



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

If anything were possible, my dream job would be to become a psychiatrist. I took psychology in college because I find the field fascinating. When I was a grade 7 student, I watched a TV show that tackled mental health issues; that's where my fascination started. If money was not an issue, I would pursue psychiatry to learn more about the human mind.

When I was in college, I started to learn about how complicated the human mind is. Especially on how the brain works when it's processing and coping with trauma. Learning also the history of psychology made me realize how modern medicine has advanced. In the past, therapy and treatments for mental illness were damaging the patients rather than helping them. Now, with the help of research and technology, mental health treatments are now more evidence based. Learning about this made me want to contribute to the field more. Especially in our country, where mental health is starting to increase awareness. I want to contribute to raising awareness and making treatments more accessible. However, studying medicine is expensive and takes a lot of years.

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?

I experienced a lot of stressful situations during my college years. I started my freshman year during the pandemic, so everything had to be done online. Adjusting and grasping the transition was stressful because I only had online classes. I had to do lots of research, and also reading the modules thoroughly helped me a lot. Another challenge was when I was in my second year of college, when face-to-face classes started coming back. I only met my classmates online, so it was awkward meeting them in person. Making friends was stressful, but as time went by talking and hanging out with my classmates, I started making new friends. Making my thesis was also very stressful for me. I had an internship while I was doing my thesis, so I really needed to manage my time well. I overcame it by making to-do lists, making sure to prioritize urgent matters more. I really had to manage my calendar and make sure I did everything on time. College life was a year of transition and making lifelong memories while navigating stressful situations.



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 part during my internship was the schedule. I had to render 600 hours for my internship, and the school allotted limited time for us. There were a lot of holidays and class suspensions, so I really must do overtime to complete my 600 hours before graduation. I also need to be on campus when I need to work on my thesis; I have to maximize my time to avoid any kind of delays.

I had my internship at a guidance office for my school setting and at the Human Resource department for my office setting. During my guidance office internship, I really enjoyed it when we had counseling simulations. I was assigned to the guidance counseling office, which means I had to observe and learn about counseling. Although it was also challenging at the same time, especially the part where you must control your own emotions during the session. In my human resources internship, I enjoyed handling and organizing documents. I had to learn their document systems, which were confusing, but as I continuously did it, I started to enjoy it. Overall, learning and first-hand experience were the most enjoyable parts for me.

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

My past colleagues would describe me as dedicated and proactive. The internship was my introduction to the workforce. It was confusing at first, but I was dedicated to learning. I tried to do my best with every task given to me. With the guidance of our internship supervisor, I was able to adjust. I also observed how things work and what to do, so when I am given a task, I only need a little supervision. Teamwork was also a big factor during my internship. When working on tasks, we make sure that we are doing our part. Together with my co-interns, we were able to conduct a seminar where we all did our best. The internship was our time to learn and get first-hand experience, so I was driven to learn and adjust. So, when I graduate, I will be ready to face the workforce despite my lack of work experience.

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



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I am most proud that I was able to finish college on time. When I was studying, I was thinking I was not going to pass my subjects. There were a lot of tears and frustrations before I was able to graduate. I sacrificed a lot of sleep to make sure that I studied for my exams and quizzes. I am also the youngest in my family, and all my siblings were able to finish college. I had to make sure that I was not the black sheep of our family. I navigated through a lot of pressure and mountains of tasks. Graduating college is an accomplishment I really worked hard for. My diploma is something that I will take with me wherever I go. I was also able to make my family proud, especially my parents. Despite a lot of challenges, my parents managed to send all of their children through college.