



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

If anything is possible, my dream job would be a registered guidance counselor, particularly in a high school academe. I believe that the teenage years unfold different concerns in an individual's life, for it's a time for many of life's transitions. And I too experienced it, the twists and turns, tides and waves, and ups and downs. Ever since I decided to take psychology, the fire to pursue guidance and counseling has been my drive—to be a better individual, trusted friend, dependable daughter, excellent student, passionate leader, and an effective mental health advocate. I am really seeing myself sitting inside the counseling room, processing students' emotions, curating intervention programs for the overall well-being of the students, and conducting mental health awareness campaigns. One objective that has been in my heart ever since is to rebrand the image of guidance counselors—that the guidance office is not a place of discipline and order but a safe place for everyone, especially those who are struggling. I hope, one day, the stars will align for me and I'll be able to add RGC after my name.

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?

University life really is a jungle, full of worries, struggles, and sacrifices, especially during the graduating year. I can say that though my college journey was way more full of growth, self-discoveries, and happiness, still unresolved issues lingered. It was in my last year that I encountered the most stressful moment of my college life; I hit rock bottom. A lot was expected from me. I juggled different responsibilities as a student, daughter, elder sister, ministry and student leader, psychology intercollegiate quiz bee participant, student intern, thesis leader, and a running for Summa Cum Laude graduating student. During that moment, I needed someone, but no one was there for me. I even kept on looking for my dead father's presence. Yet, one night I realized that maybe I'm not really alone, that I'm just too hard on myself and do not welcome help at all. Because all my life, I've been figuring things out on my own. From then on, I woke up and considered asking for help. I reached out to one of our guidance counselors, underwent a series of counseling sessions, and eventually recovered from grief, pain, and constant self-sabotage. Truly, asking for help is not a sign of weakness; it can be the start of new strength and another level of growth.



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

During my internship journey, honestly, I really enjoyed everything about it. I found myself thriving and enjoying different administrative tasks, even filling documents, which, for some, is not a pleasurable task at all. Also, I enjoyed crafting psychological reports, intervention programs, and employees' contracts. One thing that people would not expect from me back then is to stand in front of many people because I am known as a hyper-introverted individual. However, it was in my internship season when I discovered my skills in communication and public speaking that I myself did not expect. I enjoyed conducting seminars and accepting speakerships. I found myself finding pleasure in researching, preparing an outline for a certain topic, and relaying valuable information to people, not only nurturing minds but also touching hearts and inspiring lives. The task that I found the most challenging back then actually was not with the work and duties themselves but in dealing with my fellow interns. I find it draining to mingle with people who do not have the same work ethics as me, with people who are complacent and do not value integrity and professionalism.

4. How would your past colleagues or managers describe your work ethic?

Based on my internship evaluations and ratings, I can conclude that I am not only competent when it comes to learning concepts, processes, and psychological principles, but I am also capable and was able to go far and beyond executing them. Even before, it has always been my objective to not only ace quizzes and exams but to really immerse myself in everything that I do because I believe that the knowledge you have is nothing if you do not know how to apply it in real-world and practical situations. During my internship, I've even been assigned to tasks that were not entirely part of my course; however, I was able to pull them off, and it speaks volumes about my flexibility and dependability. According to my supervisors, I can work on my own, with little supervision, and can work with a team too. I believe it is safe for me to say that I embody a good work ethic.

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

One professional accomplishment that I am proud of is that I was able to get commendable evaluations and ratings during my clinical, educational, and industrial internships. For my personal



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accomplishments, I am proud yet humbled to be named as one of the Outstanding Red Cross Youth in 2021; it was a testament to my passion for alleviating human suffering. Just this year, I was also honored to be one of the Outstanding Psychology Students of Negros Occidental, which speaks about my love for service, leadership, and academic excellence. I was also able to graduate as a Resident Academic Scholar and Summa Cum Laude. The journey wasn't easy, but I believe it all became possible not only because of my hard work and sacrifices but also because of the people who prayed for me and who believed in me. I am and will always be a firm believer in the notion that "self-made success is a myth", for without my family, my friends, and God, everything would surely be impossible.