



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

Ever since I was a kid, it was a dream of mine to be of help to other people. I always love making myself available to those in need. Through the years, my dream job has always been connected to healthcare, from being a nurse to a doctor then to a therapist then to a psychologist. Since I started university up until last year, I still have recollections as to what I should become. But now, I am certain that if I have the liberty to become anyone and achieve anything, I will become a psychologist. It may not seem like it since I always keep to myself when in a social setting, but I do love talking to people. I love knowing why a person is the way that they are, their behaviors, what makes them tick, etc. There's a lot that you can know about a person just by talking to them. It is also through talking that you can help them sort out their problems or maybe just be an ear that is willing to listen to them talk their hearts out. Psychologists do all of these; they talk to you and provide you with ways to overcome your problems. And so, I would love to be able to do this in a professional setting and be a helping hand to those who are scared that no one will listen to them because I do. And I want them to know that they are never alone, there is always help.

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?

There was a time when I got into a heated discussion with my groupmates. I volunteered to act as the leader of the group to make things smooth for the group. Although it was informal, some of my groupmates acknowledged it and things were going smoothly. I sent out instructions on what should be done, the tasks that are free to do, and how we should go about the tasks. We moved on from that point forward or so I thought. On the way to our building, I overheard two of my groupmates talking behind my back. They were saying that they did not understand what I was



telling them, and they were so confused about what to do. I came straight to them and told them that if they had problems with it, they should have come to me straight away and not talk behind my back. They fell silent and I went back to our room and composed myself. I rewrote everything, put a step-by-step instruction, and did some emotional release exercises—crying, moved on, and finished the project.

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

The most challenging task I did as an undergraduate was speaking in front of the classroom. Although I consider myself an achiever, I am not keen on public speaking. I tend to do everything to avoid it. If there was a group report, I would volunteer to do everything but reporting. However, in university, particularly the university I went to, it was different. Everything will contribute to the report, and everyone will have to speak. My hands will shake all throughout the reporting, but I am proud of myself that I did not back down.

However, the task I enjoyed was making PowerPoint points, posters, collages, crack videos, and a film script. I would always find myself in charge of doing the PowerPoint presentation for our group presentation. Over the years, I made a lot, it may not be extravagant or immensely pretty, but I am proud of what I did. It gives me a euphoric release every time I finish a creative project.



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

I think I have not established a personality in university that would provide a uniform template of what my professors would describe me as. I believe some professors would describe me as funny, some might say that I am creative, some would say reserved, and some would say I can do better. There are subjects that I do well in terms of the creative department, I had subjects where you had to use your creativity's maximum potential. I would love to share that I made a few of my professors laugh and impressed because of my wit and creativity.

In some classes, I tend to be reserved. Afraid of saying something wrong and always silent when it comes to discussions. I believe my professors saw that too, how I fell silent every time a question was asked, how my face contorted when I tried to think of an answer, and how my face was filled with regret every time my answer was correct, and I did not say anything. There would also be some professors who would say that I can do better, I believe that they see my potential, it is just me who gatekeeps it. I tend to underestimate myself and doubt myself. I doubt everything that I do, whether it is right or wrong, I am mostly right but then since I change it, it will turn out wrong.



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

In my entire life, I have never been proud of myself for finishing my undergraduate research project. Our advisers are distinguished in their respective fields, and they have set expectations for us given that we are studying at a good university. It was not easy trying to meet those expectations and I was struggling at that time, so I had no choice but to drop the subject and wait for another year to take it. Although I extended and did not graduate on time, I improved a lot and created a paper that I am proud of.

Another personal accomplishment that I am proud of is passing the UPCAT. It was UP or nothing. I did not apply to other universities because I only wanted to study at UP. When I passed, I cried so hard because I never thought that I would pass, and I would be studying in my dream school. And I was the first person in our family to study in UP.

Lastly, I am proud of myself for surviving UP. I may not have got the results that I wanted, but I know that I did my best. It was not an easy feat. On day one they already told us that if it was hard getting in, it was twice as hard getting out. It scared me, and then I found myself already crying after only a week in the university. And then I had to extend my stay for another year, but I persevered and graduated. It was the best day of my life.