

POSTGRADUATE PERSONAL STATEMENT EXAMPLE

COUNSELLING PSYCHOLOGY

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Personal Statement Example: Counselling Psychology

As a member of "Generation Z", I am keenly aware of the potential impact of the so-called 'age of disruption'. Many people say that the job market is going to look significantly different by the time I graduate from university, so I consider it critical to have the ability to respond positively to any form of disruption or challenge I encounter. I intend to position myself in a way that will not only result in a prosperous career but also a career that allows me to give back to society. Consequently, I aim to devote myself to social work and philanthropy. As George Bernard Shaw said: "I want to be thoroughly used up when I die, for the harder I work, the more I live." The human mind can be enigmatic, unpredictable and vulnerable, but it can also be understood by other human minds intuitively, and one mind can connect with another very naturally. Therefore, I believe that people can connect as a result of spending time working together closely. I want to pursue this goal by using my communications and management abilities from the business sector in my study and practice of Counselling Psychology.

After finishing high school, I entered a university which allowed me to engage with a wide variety of people from diverse cultural origins, socioeconomic statuses and ethnic backgrounds. In my first year, I frequently conversed with people seated next to me at breakfast, which was the first time I truly understood the gravity of mental health issues. Other students, despite their age, spoke openly and comfortably about their problems as if they were discussing what they had for dinner the night before. This made me think that in high school, people kept their problems to themselves and substituted phrases like "I've been pretty busy lately" for their reluctance to discuss their mental health. My interest in psychology and mental health was sparked by hearing about the mental health crises that individuals experience and by supporting those around me to manage the challenges of undergraduate study. Subsequently, I determined to pursue the subject from an academic perspective.

I moved in with my roommate, who was also a high school friend, in my third year. Having known her for five years, I was astonished to learn about her troubles when she revealed that she had been managing depression since she was 14. The first time we spoke to one another

honestly and in detail, she told me about her parents' high expectations for her, how she felt like she never fitted in anywhere, and her distrust of relationships. Presented with this information, my mind went blank, so I suggested that she talk to a counsellor. She then shared her challenging experience of seeing a counsellor. Her parents initially refused to pay the exorbitant fees because they saw it as a sign of fragility rather than a health problem. Then the counsellor took notes of her experiences and reported them to her parents. Hearing about someone's troubles in such depth is a little like getting to know a brand-new person, but in doing so, I began to recognise that counselling and psychology might be future career options for me. I couldn't help but think that if I were an expert in this field, I could help her with a practical strategy or, at the very least, say something to make her feel better.

During the summer of my third year, I accepted an invitation from a Clinical Psychology professor to participate in his solution-focused brief therapy seminar. He hypothesised that 'strategy talking' and 'future talking' techniques that centre on an individual's problem can help refocus their queries and shift their attention away from the problem onto potential solutions. I was playing an observer during the role-playing portion of the seminar when the client and the therapist broke into tears as they discussed how she never felt worthy of her mother's attention. She was successfully led to open up about her feelings and then encouraged to think about ways to prevent the negative emotions by the graduate student acting as the therapist whose research centred on solution-focused brief therapy. The entire process was highly engrossing, and as I watched, I kept thinking about what I would say or do to help her and with whom I would start this dialogue.

My experiences with mental health concerns help me to understand and define my personal and professional goals. I want to be helpful to society by providing genuinely positive value in each role I undertake. Studying Counselling Psychology is a way of surviving the age of disruption, establishing lasting connections between myself and others and helping potential clients to gain the techniques needed to achieve clarity of mental and emotional well-being. After experiencing the transfer from one culture to the other, I gained the skills and positivity to help others embrace and overcome difficulties and the emotional maturity and academic skills to undertake this advanced study course. I will endeavour to bring these qualities to this program and look forward to playing an active and positive role as a member of your respected learning community.

