题的背景，这都会成为有价值的申请补充材料。



哥伦比亚大学 Columbia University

2025 U.S.News 美国大学排名第 13

我们考虑你在所学课程中的表现，你在这些课程中平衡的一系列个人义务和课外承诺，以及你如何在具体环境中寻求挑战。

We consider your performance in the courses you are taking, the range of personal obligations and extracurricular commitments you are balancing alongside them, and how you are seeking challenges within the landscape of your specific environment.

<https://undergrad.admissions.columbia.edu/apply/process>

注：哥伦比亚大学期待从多种维度评估学生，期待学生具有较强的综合素质。

# 亚洲名校官网说明



香港大學  
THE UNIVERSITY OF HONG KONG



香港中文大學  
The Chinese University of Hong Kong



THE HONG KONG  
UNIVERSITY OF SCIENCE  
AND TECHNOLOGY



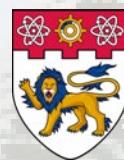
THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學



香港城市大學  
City University of Hong Kong



**NUS**  
National University  
of Singapore



NANYANG  
TECHNOLOGICAL  
UNIVERSITY  
SINGAPORE

# 中国香港



香港大学

2026 QS 亚洲排名 1 世界排名 11

## 人才选拔标准

我们寻找学术背景优秀、英语能力出色、具有开阔视野的强分析能力的学生，同时具有出色的沟通和表达能力。积极的课外活动记录、全球领导力的展示和对服务社区的承诺都是很大的加分项。

We look for students who have excellent academic credentials excellent command of English, strong analytical minds with broad visions, as well as outstanding communication and presentation skills. Positive records of extra-curricular activities, demonstration of global leadership and commitment to serving the community are definite pluses.

<https://ug.hkubs.hku.hk/f/page/252899/258465/IBGM%20Brochure.pdf>

注：港大经管学院手册中说明对候选人沟通表达及逻辑思维能力的看重，强调学术背景和课外活动都会纳入录取综合考察的范畴。

## EPQ 使用建议

在学术资格一项中选择“+ 资格”，选择“其他资格”填写 EPQ，并编辑学科及成绩（填写预估成绩和实际成绩均可）。

EPQ - (March, 2025)				
Subject	Achieved Grade	Predicted Grade	Date of Result Release	Action
Economy	A*	-	2025/10/08	<span>Remove Qualification</span> <span>+ Subject</span>

### 真实案例：

张同学（2023 年秋季学期）济南外国语学校国际课程中心

已获 offer: 香港大学 - 经济学

EPQ 成绩: A\*

EPQ 选题: 《在过去的 15 年里，中国的化妆品行业发生了什么变化？对行业的调查和对未来趋势的预测》

“在填写香港大学申请的时候，我发现 EPQ 可以作为学术认证和我的考试成绩填在一起；写申请文书的时候我也把 EPQ 写进去了”

专访链接: <https://mp.weixin.qq.com/s/rVotSmIp8wG9G120YqBVIw>



扫码读专访



## 人才选拔标准

你须透过网上申请系统提交一份不多于 4000 字的个人陈述说明你选择该课程的原因；申请人将根据其过往的学术表现和其他相关资格以及个人优点进行考虑。如果他们被邀请参加面试（部分课程优先，但并非所有课程），他们在面试中的表现也会被考虑在内。

You have to submit one personal statement with no more than 4000 characters via the online application system, telling us why you choose the programme(s) in your application. Applicants will be considered on the basis of their past academic performance and other relevant qualifications and on individual merits. If they are invited to attend an interview (preferred by some programmes, not all), their performance at the interview will also be taken into account.

<https://admission.cuhk.edu.hk/application/overseas-other-qualifications-non-local-international-team/faq/>

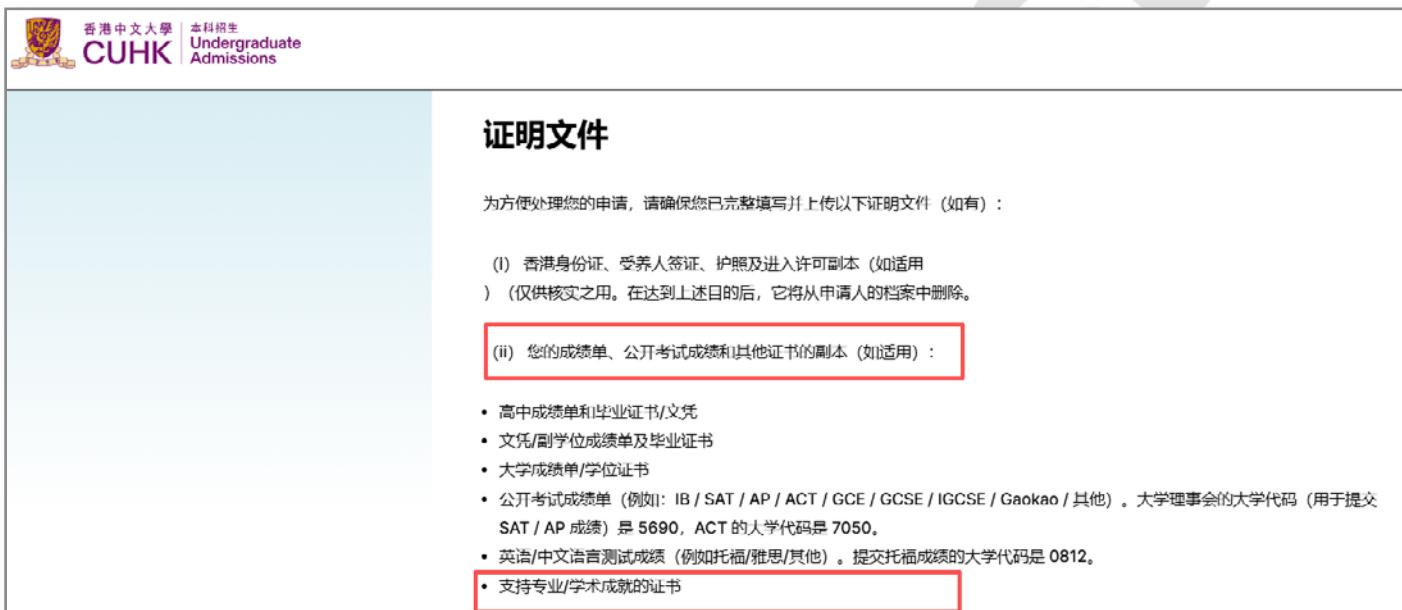
注：港中大需要学生在个人陈述中充分说明自己选择某专业的理由；除学术成绩外，学生通过其他活动展现出的个人优势及面试表现都会被招生官考虑在内。

## EPQ 使用建议

在填写考试成绩的部分同样可选择“其他类别”并手动填写 EPQ 学科及成绩。

The screenshot shows the CUHK application portal for the 2026 entry. The top navigation bar includes the CUHK logo, file size information (0MB / 10 MB), and a 'To-do Tasks' button. The main menu on the left lists 'Overview', 'Announcement', 'Registration' (marked with a green checkmark), 'Application Form', 'My Account' (with 'Privacy', 'Change Password', and 'Sign out' options), and 'Public Examinations' (which is the active tab, highlighted in purple). The 'Public Examinations' section is titled 'Public Examinations' and is marked as 'Required'. It contains a sub-section 'Attempted Exams' with a table. The table has columns for 'Subject' (with a dropdown for 'Others (Please specify)' and a sub-field for 'EPQ'), 'Predicted Grade' (with a dropdown for 'A\*'), 'Achieved Grade' (with a dropdown for 'A\*'), and 'Action' (with a pencil icon). The 'Predicted Grade' and 'Achieved Grade' fields for the EPQ entry are both highlighted with a red box.

与此同时，申请系统中需要上传证明文件，港中大官网要求上传的文件包括“成绩单”及“证明专业 / 学术成就的证书”，在此处可以上传 EPQ 成绩单。



香港中文大學 | 本科招生  
CUHK | Undergraduate Admissions

## 证明文件

为方便处理您的申请，请确保您已完整填写并上传以下证明文件（如有）：

(i) 香港身份证件、受养人签证、护照及进入许可副本（如适用）  
（仅供核实之用。在达到上述目的后，它将从申请人的档案中删除。）

(ii) 您的成绩单、公开考试成绩和其他证书的副本（如适用）：

- 高中成绩单和毕业证书/文凭
- 文凭/副学位成绩单及毕业证书
- 大学成绩单/学位证书
- 公开考试成绩单（例如：IB / SAT / AP / ACT / GCE / GCSE / IGCSE / Gaokao / 其他）。大学理事会的大学代码（用于提交 SAT / AP 成绩）是 5690，ACT 的大学代码是 7050。
- 英语/中文语言测试成绩（例如托福/雅思/其他）。提交托福成绩的大学代码是 0812。
- 支持专业/学术成就的证书

### 真实案例：

李同学（2022 年春季学期）大庆一中剑桥国际中心

已获 offer: 香港中文大学 - 医学工程

EPQ 成绩: A\*

EPQ 选题: 《评价不同乳腺癌仪器和方法的诊断效果和患者的接受情况》

“对于这个领域我接触得并不多，参加 EPQ 是我第一次真正研究生物医学工程类的课题，让我更加确定了对这个领域的好奇和热爱。”

专访链接: <https://mp.weixin.qq.com/s/WJINYnY6dupc1ISV5NbMfg>



扫码读专访



香港科技大学

2026 QS 亚洲排名 **6** 世界排名 **44**

### 人才选拔标准

一般来说，我们会尝试更多地了解申请人的个性、愿望以及对所申请课程的动机 / 适合性。一篇好的文章应该讲述一个故事，有明确的重点，揭示激情，并显露个性和才华 ... 向我们展示你能很好地用英语沟通，你对学习充满热情，并且是一个独立思考者，会观察、思考、提出建议等。

In general, we try to learn more about the applicant's personality, aspirations, and motivation/suitability for the program applied for. Your personal statement is not restricted in regard to its format, content, length, etc. However, a good essay (500 words OEA Additional Information) should tell a story, have a clear focus, reveal passion, and expose personality and talent... Show us that you can communicate well in English, you are passionate about learning, and you are an independent thinker who observes, thinks, makes suggestions, etc.

<https://join.hkust.edu.hk/faq?cn=1>

注：港科大的个人陈述希望候选人展现学科热情。在此基础上港科大明确指出，好的个人陈述应该讲述完整的故事，有明确的重点并展现个人才华。在文书中讲述完整的 EPQ 经历并说明自己如何克服困难、解决问题并收获成长，串联起其他课外活动与探索学习，高度契合港科大的优秀文书要求。

## EPQ 使用建议

根据港科大申请指南，可将 EPQ 填入奖项 / 课外活动（高中及以后）这一栏。

### Section 7-11 Prizes and Awards, Extra-curricular Activities / Voluntary Work, Working Experience, Personal Statement and Additional Information

#### Step 1 : Fill Application Form

1. Personal Particulars
2. Program Choice
3. Secondary Education
4. Post-Secondary Education
5. Examination Results
6. English Language Proficiency

#### > 7. Prizes and Awards

8. Extra-curricular Activities
9. Working Experience
10. Personal Statement
11. Additional Information

12. Academic Reference

- You may include any of your past achievements and experiences in sections 7 – 9. Please only include activities undertaken from the high school years onwards.
- You may also note that you cannot amend the information indicated in these sections after application submission. If any amendment is required, you may upload your CV in the "Supporting Documents" section.
- Please note that your application will be put on hold until we receive your personal statement.

#### 真实案例：

李同学（2022 年秋季学期）北京市新英才学校剑桥国际中心

已获 offer: 香港科技大学 - 商业与管理

EPQ 成绩: A

EPQ 选题: 《刘易斯拐点的到来会对中国经济产生多大影响?》

“完成 EPQ 后，我尝试了一些新的课题，惊喜地发现一切都得心应手，课题的研究过程也更丝滑，我的表达能力和逻辑思维的提高很明显！”

专访链接: <https://mp.weixin.qq.com/s/eKtkRtfY4rL4Bxo9cgcVtw>



扫码读专访

## 人才选拔标准

通过面试更好地了解申请人的整体学术和非学术素质和成就；评估申请人修读课程的潜力和兴趣，并测试他们的语言和沟通技巧。

To obtain a better understanding of the overall academic and non-academic qualities and achievements of the applicants...To evaluate applicants' potential and interest in Building Sciences and Engineering and test their language and communication skills...To understand the interests of the applicants and to evaluate their potential in studying the programme.

<https://www.polyu.edu.hk/study/ug/jupas/2026/js3214>

注：港理工大多数学科是有面试环节的，招生官希望候选人可以表现出专业相关的学习潜力，同时综合能力如语言表达及沟通能力也是考察重点，这些能力都会在 EPQ 过程中得到充分锻炼。

## EPQ 使用建议

填写其他课外活动经历和所获成就的部分对活动性质、贡献形式、成果形式和获奖等级有详细的填写需求，根据 EPQ 作科研活动的各项特点如实填写即可。

### Add Competition or Activity

#### Competition/Activity

From	To
-- Please select --	-- Please select --
Category	
Academic	
Participation Mode	
By Participation	
Activity Nature	
Examination / Qualification	
Role	
-- Please select --	



#### Points to note

No modification is allowed after submission. If you are applying for Special Talents Admission and Recognition Scheme (STARS) , you must complete this section by the submitting the application. Otherwise, this section is optional. STARS application deadline is **5 Feb 2026**, any late application will **NOT** be considered. Any addition and/or amendment request will not be allowed after application submission.

You can provide up to 3 records of competitions or awards that demonstrate your special talents. One achievement for one record only. If you have received more than one award from the same competition, we will

## 人才选拔标准

申请评估基于多个因素，包括申请者的学术资格、相关科目成绩、面试表现、作品集以及各项目规定的其他标准。

The assessment of applications is based on several factors, including applicants' academic qualifications, results in relevant subjects, interview performance, portfolios and other criteria as specified by individual programmes.

[https://www.cityu.edu.hk/admo/faq?kind=nonlocal\\_applicants](https://www.cityu.edu.hk/admo/faq?kind=nonlocal_applicants)

注：港城大多数专业有面试环节，官网也明确对候选人采取综合评估的方法，课外活动和面试表现都是重要决定因素。

## EPQ 使用建议

申请系统中需填写学术及非学术成就，对所参与的活动进行描述、上传项目相关文件；在证明文件中上传荣誉证明 / 成绩单。可将 EPQ 成果及成绩证书分别上传在对应位置。

Admission Application System

Application Number: / Name:

[Notes for Applicants on Applications: Undergraduate Programmes | Master's Programmes | Professional Doctorate Programmes | Research Degree Programmes]  
[For Undergraduate Programmes: Application Period | FAQ | Interview Arrangements for Local Applicants (Year 1) / (Senior Year)]

Checklist Personal Information Public Examinations School Contact Information Secondary Education Post Secondary Education Achievements/Awards Professional Qualifications Work Experience Supporting Documents Applicant Statement Supplementary Information for Non-Local Applicants

**International/National Achievements/Awards in Academic and Non-Academic Activities**

The online application form can accept English characters only. Fields marked with an asterisk (\*) are mandatory.

If you have received any awards in international/national - level competitions in the past three years (e.g. Olympic Games, International Chemistry Olympiad, International Tchaikovsky Piano Competition), please provide details and upload supporting documents.

**Activity Name:** \*

**Description:**

**Level of Activity:** \* Please Select ...

**Country / Territory:** \* Please Select ...

**Nature of Participation:** \* Please Select ...

**Year of Award (YYYY):** \* Year...

**Achievement/Award:** \*

\* If there is inadequate space, you may upload the relevant file.

Save Reset Back

The file upload will go through virus scanning. The scanning of each file will take about two minutes. Please be patient. The message "the file has been successfully uploaded" will be shown once the file upload is completed.

**Document Type:**

- Academic Transcripts
- Degree Certificates
- English Proficiency Test Certificates
- Achievements/Awards
- ID/Passport/Visa/Entry Permit^
- Others

**Upload File:**

Submit Reset

# 新加坡



新加坡国立大学

2026 QS 亚洲排名 3 世界排名 8

## 人才选拔标准

大学录取采用整体评估方法 ... 此外学业成绩、申请者的兴趣、预备情况以及对所选本科专业的能力等因素都可以作为录取依据。这一做法体现了大学对考虑申请者为学术社区带来的更广泛素质和经验。

Admission to the University is assessed based on a holistic approach...Besides academic grades, other factors such as the applicant's interests, prior preparation, and aptitude for the chosen undergraduate degree programme can be used to admit the applicant. This approach reflects the university's commitment to considering the broader qualities and experiences that applicants bring to the academic community.

<https://www.nus.edu.sg/oam/admissions>

注：新国立录取标准强调申请者对申请专业所做的准备也是重要考量标准，学校看重候选人表现出的学习潜力。

## EPQ 使用建议

申请中要求以问答形式描述自己的成就 / 课外活动，包括为所申请专业所做的准备、克服困难的经历、收获与成长、最自豪的成就以及自我推荐，将 EPQ 经历拆解并融入每一回答中，可以让陈述言之有物、说服力强。

1. Tell us something you have done outside your school curriculum to prepare yourself for your chosen degree programme(s).

1. 请告诉我们您在学校课程之外为所选学位课程做了哪些准备。

Character Count: 0 / 600

2. Describe an instance when you did not succeed in accomplishing something on your first attempt but succeeded on subsequent attempts. How and what did you learn from your initial failure, and what changes did you make to your approach to eventually succeed?

2. 请举例说明你在第一次尝试时没有成功但在随后的尝试中取得成功的事例。你是如何从最初的失败中吸取经验教训的？

Character Count: 0 / 600

3. Share something that is meaningful to you and explain how it has impacted you in a concrete way.

3. 分享一件对你有意义的事情，并解释它是如何对你产生具体影响的。

Character Count: 0 / 600

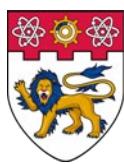
4. What is your proudest achievement, and how did you accomplish it with the help or inspiration from others? Please also explain how it exemplifies some of the five NUS values of Innovation, Resilience, Excellence, Respect and Integrity.

4. 你最自豪的成就是什么，你是如何在他人的帮助或启发下取得这一成就的？还请解释它如何体现了国立大学的五项价值观，即创新、坚韧、卓越、尊重和诚信。

Character Count: 0 / 1100

5. Is there anything else about yourself which you want us to know?  
Refer to the examples provided in this link.

5. 关于你自己，你还有什么想让我们知道的吗？



## 人才选拔标准

ABA (基于能力的招生) 通道: 通过与所申请的课程相关的作品集展示你的能力 / 热情。可以包括在相关研究领域进行的竞赛、项目和活动 / 计划。重点是与所申请专业及相关课程领域相关。

Demonstration of aptitude/passion through portfolio relevant to the programme applied for. This can include competition, project and activity/programme undertaken in the related field of study. The key emphasis is relevance to the field of programme study applied in addition to the relevant subject/s taken.

[https://www.ntu.edu.sg/docs/default-source/undergraduate-admissions/aptitude\\_based\\_admissions.pdf](https://www.ntu.edu.sg/docs/default-source/undergraduate-admissions/aptitude_based_admissions.pdf)

注: Aptitude-based Admissions (ABA) 针对有杰出才能或成就的候选人设置, 包含多种优惠情况。满足条件的候选人成绩只需达到最低标准, 在申请表的 ABA 部分提交不超过 500 字的论文 + 至少一份他人评估表, 并需参加后续的面试。

## EPQ 使用建议

ABA 通道的申请情况详细说明中表示, 如果有相关学科领域的作品及项目成果也符合该通道申请条件, 重点是这个项目要与你所申请的专业强相关, 展示你的学科能力和热情。如果做一项专业对口的高质量 EPQ 科研, 加上进一步发表论文 / 申请知识产权认证, 有机会满足该条件录取, 大幅增加申请成功率。

### **Aptitude-based Admissions (ABA)**

Aptitude-based Admissions (ABA) take into account students' passions, interests and strengths. Applicants with exceptional talents and/or outstanding achievements beyond schools' co-curricular activities can be considered, subject to a minimum level of academic competence, for admissions under ABA. Academic grades of relevant subjects may be an indication of aptitude as well. If you have one or more of the following achievements, you are encouraged to provide details under ABA section of the application form:

- Winner at the International Olympiads or in the National Science & Talent Search
- Significant awards/achievements in area relevant to the programme applied
- Carded athlete\* or represented Singapore in Arts and/or Sports such as Olympics, SEA/ASEAN/ ASIAN games, etc.
- Active involvement/participation in community services and/or volunteering work
- Demonstrated excellence in areas such as leadership, entrepreneurship, arts & culture, sports, etc.
- Demonstration of aptitude/passion through portfolio relevant to the programme applied for. This can include competition, project and activity/programme undertaken in the related field of study. The key emphasis is relevance to the field of programme study applied in addition to the relevant subject/s taken.
- Made significant contributions or attained outstanding achievements in area of work or internship relevant to the programme applied

# 澳大利亚 / 加拿大 名校官网说明



UNSW  
SYDNEY



THE UNIVERSITY OF  
SYDNEY



Australian  
National  
University



UNIVERSITY OF  
TORONTO



# 澳大利亚



**UNSW**  
SYDNEY

新南威尔士大学

2026 QS 世界排名 **20**

## 人才选拔标准

如果您是申请在新南威尔士大学医学院学习的国际学生，您将根据以下标准被选拔：1. 学业成绩 2. 入学考试（ISAT 或 UCAT ANZ）3. 与新南威尔士大学医学院的面试

If you're an international student applying to study at UNSW Medicine, you'll be selected based on the following criteria: 1. academic merit 2. admission tests (ISAT or UCAT ANZ) 3. interview with UNSW Medicine

<https://www.unsw.edu.au/medicine-health/study-with-us/undergraduate/applying-to-medicine/international-applicants>

注：新南威尔士大学医学院要求申请者在医学院网页上提交一份额外个人陈述表，除此之外还有面试环节，全面考察申请者与专业的契合度。

## EPQ 使用建议

(医学院) 单独提交一份个人陈述表，回答五个问题，包括表达个人经历、未来规划及证明自己在医学学科领域的杰出性；面试表现是三大录取标准之一，涵盖广泛的相关问题。

**Address the following questions and upload your answers against the "Personal Statement" checklist on UNSW Apply Online. Your application will not be considered without the personal statement addressing the below questions. Except for question 6, all questions MUST be answered.**

1. In 30 words or less, tell us who you are.
2. Describe the most important thing you have done in the past two years. Why was it so important? (Max. 50 words)
3. Outline some experiences that you would like to have in the next 10 years. (Max. 50 words)
4. Apart from your parents or guardians, identify the person who contributed the most to your success in life to date. In what way did they contribute? (Max. 40 words)
5. What makes you an outstanding candidate for our Medicine Program? (Max. 30 words)
6. Concluding statement (optional) (Max. 20 words)

### 真实案例：

单同学（2022年春季学期）宁波外国语学校

已获 offer: 新南威尔士大学 - 心理学

EPQ 成绩: A\*

EPQ 选题: 《教育机构在自闭症儿童人际交往和沟通中的作用》

“我读的心理专业肯定经常写论文，EPQ 给了我一次非常好的机会体验和掌握论文写作，为大学做准备。”

专访链接: <https://mp.weixin.qq.com/s/ccv2rX4M0II35JWZmbqZdA>



扫码读专访



THE UNIVERSITY OF  
SYDNEY

悉尼大学

2026 QS 世界排名 **25**

## 人才选拔标准

根据您的背景，可能需要其他支持文件，例如更名证书或简历，部分项目还可能要求补充表格、个人陈述或作品集等额外文件。

Other supporting documents may be required depending on your background, for example a change of name certificate or curriculum vitae. Some programs may also require additional documents such as a supplementary form, personal statement or portfolio.

<https://www.sydney.edu.au/study/applying/how-to-apply/international-students.html>

## EPQ 使用建议

在悉尼大学申请系统中找到关于学术奖项的描述，简要描述自己所获得的奖项荣誉并上传证明材料。

### Academic prizes or awards

Please provide details of any academic prizes or awards you received during your tertiary studies. Please submit a maximum of 300 words.

### Upload your documents

Maximum file size is 10MB. You must name your file to identify the type of document you are uploading.

Information about academic awards or prizes you have received

### File uploader

Browse My Computer

### 真实案例：

朱同学（2023年秋季学期）厦门工学院附属学校国际部

已获 offer: 悉尼大学 - 经济学

EPQ 成绩: A\*

EPQ 选题: 《运用 SWOT 分析法对自助餐厅模式的可行性进行分析》

“我在申请文书中用了一整段讲述了我在 EPQ 研究的课题，以及在这个过程中学到的研究方法和分析方法——EPQ 经历让我成长为一名研究者。”

专访链接: <https://mp.weixin.qq.com/s/BkmqGAsk1ZHXLshMaawPFQ>



扫码读专访



Australian  
National  
University

澳大利亚国立大学

2026 QS 世界排名 **32**

## 人才选拔标准

进入健康科学学士学位的标准是达到最低录取排名要求，并根据健康科学学士补充表格中的问题进行适应性评估。所有申请者必须提交此表格。

Entry to the Bachelor of Health Science is based on meeting the minimum selection rank requirement and involves an assessment of suitability based on the questions included in the Bachelor of Health Science Supplementary Form. Submission of this form is compulsory for all applicants.

<https://study.anu.edu.au/files/2023-11/Bachelor%20of%20Health%20Science%20Supplementary%20Form%20Questions.pdf>

注：澳大利亚国立大学的设计、视觉艺术、健康科学、音乐、心理学相关专业申请需要额外的材料，希望申请者具备学科相关的探索学习经历。

## EPQ 使用建议

以 EPQ 经历作为素材回答部分专业额外申请表格问题：说明自己在学科上所获得的成就、未来的学术与职业规划、克服困难的经历及成长收获，体现自己的创新能力与自主学习能力。

### Question 1

Outline your reasons for wanting to study the Bachelor of Health Science. (350 character limit)

### Question 2

List any achievements you would like to be considered during your application. (350 character limit)

### Question 3

Outline a time you responded to a significant challenge and what you learned. (650 character limit)

### Question 4

Please describe your life experiences as they relate to your development of self-direction, leadership, Independence, and ability to work as part of a team. (1000 character limit)

### Question 5

Please describe any contributions you have made to your community. Community may include where you live, your school, or a/the community to which you belong. (1000 character limit)

# 加拿大



多伦多大学  
2026 QS 世界排名 29

## 人才选拔标准

课外活动是否被考虑？是的，我们认为仅凭评分无法全面反映您的潜力。这是你在课堂外突出成就的机会，招生委员会在审核你的申请时会予以考虑。

Do extra-curricular activities really count? Yes, we believe that marks alone do not provide a complete picture of your potential. This is your opportunity to highlight your achievements outside of the classroom and will be considered by the Admissions Committee when reviewing your application.

<https://discover.engineering.utoronto.ca/faqs/#admissions>

注：多伦多大学官网说明工程学院采用综合录取流程，考虑申请者的学术和非学术成就，明确说明课外活动是突出申请者潜力的重要凭证。

## EPQ 使用建议

多伦多大学对于课外活动的要求非常丰富，申请者可以填写各领域的成就和活动经历，且申请系统中注明：如果是已毕业高中生，这一项为必填项。

The screenshot shows the University of Toronto application system interface. The top navigation bar includes the University of Toronto logo and the text 'UNIVERSITY OF TORONTO'. A dark blue bar labeled 'INTERNATIONAL' is visible. On the left, a sidebar lists various application links: 'My OUAC Account', 'My OUAC Financial Account', 'APPLICATION LINKS' (which includes 'Welcome', 'Personal Information', 'Contact Information', 'Academic Background', 'Browse Programs', 'Program Choices', 'Other Information', and 'Activities and Employment'). The 'Activities and Employment' link is highlighted with a red box. The main content area is titled 'Activities and Employment' and contains a note: 'List all extracurricular activities (e.g., volunteering, hobbies, sports, employment, travel, etc.), from the time you completed high school until the present, including any completed while attending a postsecondary educational institution. Start with the most recent activities.' Below this is a note: 'Note: This section is required if you have finished high school. If you do not complete this section, your application assessment may be delayed.' A button labeled 'Add an Activity' is present. A table header with columns 'Start Date', 'To Date', 'Activity', 'Employer', and 'Actions' is shown, with a note 'No information available.' A list of actions is provided: 'Add an Activity to your application' and 'Proceed to Review and Submit if you are satisfied with this information'.

### 真实案例：

李同学（2023年秋季学期）天津英华实验学校

已获 offer: 多伦多大学 - 商业

EPQ 成绩: A\*

EPQ 选题: 《中国养老金市场面临哪些问题，政府可以提出哪些解决方案？》

“加拿大和澳大利亚高校比较看重过往经历，EPQ 是一个能很好证明我课外学术研究的案例，也被我写进了申请文书。”

专访链接: [https://mp.weixin.qq.com/s/9Y3VdsKutBhRZWRvS9giKg?token=2070502689&lang=zh\\_CN](https://mp.weixin.qq.com/s/9Y3VdsKutBhRZWRvS9giKg?token=2070502689&lang=zh_CN)



扫码读专访



英属哥伦比亚大学

2026 QS 世界排名 40

## 人才选拔标准

英属哥伦比亚大学的国际经济学学士 (BIE) 拥有广泛的招生政策，涵盖多项因素，包括特定高中课程的表现、校内外相关学习和成就的证明，以及其他适合项目的指标。

The BIE program has a broad-based admission policy that incorporates a number of factors including performance in specific high school courses, evidence of relevant learning and achievements both in and out of school, and other indicators of suitability for the program.

[https://economics.ubc.ca/undergraduate/bie-program/bie-admissions/?\\_gl=1\\*1969bb0\\*\\_gcl\\_au\\*ODkwNTIxNTg3LjE3NjM5NzI5NjQ.\\*\\_ga\\*MTY3OTk1NTQ2My4xNzYzOTcyOTYz\\*\\_ga\\_4HEE092K89\\*czE3NjM5NzMyMzMkbzEkZzEkd-DE3NjM5NzM0OTgkajUxJGwwJGgw](https://economics.ubc.ca/undergraduate/bie-program/bie-admissions/?_gl=1*1969bb0*_gcl_au*ODkwNTIxNTg3LjE3NjM5NzI5NjQ.*_ga*MTY3OTk1NTQ2My4xNzYzOTcyOTYz*_ga_4HEE092K89*czE3NjM5NzMyMzMkbzEkZzEkd-DE3NjM5NzM0OTgkajUxJGwwJGgw)

注：英属哥伦比亚大学不同专业有不同的申请材料要求，大多数需要提交学术成绩外的补充材料；同时在申请系统的个人简介中需要描述自己的课外活动经历。

## EPQ 使用建议

在申请系统中，申请者需要根据申请的学位回答特定问题，主要包括你重视的事情、重要成就、从经历中学到的东西以及克服的挑战；同时申请系统中可以添加 5 项课外活动，官方强调这部分内容是招生官判断候选人是否适合 UBC 的机会，会影响录取和奖学金考虑。可以在申请系统中充分描述 EPQ 经历的细节并展示所得的成绩。

## Personal profile

### What is the personal profile?

The personal profile is a crucial section in your UBC application. This is your chance to tell us about the things that are important to you, your significant achievements, what you've learned from your experiences, and the challenges you've overcome. It's our chance to determine whether you're a good fit for UBC and it will impact your admission and scholarship consideration.

In this section of the application, you will be presented with a number of short-answer questions based on the degree(s) you are applying to. Read through them all and think carefully about what you want to say before you start writing.

## Your activities and accomplishments

### Activities and Accomplishments

Tell us about (up to) five activities or accomplishments in one or more of the following areas:

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

#### Activity 1

+ Add

Not specified

#### Activity 2 (Optional)

+ Add

Not specified

#### Activity 3 (Optional)

+ Add

Not specified

#### Activity 4 (Optional)

+ Add

Not specified

#### Activity 5 (Optional)

+ Add

Not specified

### 真实案例：

左同学（2022年春季学期）济南市安生学校

已获 offer: 英属哥伦比亚大学 - 会计

EPQ 成绩: A\*

EPQ 选题: 《济南某现有建材公司的改进经营计划》

“我的收获可以分为两部分：学术能力和可迁移能力 ... 可迁移能力是指以后我在研究中能用到的能力，包括信息检索和时间管理。我以后希望从事商业，意味着我很可能经常接触完全陌生的领域，信息检索能力让我可以快速地从 0 到 1 了解该领域。”

专访链接: <https://mp.weixin.qq.com/s/R3Rt8oGcsPdLM4hAjEPIMw>



扫码读专访

# 欧洲名校官网说明



INSTITUT  
POLYTECHNIQUE  
DE PARIS

KU LEUVEN



## 人才选拔标准

申请人必须自行撰写目的陈述。它应描述你选择学位项目的学术和个人动机。

Statement of purpose (Letter of Motivation)

The statement of purpose must be written by applicants themselves. It should describe your academic and personal motivation for your choice of degree program.

<https://www.tum.de/en/studies/application/application-info-portal/glossary-of-documents>

注：德国各校除标化成绩之外需提交的材料包含简历和动机信两个重要部分。

## EPQ 使用建议

动机信：说明自己申请某专业的个人和学术动机，撰写思路可从主观“个人兴趣”和客观“研究成果”两部分入手——出于对该专业的热爱，在课外还通过 EPQ 进行自主研究；掌握了该学科的学习、研究方法并产出了一篇规范学术论文，由此展现出学术潜力。

简历：简要描述 EPQ 经历，并上传成绩证明即可。

### Which documents do I have to provide?

The type and number of documents required for application depends on your personal background and the degree course you apply for.

TUMonline will generate a **complete list for your individual application** at the end of the online application process.

To give you a first idea, these are some of the documents most frequently needed in an application:

- Higher Education Entrance Qualification
- First University Degree (Bachelor's Degree)
- proof of internships or professional experience
- proof of language skills
- CV
- letter of motivation
- essay

## 人才选拔标准

这份简历应涵盖您迄今为止的全部职业经历和教育背景，高等教育入学申请应包含以下内容：从小学到底现在的教育经历、工作经历、海外经历、志愿工作、所获奖项和荣誉等。

Please include a resume of one to two pages without any gaps with your application. This should cover your entire career and education up until this point and contain the following points: education from elementary school until now, employment, stays abroad, volunteer work, awards, honors, etc.

<https://www.rwth-aachen.de/go/id/dswt/lidx/1>

注：个人简历除了覆盖所有教育经历外，奖项和荣誉也应包含在简历中。

## EPQ 使用建议

在简历中描述 EPQ 经历，并上传成绩证明即可。

**ONLINE APPLICATION** Help Support

[Start of course](#) [Select degree programme](#) [Personal data](#) [Correspondence address](#) [Higher education entrance qualification](#) [Academic background](#) [Further Information](#)

- **CV**
  - Proof of Completion TestAS
  - University Entrance Qualification
  - Translation of Documents to be submitted (unless in German or English)
  - Evidence of German language skills

**CV**

Please include a resume of one to two pages without any gaps with your application. This should cover your entire career and education up until this point and contain the following points: education from elementary school until now, employment, stays abroad, volunteer work, awards, honors, etc.

Further information is available via the following link:  
<http://www.rwth-aachen.de/cms/root/Studium/Vor-dem-Studium/~egg/Bewerbung-um-einen-Studienplatz/?lidx=1>

**Current document**

File name	Type	File Size	Date	X
Document.pdf	application/pdf	4.227,5	13.12.2021 15:54:06	X

(2)

**New document**

The following document types are accepted: **Portable Document Format (.pdf)**.  
 You can only upload one file. **The maximum file size is 5 MB**.  
**Please do not use "&" in the file name!**

If you cannot submit the document right now, you can submit it in the self-service portal after completion of the wizard until 03.01.2022. You will find an overview of all required application documents at the end of your online application.

File  No file selected.

(1)

(3)

**CANCEL** **PREVIEW** **BACK** **CONTINUE**

## 法国



巴黎科学艺术人文大学

2026 QS 世界排名 **28**

### 人才选拔标准

“我的活动和兴趣”部分旨在让你突出你的职业和个人经历以及课外技能。该部分是可选的，但对你的档案来说是个真正的优势：它让你脱颖而出，更多地介绍自己，突出那些与你个人无关的品质或经历、承诺。你可以提及你所持有的头衔和证书（如果你已提及，注册时会被要求出示）。因此，可以提及课外活动、高中或学生期间承担的责任、实习或工作经历 ...

The "My activities and interests" section is intended to allow you to highlight your professional and personal experience, as well as extracurricular skills. This section is optional but it is a real plus for your file: it allows you to stand out, to talk more about yourself and to highlight qualities or experiences, commitments that are specific to you and that do not appear in the school reports. You can report titles and certificates that you hold (you will be required to produce them at the time of registration if you have mentioned them). Thus, it may mention extracurricular or extracurricular activities, responsibilities taken on in high school or as a student, internships or jobs...

<https://www.parcoursup.gouv.fr/faq/thematiques/fonctionnement-de-parcoursup/completer-son-dossier#-fr-faq-1406>

注：法国学校招生偏好和美国高度类似，多所学校积极鼓励申请者填写成绩单之外的任何课外活动，并认为这些经历才能充分展现出你的个人优势，让你在众多申请者脱颖而出。

### EPQ 使用建议

部分课程需要撰写申请意向陈述，表达自己的学科兴趣和个人优势，EPQ 是最适合写入文书的课外活动；同时可以在“活动与兴趣”部分单独描述 EPQ 研究细节与收获，以表现出成绩单之外的优秀品质。

#### What is the purpose of the "My activities and interests" section?

This section, which must be filled in <sup>before April 1, 2026 at 11:59 p.m. (Paris time)</sup>, allows you to complete your application with information that is not related to your schooling, whether you are a high school student, a student in a change of direction or resuming your studies.

This section is a real additional asset for your file: it allows you to stand out, to talk more about yourself and to highlight qualities that do not appear in the school reports. It is optional but we invite each candidate to fill it in.



巴黎理工学院

2026 QS 世界排名 **41**

## 人才选拔标准

学生的选拔采用综合评价方法。招生委员会不仅考虑学业（即高中阶段的优异学业表现，尤其是数学和科学），还考虑非学术因素。我们认可在任何智力或创造性领域中卓越且持续的成就；在课外活动中的成就，如表演艺术或体育、科学竞赛、实习、在学校或社区的领导力、志愿服务等。

Students are selected using a holistic approach to admissions. The Admissions Committee considers not only academics (i.e. strong academic performance in high school, especially in mathematics and science), but also non-academic factors. We recognize exemplary, sustained achievement in any field of intellectual or creative endeavor; accomplishments in extracurricular activities such as performing arts or athletics, scientific competitions, internships, leadership in your school or community, volunteering etc.

<https://programmes.polytechnique.edu/en/bachelor/admissions/admissions-criteria-and-procedure>

注：除提交各项活动证明外，巴黎理工学院还需学生提交个人陈述，回答关于申请专业相关的三个问题。

## EPQ 使用建议

在个人陈述问题中，申请者需举例说明自己对于该学科的兴趣是如何发展的。无论是因为 EPQ 课题确认了未来申请的专业方向，还是为了进一步了解申请专业而选择相关课题进行研究，将你的 EPQ 经历如实写入文书都是绝对真诚、能打动招生官的好故事。

***Kindly answer the three questions below in English, maximum 300 words per question.***

- 1) ***Reflect and explain how your academic goals and interests fit with École Polytechnique's Bachelor Program.***
  
- 2) ***How do you think your personality and your own experiences will help you integrate into our diverse community?***
  
- 2) ***How do you think your personality and your own experiences will help you integrate into our diverse community?***

## 比利时

**KU LEUVEN**

鲁汶大学

2026 QS 世界排名 **60**

### 人才选拔标准

没有以下核心文件，无法提交在线申请：... 动机信（推荐长度：一页 A4）履历（CV）...

It is not possible to submit your online application without the following core documents: ...Motivation letter (recommended length: one A4-page)、Curriculum Vitae (CV)...

<https://www.kuleuven.be/english/apply/requested-documents#bachelor>

注：比利时的大学申请更贴合现在主流的国外大学申请趋势——标化成绩外软性材料也需充分提交，以凸显个人学术潜力、学科兴趣、所取得的成就 & 荣誉。

### EPQ 使用建议

鲁汶大学的本科申请材料也需要申请动机信和个人简历，申请系统中对简历和动机信有进一步的说明：在相当于个人陈述的动机信中用个人经历充分阐述自己的优势和学科兴趣；同时在简历中也要添加课外活动内容。

ASDAN EPQ 既有具体的课题研究、真实的经历，更有高质量的学术产出、ASDAN 考试局权威成绩证明，是一举多得的强说服力申请材料。

#### Motivation letter (Required - PDF/JPG - max. 10 MB)

A motivation letter, also known as a personal statement or cover letter, is a short piece of writing all about yourself: your past, ambitions, personality, interests and motivation with regard to the programme you are applying for at KU Leuven. The recommended length is one A4 page.

Some programmes have specific requirements for the motivation letter. If this is the case, this will be mentioned in the admission requirements section on the webpage of the programme.

#### CV (Required - PDF/JPG - max. 10 MB)

A CV is a document in which you should list your (prior) education, work experience and extracurricular activities.

# 荷兰



代尔夫特理工大学  
2026 QS 世界排名 47

## 人才选拔标准

请务必在简历中包含以下内容：你的中学毕业证书名称（原文语言）；你的（期末）考试名称、科目 / 级别；额外的技能、兴趣以及你认为重要的其他方面。

Make sure to include the following in your Curriculum vitae: Name of your Secondary School diploma (in the original language). Name of your (final) exams subjects/levels. Additional skills, interests and other things that you consider important.

<https://www.tudelft.nl/en/education/admission-and-application/bsc-international-diploma/required-documents>

注：荷兰部分学校不强制要求个人陈述，简历是更常见的软性材料。简历中不光要说明自己的学术背景，个人的附加技能和重要经历也要包含在内。

## EPQ 使用建议

将 EPQ 作为一项重要的科研经历写入简历，既能体现出通过科研锻炼出的各项关键技能，更能展现出申请者对该学科的热情和适配度。

### Curriculum Vitae

An extensive Curriculum vitae (resume) written in English.

Make sure to include the following in your Curriculum vitae:

- Name of your Secondary School diploma (in the original language).
- Name of your (final) exams subjects/levels (please check the [Required Secondary School examination subjects](#)).
- Additional skills, interests and other things that you consider important.

### 欧洲名校录取案例：

郑同学（2023 年秋季学期）北京外国语大学国际课程中心

已获 offer：阿姆斯特丹大学

EPQ 成绩：A\*

EPQ 选题：《关于社交媒体如何影响青少年身体形象和塑造焦虑的调查》

“我之前比较缺乏社会学调查的经验，这次科研经历让我学习并实践了定性、定量研究方法，我把这次 EPQ 经历写进了我的申请文书里面，重点体现了我在科研实践中对不同研究方法的运用。”

专访链接：[https://mp.weixin.qq.com/s/CFvTGeQbbafD\\_OUxy1AIWQ?token=1108588483&lang=zh\\_CN](https://mp.weixin.qq.com/s/CFvTGeQbbafD_OUxy1AIWQ?token=1108588483&lang=zh_CN)



扫码读专访

## 阿思丹 (ASEEDER)

北京: 朝阳区光华路 9 号 SOHO 2 期 A 座 9-6

上海: 杨浦区政立路 489 号凯德国正中心 2 号楼 1702 室

深圳: 龙华区宝山时代大厦 27 层 2712-2713

成都: 武侯区科华北路 62 号力宝大厦北区 21F

电话: 4001-699-686

网站: [epq.seedasdan.org](http://epq.seedasdan.org)

邮箱: [epq@seedasdan.org](mailto:epq@seedasdan.org)



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