

Psychology



**ASSIGN
BUSTER**

The field of professional mental health care is both challenging and rewarding. I believe that individuals embarking on a career in this field need to have qualities as empathy, perseverance and compassion. Mental health professionals also need a rigorous academic background and real life experiences that have provided the skills necessary to be an effective counselor or therapist. As a result of various educational and work related experiences, I feel I have obtained these necessary skills and attributes and would appreciate being considered for a position in your Mental Health Master's program.

I have a sound educational backing with a minor in Psychology. My educational experiences have taught me the importance of staying organized, studying diligently and meeting deadlines. I have greatly enjoyed learning about the theories and theorists in my Psychology courses and have a great desire to further my studies in this area so I can help other people overcome obstacles in their lives.

In addition to my educational experiences, I have work related skills that make me a good candidate for your Mental Health Master's program. I have worked for the past year as a teacher. I have had the opportunity to work with many types of children. Some are motivated and excited by learning. Others have many problems, both cognitive and emotional. These are the children that I was most concerned with helping. Some days the work was exhausting. Helping these children that had so many problems has taught me to never quit. This attitude of perseverance has served me well in my current teaching position and will serve me well in my studies in your program. Difficult problems often take time and tenacity to overcome. I have learned this by working with these children.

Another attribute I have learned as a teacher is how to communicate clearly with the children's parents. Many of these parents are difficult to deal with because they are frustrated by their child's academic performance. I have learned that showing empathy for these parents and clearly expressing expectations to them helps them to cope with their child's behavior in school. I realize that as I enter the field of professional mental health, these types of parents and children may be my clients. As a result of my teaching experience, I have gained a great desire to help these people that struggle to cope with their daily lives.

A final attribute I have acquired as a result of work experience is compassion. I have experience working as a Finance Counselor at Jackson Memorial Hospital in the Oncology department. This job has taught me to really care about people living under the most distressing circumstances. Each day at this job involves working with people that are very ill. Many are literally fighting for their lives. The emotional stress this situation induces is compounded by the financial situation many patients find themselves in as a result of their treatments. The medical care is very expensive and many are no longer able to work due to their declining health. Having this job has helped me have compassion for individuals caught in stressful situations. I am able to see first-hand how much proper therapy and counseling can help these people cope with their challenges.

I am excited to apply for the Mental Health Master's program because I believe that I have the skill and attributes necessary to contribute to the program. My educational background and job experience as prepared me well for this next step in my academic and professional career. I look forward

to helping others as I continue my studies and begin a career as a mental health professional.