

CANRAN (SELINA) HE

www.selinaballet.com

Selinahecanran@gmail.com

EDUCATION

Guanghua Cambridge International School (A-Level Institution), Shanghai, China

2022 - Present

A2 Level Student, Class of 2026, Cambridge International Curriculum

- **AS Level Courses:** Mathematics A, Biology A, Chemistry A, Physics A, English Literature A
- **A Level Courses:** Mathematics A*(actual), Biology A*(predicted), Chemistry A*(predicted)
- **Relevant Coursework/Projects:** EPQ project research “Can physical exercise reduce insomnia symptoms by modulating the Circadian cycle?”
- **Independent Study, Georgetown University:** Psychology Grade: A - 97%
- **Overall Equivalent GPA:** 4.0; SAT: 1550

WORK & RESEARCH EXPERIENCE

Ballet Shoes Utility Patent Application, China

January 2025 - Present

- Designed a novel pointe shoe with a split-toe pressure-dispersing liner, adaptive fluid cushioning, and integrated arch strap. Conducted research on biomechanics and injury prevention to address pain and improve stability for ballet dancers. Applied for a utility model patent in China (under review).

Assistant Dance Instructor, Shanghai, China

September 2024 - Present

- Mentor younger ballet students in technique and choreography. Support class instruction and performance rehearsals.

LEADERSHIP - Guanghua Cambridge International High School, Shanghai, China

Vice Minister of Student Government

September 2024 - Present

- Served as External Relations Department Member recognized as “Outstanding Member” for exceptional initiative in event planning. Coordinated a city-wide inter-school postcard exchange across Shanghai districts to foster cultural connections.

Class President

September 2022 - Present

- Elected by peers to represent a class of ~60 students
- Serve as a primary liaison between students and faculty, leading class meetings and advocating for student initiatives.

Co-Founder & President of Ballet & Dance Choreography Club

September 2023 - Present

- Founded the first-ever ballet club at school (18 members)
- Directed and performed original choreography for the annual Christmas Gala (three consecutive years)
- Established ballet as a recognized extracurricular arts program in the school community.

COMMUNITY SERVICE

Volunteer Dance Instructor, Shanghai Special Education School

September 2023 - Present

- Provided guidance and emotional support to students with special needs. Taught introductory dance movement classes to promote creativity, physical engagement, and confidence. Adapted dance instruction for a range of physical and cognitive abilities, fostering an inclusive environment.

BALLET & PERFORMING ARTS

13 Years of Classical Ballet Training

2012 - Present

- Trained in Vaganova and Royal Academy of Dance (RAD) techniques
- Awarded “Distinction”, the highest possible grade, for the Advanced level 1 by the Royal Academy of Dance, U.K.

Awards & Recognition

- 2025 SALA International Dance Competition, Classical Gold Award, Modern Dance Silver Award
- 2024 Asian Grand Prix-First prize in senior group & Silver(classic) & Bronze (contemporary)
- 2024 Marlupi Dance Academy (Indonesia) – Summer Intensive Scholarship
- 2024 Asia Ballet Competition Final – Silver
- 2023 Hong Kong Challenge Cup Final – Gold + Overall Grand Prize (highest score in competition)
- 2022 Asia Elite Dance Competition Final – Silver + Yan Ballet 2-week scholarship (Singapore)
- 2022 Youth America Grand Prix (China) – Top 24 & Hope Award