

Throughout my years in the academic setting, I have always worked hard to earn my grades. I never took things for granted and was always willing to seek help when I needed it. This became a philosophy of mine that developed into a desire to be there for others who sought help. Academically I always challenged myself; in junior high and throughout high school I took various honors courses, as well as a total of eight Advanced Placement courses. I studied consistently to keep my grades up and was on the honor roll throughout school. I even graduated with 23 college credits to apply to my college education based on my AP test scores, which allowed me to graduate a semester early with my Bachelor of Arts in Psychology.

I made sure to take a variety of classes to see what truly caught my interest. “Intro to Psychology” grabbed me immediately which made declaring my major very easy. In pursuit of my degree at C.W. Post I kept my grades high enough to stay in the Honors Program through the entirety of my college career. Along with the Honors and Writing Across the Curriculum classes I took, I also completed a 50 page research paper during my final two semesters. I chose the topic of love and focused on the concept of Love Styles. The process included a semester of intense research and an original online survey for anonymous participants to complete, with a semester dedicated to data interpretation and writing my actual thesis. I came out of the experience with an expansive knowledge of how love is related to different aspects of a person, and it solidified my desire to become a counselor to help others.

After graduating with a 3.74 GPA, including Honors courses and my thesis, I found myself at a crossroad. I had to decide if I wanted to immediately apply to graduate school, or take time off and gain some life experience. Ultimately I felt that taking a year off would benefit me the most, and thus I entered the real world.

My work experience began during the summer before my first year at college when I worked at a large movie theater. It had been my first real job and exposed me to new people and new experiences. I met people outside of my normal social groups and quickly learned how to interact with individuals in a work environment. In my second year of college I began working at a local retail chain for nearly two years. My jobs varied, but I found that the interactions with customers were the most interesting. I experienced a cross-section of people while working retail, especially as a returns desk employee. As my college career came to an end I decided to look for another job to be able to better pay for my expenses. I applied for a job at a distribution company, and have worked there ever since. One of the main aspects of my job is speaking with a number of clients. It has helped me learn how to interact with people in a more professional environment than my past jobs. Being able to troubleshoot problems has also improved my ability to dissect a negative situation and achieve results to the benefit of all parties involved.

My experiences in the field of psychology, specifically counseling, relate to my own personal visits with therapists and social workers. When I was young my parents separated and my mother wisely took my brother and me to a family therapist. During my years at college I realized I was having difficulties and went to see a counselor on campus. At the time of this essay, I am seeing a social worker to deal with problems I still face and wish to resolve. I have always been able to view counseling as something to embrace, in direct opposition to the negative stereotype I find some people still possess. With this mindset, I've always felt that my efforts to help someone else will truly be my greatest achievement in life, which drives me every day to pursue a future in counseling.

I plan to achieve my Masters in Marriage and Family Therapy to work in the field and to help those in need. My life has been defined by hard work and consideration for others, and I

hope to pursue my goals and secure my future by being a strong and productive person within the psychological community.