### **Explain, in detail, an experience you’ve had in the past 3 to 4 years related to your first-choice major. This can be an experience from an extracurricular activity, in a class you’ve taken, or through something else. (150 words)**

Psychology

During an internship I took in an education company I completed background study on self esteem issues and time management, creating a time management module for potential clients which were students typically aged 14-18. In my internship I researched heavily on interrelations between individuals and how it affected our learning and productivity. Productivity can easily be broken down using psychological concepts such as experiential learning model or schema theory. My mentors provided me with sufficient support and connected my ideas to create a structured outline for my module. I identified factors like levels of cortisol and effective measures like deep work in relation with music. Since this module would be targeted towards students around my age, I communicated and conducted various surveys to reach out to finally produce something that can benefit students that have trouble focusing. With my knowledge on how practical psychology can be implemented in a daily manner, I can translate the content I will learn directly to real world terms opting my skills in the disciplinary major

Hey Amos!

Use the time management module as the main focal point for this essay ya. Here’s a structure you can follow:

* I did an internship where I was tasked to create a time management module for x demographic of clients
* I started by doing academic research. This is what I found: XYZ
* I then put this research together into an outline for the module
* At the end, I presented my mentors with this 5-page, 3-week (right? I forgot) module that students like me would be able to use after some validation
* From this experience, I learned XYZ

### **Describe your personal and/or career goals after graduating from UIUC and how your selected first-choice major will help you achieve them. (150 words)**

As a future clinical psychology student, my aim would be to issue programs specifically for teens suffering with mental health issues. The next step on my bucket list would be to obtain a doctorate. I've come to realise that many people in my nation have a significant lack of resources to help children suffering such as depression and anxiety, with my end goal being to eliminate that setback and further educating the population. To be able to reach that milestone of creating programs, studying the processes behind why people function and their responses to certain stimuli would be an extremely useful advantage. By studying the discrepancies in mechanisms we learn from behavioural neuroscience i can respond to the signs that diverge from the norm, which is crucial to my career. Diving deep into the subject matter would help in developing a more clear empirical system that can judge people holistically.