**College of Arts and Sciences: Students in Arts and Sciences embrace the opportunity to delve into multifaceted academic interests, embodying in 21st century terms Ezra Cornell’s “any person…any study” founding vision. Tell us about the areas of study you are excited to explore, and specifically why you wish to pursue them in our College. 650 words**

[**https://cornell.campusgroups.com/club\_signup?group\_type=&search=mental+health&category\_tags=4294858&order=name\_asc**](https://cornell.campusgroups.com/club_signup?group_type=&search=mental+health&category_tags=4294858&order=name_asc)

[**https://cornell180dc.wordpress.com**](https://cornell180dc.wordpress.com) **⇒ club**

[**https://business.cornell.edu/faculty-research/centers-institutes/**](https://business.cornell.edu/faculty-research/centers-institutes/) **⇒ research center**

[**http://ihf.cornell.edu/**](http://ihf.cornell.edu/) **⇒ cornell institute of health faculty**

It all started 2 years ago, when my 7-year-old cousin would lose his temper whenever we have weekly family gatherings.

“What causes him to have a bad temperamental disposition?” my technical-self pondered. I couldn’t figure out why, despite having read countless books on child anger management. My growing interest in children behavior, however, soared when my pen pal shared about her younger sister’s extreme mood swings and bipolar symptoms.

Fascinated by the nature vs nurture philosophies that underlie a child’s emotional development, I made it my goal to become a child psychologist and to open a clinic of my own: one that respects and protects children’s privacy. I believe that Cornell’s College of Arts and Sciences (CAS), with its flexible, yet interdisciplinary curriculum and driven vision for students, is the right breeding ground to get me there.

As a Psychology major, I am intrigued to study a range of courses, for instances Developmental and Adult Psychopathology. The Developmental Psychology course would granulate my understanding on how children develop emotionally and physically; while Adult Psychopathology would equip me with the identification of disorders, as well as how to treat them. Equally important is to hone my practical finesse outside of the classroom by means of joining the vast research labs Cornell houses. I am excited to work with Professor Michael H. Goldstein and specifically investigate how children’s cognition could affect or stimulate a mental disorder.

Aiming to graduate with an all-rounded, technical set of skills, I very much realize the importance of financial feasibility and awareness to legal systems in opening my own safe zone for troubled children; thus, I hope to draw upon SC Johnson College of Business expertise on modules such as Managerial Finance and Law for Entrepreneurs. Both these courses will allow me to build a fundamental understanding of the processes to build a business – and manage the organization fully equipped.

Furthermore, I am also intrigued by Cornell Institute for Healthy Futures – the first center that combines hospitality, design, as well as healthcare. There, I would like to collaborate alongside different educational programs, sponsors, and events – and use the opportunity to combine the three aspects of hospitality, design, and healthcare. I intend to create a clinic that isn’t just a place for patients to visit their doctors, but a space where they can feel comfort and care with the elevated facilities. Waiting for the doctor to let us in or coming to collect the medicine could make patients feel anxious. Perhaps having a garden, library, or a movie area could help making the clinic less intimidating to them. Ultimately, I’d want to create a zone that will hoist all aspects of service, and an inviting area where people would feel comfortable visiting often.

As an avid advocate for emotional wellbeing, I am glad to see how the Cornell community would make me feel in my own element, even outside of class. I am keen to hear what other people have to say about different aspects of mental health. I look forward to championing the change to the stigma of mental illness at the Minds Matter or the Yellow Paint Society. I also intend to collaborate with the technology, marketing, and design students to improve SafeSpace, a project I started in high school that aims to raise mental health awareness – and potentially use it to reach a broader audience in New York.

Amidst my personal quest to help my cousin, I hope that Cornell’s impactful, global network would also enable me to empower children beyond my immediate social circle.

~~It all started 2 years ago, when my 7-year-old cousin started to lose his temper whenever we have weekly family gatherings.~~

~~“What causes him to have a bad temperamental disposition?” I asked myself. I spoke to his parents, but they were puzzled too, saying that my cousin seems fine at home. I couldn’t figure out why despite reading countless books about child anger management. My growing interest in children behavior, however, soared when my pen pal shared about her younger sister’s extreme mood swings and bipolar symptoms.~~

~~Fascinated by the nature vs nurture philosophies that play roles in the process of a child’s emotional development, I made it my goal to become a child psychologist and to open a clinic of my own. One that protects children’s privacy and provides a safe room to express their concerns. And I believe that Cornell’s College of Arts and Sciences (CAS), with its emphasis on opening our eyes to different perspectives, is the right place for me.~~

~~As a Psychology major, I am intrigued to study a range of courses, specifically Developmental and Adult Psychopathology. The Developmental Psychology course would granulate my understanding on how children develop emotionally or physically; while Adult Psychopathology would equip me with the identification of disorders, as well as how to treat them. Equally important is to hone my practical finesse outside of the classroom, which is joining the vast research labs Cornell houses. I am excited to work with Professor Michael H. Goldstein and specifically investigate how infant’s development processes could affect or stimulate a mental disorder.~~

~~While honing my technical skillsets, I very much realize the importance of financial sustainability and awareness to legal systems in opening my own safe zone for troubled children. The flexibility and interdisciplinary approach Cornell provide will give me access to take some courses such as Managerial Finance and Law for Entrepreneurs at SC Johnson College of Business. Both these courses will allow me to build a fundamental understanding of the processes to build a business – and manage the organization fully equipped.~~

~~Furthermore, I am also intrigued by one of the centres and institutes Cornell has, which is the Cornell Institute for Healthy Futures – the first center that combines hospitality, design, as well as healthcare. There, I’d collaborate alongside different educational programs, sponsors, and events – and use the opportunity to gain more insight on the intersection between the themes of hospitality and healthcare. I would love to research and explore the potent strategies on the possibility of utilizing the Plan-Do-Study-Act (PDSA Cycle) and customer feedback on healthcare – and reach the end of goal of creating my own clinic.~~

~~As an avid advocate for emotional wellbeing, Cornell would make me feel I’m in my own element, even outside of class. I enjoy sharing my perspective with other people, especially one that I am truly passionate in – and I am keen to hear what other people have to say about different aspects of mental health. At Cornell’s clubs, I could see myself champion the change to the stigma of mental illness at the Minds Matter or the Yellow Paint Society. I also intend to collaborate with the technology, marketing, and design students to improve SafeSpace, a project I started in high school that aims to raise mental health awareness – and potentially use it to reach a broader community in New York.~~

~~Whether it’s taking courses, learning across disciplines, or working alongside students with different expertise, the richness of perspective Cornell offers will not only help me complete my personal quest in helping my cousin, but also other children and beyond.~~