

1.If anything was possible, what would your dream job be, and why?

I want to be a flight attendant. Since I was in high school, I have dreamt of becoming a flight attendant for a domestic airline. But as we grow up, there are lots of changes in our lives, especially in our bodies. During the Covid-19 pandemic, I became a food lover which made me gain more weight, and I was not really into putting skincare on my face so my skin became unhealthy. It made me very insecure and it started when I was in 4th year college. It was very demotivating and disappointing for me to know that if it was time for me to enter that field of work, I won't be able to pass because of my physical appearance. But everything happens for a reason. If everything went as I have planned, I would not be here answering interesting questions and challenging tasks. For now, I am more focused on self-improvement. We will get to where we want ourselves to be.

2. Have you ever experienced a stressful situation in your past workplace (college if fresh graduate), what was it and how did you overcome it?

Yes, I did especially when I was a graduating student. When I was in 4th year college, we had our three internships to accomplish. While working on our virtual internship, I also have a thesis and other activities to finish. So, for our internship, I had to do all the tasks of compiling portfolios, scheduling and facilitating meetings, and formulating activities for our clients. Then, I had to work on editing the thesis and I had to transcribe all the interviews I conducted. It was very stressful for me especially when my groupmates do not cooperate with the work that needs to be done. Thankfully, I have survived every stressful experience that I have encountered and it made me stronger to every circumstance that I will encounter in the future. We are only strong when we challenge ourselves to do everything that we want to do. So, it is normal when we feel stress because we are human beings.

3. In your previous position, what task did you find most challenging and why? What task did you enjoy most and why?

When I was the Internship Support group Leader for two consecutive years, I was in charge of almost all the general tasks to be done. I did the planning of activities for the clients. I and my fellow psychology interns also conducted and facilitated the activities. I edited and compiled our two internship portfolios with a hundred and plus pages. My responsibility also is to schedule and create a timeline for the internship productivity report. I also create minutes of the meeting for every discussion that we do. My position was not very easy. I had a series of breakdowns and there was I time when I did not know what else to do for me to feel good. It tested me, physically, mentally, and emotionally. I even had my revalida while I was doing the portfolios. So, I had to multitask. I was a workaholic during my college years. That is why most of the hard tasks were given to me by our professor. I even told myself that time that it's just work. Well, it would be hard for me to do things now without experiencing those hardships. So, I am thankful for whatever I have gone through.

4. How would your previous managers/coworkers describe you?

I think they would describe me as workaholic, strict, always a law abider, responsible, and respectful. I think most of them will say that I am a respectful person. I was taught by my mother to never disrespect anyone whether he/she is rich or poor and young or old. That is why whenever there are people who judge me or hate me, I avoid them and even give them the kind treatment. I had a good relationship with my professor and my fellow interns. We shared our laughs together and always gave importance to positivity. When I committed mistakes during our work, it is easy for me to say sorry because my professor and my fellow interns are very open-minded and considerate. That is why however hard and stressful the tasks are, I am still motivated because of their positivity toward me.

5. What personal or professional accomplishments are you most proud of?

All the hard work paid off because I received three special awards during our Pinning and Coating ceremony. I received the Best Intern in Clinical Setting, Best Intern in Educational Setting, and the Distinguished Leadership Award. Those awards would not be possible without my supervisors' guidance and support. During our College of Arts and Sciences Day, I also received the Best Intern of the Psychology Department and Service Award for being the Creative Director and Events and Projects Director of the Arts and Sciences Student Council. But what makes me proud above all is when I make my family, especially my mother, very happy and proud. I was doing everything up until now for my family. That is why every success that I have is for them.