Ever since I volunteered at a mental health helpline during high school, I’ve been passionate about understanding human behavior and helping people cope with emotional challenges. My experiences taught me the importance of empathy, listening, and scientific approaches to mental well-being.

I am particularly fascinated by topics like cognitive behavioral therapy, developmental psychology, and the neuroscience of emotion. I’ve read widely about mental health awareness and want to contribute meaningfully to breaking the stigma around it.

My long-term goal is to become a licensed clinical psychologist and offer counseling services in underserved communities. I believe that by studying psychology, I can gain the tools needed to better understand others and positively impact lives.