**From a young age, I have been captivated by the complexities and intricacies of the human mind. The fascinating interplay of thoughts, emotions, and behaviours has fueled my passion for understanding why individuals think and act the way they do. This profound curiosity has led me to pursue a Psychology major, as Psychology, to me, represents a gateway to understanding the multifaceted nature of human behaviour and the underlying cognitive processes that shape our thoughts and emotions. Its blend of scientific inquiry and compassionate understanding provides a unique lens through which to view the world. I am drawn to the field's potential to shed light on the intricacies of human cognition and contribution to the developing mind and body.**

**8 years ago, my mother took me to a free clinic on Sundays where she and her friends would help out. I grew fondly attached with a psychologist at the location who showered anyone who approached her with endless questions, each aiming to find each person’s mental state and to make sure that any grief can be alleviated. Ever since then, I still continue to volunteer almost every weekend, from just being a shadow to now counselling young children. Being given the opportunity to counsel these children was not easy, over the years I read many psychological journals and learned the great importance of childhood development on one’s life.**

**Beyond my academic pursuits, I have actively sought out extracurricular activities that have nurtured my personal growth and honed valuable skills. Engaging in leadership roles within student organisations like We Matter and the school’s student council has taught me the importance of effective communication, teamwork, and empathy. These qualities, I believe, are essential in the field of psychology, where collaboration and empathy are vital for fostering therapeutic relationships and promoting positive change. I joined We Matter not long after its founding and was given the chance to teach to underprivileged immigrant children. The stories shared between the children who come and go were deeply touching, most who struggled as a young child continued to struggle as they grew older. I was reminded again how much psychological health mattered for younger children, whose life outcome may be affected due to psychological trauma and experiences in their developing brains.**

**Other than this, studying Psychology in the IB Programme, though only at Standard Level, gave me a great introduction to psychological experiments and studies. It has fostered my critical thinking skills to analyse and explore the applications of the studies on real life situations and phenomena.**

**Ultimately, my goal as a Psychology major is to combine my passion for psychology, love for children, and commitment to research to create meaningful experiences for developing children. I aspire to inspire a love for learning while cultivating students’ well-being and resilience to allow them to be the best versions of themselves. Studying psychology will allow me to gain in depth knowledge and learn the best ways to help and guide their developing minds.**

Hi Willetta,

This is a great first draft! You’ve showcased your genuine interest and future plans in Psychology quite well. Though your essay is impressive already, I have several notes on how you could improve it further, as laid out below.

First, I suggest elaborating more on what you’ve done in pursuit of studying psychology. If possible, make reference to relevant issues in the field, cite specific studies you’ve read, or even methods you’ve observed during your time volunteering in the free clinic.

Remember – don’t be afraid to lay out everything you’ve done to pursue this major. Since you have quite a bit of character limit left, you can fill it out by convincing the admission officer of your genuine interest and credibility in the field of psychology.

Second, in your final paragraph, I suggest adding a bit on how your intended major can help equip you in achieving your future plans. Be as specific as possible—it will help showcase that you’ve done your research on your major, and have put some concrete thought into your future.

Otherwise, you’re on the right track so far. Keep it up!