



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

If anything were possible, my dream is that I would be a psychologist. Ever since I was young, I've been really interested and also intrigued by how the human brain works and how people behave. It also comes with that; I know a lot of people have psychological problems that weren't clinically diagnosed. It really aches my heart that these people need help but cannot get the help they want. It's been like a mission of mine to help those who suffer from a psychological disorder. So if given the opportunity, I would be able to help assess people who have been suffering mental illness for a very long time, especially the people that you can see on the streets. Mental health has been a taboo for a very long time, and I hope to address that kind of issue. I want to be the embodiment of promoting mental health. I want others to know that mental health is real and really matters.

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

One of the stressful experiences I have experienced at my past workplace is having to stay awake and alive during my shift. I'm a working student. I work at night and go to school in the morning. It is really hard balancing these two; it took a toll on my mental health. I sometimes lose focus during my work. I was occupied with my unfinished tasks and tests in my school. I would sometimes nap from time to time during my shift. Luckily, my supervisor was very understanding and helped me get better and helped me fix my schedule for a lighter load, and I was also able to talk to my school regarding my schedule, and they are pretty much very helpful and understanding of my situation. I also asked for advice from some of my friends who also have the same situation as me. I would follow their advice on how to stay healthy and motivated in my work and for my school, which has been my priority, but due to some unforeseen events, I must juggle both work and school.



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

What I find challenging is sometimes handling different irate customers; some would shout and curse at me, and sometimes others would give me bad ratings. For some time, it did affect me, and I questioned if I was right for that job, but later on I understood that it is actually not me that they are upset with but the company. I learned how not to take their frustration to heart and learned to be able to empathize with what they are going through. The task that I enjoyed the most was being able to give them the resolution that they needed, being able to help them find answers to their questions, being able to get them the treatment that they wanted, and making them feel that they are heard and seen. It actually felt really fulfilling to be able to help others and make them happy, and that's what motivates me during my whole shift.

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

They would describe me as someone who knows their priorities and is very eager to accomplish tasks and goals. Whenever I do something, I always do my best and make it as if it were my last. As someone who is really eager to prove something once in their life, I did everything that I could to produce good results. They would make me feel heard and seen by giving me the motivation and determination to continue in life and assured me that all my hard work would pay off someday. Those words from them really pushed me to my limits and helped me step out of my comfort zone to face my fears and try new things. They would also say that I'm someone who is reliable when it comes to work and needs less supervision and is also compliant in terms of following the rules and regulations of the company since my company is known for having those strict restrictions. Being able to feel and hear that they would describe me as someone like this makes me feel motivated and alive to do better things for myself and for others.

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



A personal accomplishment that I'm really proud of is that I was able to graduate with my own money. I actually started working at a very young age, so I'm not new to working. I started working while at school. Sure, it was very hard, especially due to different schedules. I must work at night and go to school in the morning. But despite that, I remained a consistent dean's lister, and at work I'm a top performer. Even though it took me a lot of sleepless nights, financial burden, and crying every night, I finally achieved my goal. There are times when I vomit due to stress. There are also times when I have no money for transportation, and there would also be times when I would want to quit everything because I'm so tired and it's very overwhelming to be facing this type of problem at a young age. But because of the support of people around me and through God's grace, I was able to conquer it all and give myself a tap on my back and say, "I did it."