

21
$$C_s = \frac{I_d \times \Delta t}{m_1 \times a \times \Delta V_1} \quad (S1)$$

22 Here, C_s represents the specific capacitance of electrode, F g⁻¹; I_{d1} denotes the discharge
 23 current, A; Δt_1 represents the discharge time, s; m_1 represents the loading mass in the single
 24 electrode, g; a is the mass percentage of the active substance, wt%; ΔV_1 represents the discharge
 25 voltage window, V.

26 The total mass loading of SC-90, SC-120, and SC-150 electrodes is shown in Table S2. The
 27 total mass loading consisted the binder (PTFE, 10wt%), conductive agent (acetylene black, 10wt%),
 28 and O/N co-doped hierarchical porous carbon (80wt%) in the electrode. The total mass loading of
 29 SC-90, SC-120, and SC-150 electrodes is 4.2, 4.0 and 3.5 mg, respectively.

30 A symmetric supercapacitor (S-SSC) was prepared using SC-120 as the electrode and the
 31 cellulose membrane as the separator. The electrochemical performance of the work electrode was
 32 analyzed using a CHI660e electrochemical workstation. Moreover, the long-term stability of S-SSC
 33 was evaluated by subjecting it to a rigorous cycling test consisting of 7500 charge-discharge cycles
 34 using the Land testing system (CT3002A). Eq. (S2) - (S4) were used to calculate the energy densities
 35 and power densities of S-SSC.

36
$$C_m = \frac{I_{d2} \times \Delta t_2}{m_2 \times a \times \Delta V_2} \quad (S2)$$

37
$$E = \frac{1}{2} \times \frac{C_m \times \Delta V_2^2}{3.6} \quad (S3)$$

38
$$P = \frac{E}{\Delta t} \times 3600 \quad (S4)$$

39 Here, C_m represents the specific capacitance of S-SSC, F g⁻¹; I_{d2} denotes the discharge current,
 40 A; Δt_2 represents the discharge time, s; m_2 represents the total loading mass in the two electrodes, g;

41 a is the mass percentage of the active substance, wt%; ΔV_2 represents the discharge voltage window,
42 V ; E represents the energy densities, $W h kg^{-1}$; P represents the power densities $W kg^{-1}$.

43 2. EMI shielding measurements

44 The electromagnetic interference shielding performance of SC-120 within the frequency range
45 of 8.2-12.4 GHz was measured using a vector network analyzer (E5071C, Agilent) through coaxial
46 method. A coaxial ring with SC-120 mixed with paraffin at a mass ratio of 5:5 was prepared, and
47 the thickness of the coaxial ring was 1.984mm. SE_R , SE_A , and SE_T correspond to the reflection
48 effectiveness, absorption effectiveness, and total EMI shielding effectiveness of the material. The
49 calculation process of SE_R , SE_A , and SE_T is shown in Eq. (S5) - (S7).

50 Here, S_{11} represents the reflection coefficient, and S_{21} represents the transmission coefficient.

$$51 \quad SE_R = 10 \times \log\left(\frac{1}{1 - |S_{11}|^2}\right) \quad (S5)$$

$$52 \quad SE_A = 10 \times \log\left(\frac{1 - |S_{11}|^2}{|S_{21}|^2}\right) \quad (S6)$$

$$53 \quad SE_T = SE_R + SE_A \quad (S7)$$

54 The electromagnetic shielding efficiency (%) refers to the percentage representation of the
55 electromagnetic shielding capability. It indicates the extent to which materials reduce the effects of
56 blocking, reflecting, or absorbing electromagnetic waves relative to the incident electromagnetic
57 waves. The electromagnetic shielding efficiency (%) was calculated by Eq. (S8).

$$58 \quad \text{Electromagnetic shielding efficiency (\%)} = 100 - \left(\frac{1}{10^{SE_T}}\right) * 100 \quad (S8)$$

59 Table S1 The production yield of sesame meal coke, SC-90, SC-120, and SC-150

Sample	esame meal coke	SC-90	SC-120	SC-150
production yield (%)	32.96	8.67	8.26	7.93

60

61 Table S2 The total mass loading and carbon mass loading of SC-90, SC-120, and SC-150

62 electrodes

Sample	SC-90	SC-120	SC-150
Total mass loading (mg)	4.2	4.0	3.5

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