



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

If anything was possible, I would be a Neuropsychologist. It is a job that specializes in assessing and treating people with brain disorders. It focuses on mental, cognitive, and behavioral issues of brain disorders without much medication. Neuropsychologists often deal with developmental disorders, concussion and traumatic brain injury, epilepsy, brain cancer, stroke, and dementia. Their treatment plans include medication, rehabilitation therapy, and surgery.

This is my dream job because I am always fascinated by how the brain works and how everything affects it. I love learning about the cognitive, verbal, and motor functions of people which are deeply connected to Neuropsychology. I also became interested in the field of treatment where therapy enters. I think it would be amazing to see patients slowly recovering from their disorders and slowly gaining back their skills with the proper treatment. Being a Neuropsychologist might be an impossible dream for now, because of my resources, but if I have any opportunity to become one, I will grab it.

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 once experienced a stressful situation in my past workplace. I had my industrial internship at Lopue's San Sebastian as an HR associate. My tasks include daily encoding of the workers' job orders, attendance, and special requests. There were also times when I needed to interview applicants and give onboarding orientation to new employees. It was a fun learning experience, but it became so stressful when I had to compile and encode several documents from the employees from different months and years. I had to handle hundreds of papers with confidential information and compile them per person and group them by month and year. It tested my patience and ability to multitask. I overcame it by relaxing for a while and taking a short breather. I took a little time to organize my thoughts first so I can also properly organize the tasks that I will be doing. Thankfully, I finished my tasks with ease and success.



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

I have been working as an ESL teacher for around two years now. It is teaching English as a secondary language to students who wanted to master the language. I have taught the language to Chinese, Korean, and Japanese students. The range of what I taught was from basic English to conversational English. The most challenging task would be dealing with young kids ages from around two years old to three years old. Most of these students have zero to less knowledge of English so it is very difficult to deal with them. Also, since they are very young, their attention span is so short that they easily get distracted, and they would have a hard time going back to be attentive to the lessons. It challenged my patience to deal with younger kids, but it was worth it when they started to show progress.

I enjoyed teaching adult students, especially those who opt for free conversation. This means that we can just sit back, relax, and talk about anything in life. It was great to know about the culture of my students as they shared about their lives, and it was also easy to talk to them since most adults are good English speakers.

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

My previous OJT supervisors would often describe me as very quiet and reserved in the workplace. I am always quiet to be more focused on what I do and not be distracted to talk to my workmates. They also said that they can trust my abilities on learning something new since I take my time to study and practice if I encountered a new skill to do. I also show a willingness to take on responsibilities and follow through on commitments. I also do my best to be a good problem-solver. With this, they would tell me that I am reliable and trustworthy.

Gaining experience from the three biggest fields in Psychology developed my character as an individual and as a worker in the workplace. With the feedback of my supervisors, I learned what I should maintain and develop more to be more effective in whatever area or field that I will be working on in the near future.



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

I would always describe myself as a person who has the drive and desire to be my own best version. This goes on for every aspect of my life, especially when I was still studying. When I was in elementary, it became my goal to stay at the top section of our grade level. I did my best to be on top, so I did it, I graduated with being consistent at being at the top section. This goal continued when I entered high school - to be always at the top section. I also did it and graduated with High honors. In college, I dreamt of having Latin honors, but because I was a transferee student, it disqualified me from having one. I became discouraged and disappointed, but I knew I couldn't do anything anymore. I just did my best to study hard enough. With this, I came to realize that exerting effort will never be in vain because I became a consistent Gold Dean's listee of our program. As of now, I am proud that I achieved things when I was studying, which means that I did my best to somehow be a better version of myself, if not the best.