

Having six siblings and living under the same roof but with completely different personalities always made me intrigued about how the human brain can be different. Even though all of us went through every hardship or few traumatic events together growing up I realized how we all have such different perspectives of the same events that took place. We came from the same family but we were completely different and our behaviors were too. I was curious to learn more about factors that influenced the personalities and behaviors of every individual. Additionally, the fact that I am from Pakistan, where mental illness is stigmatized and lack of awareness leads people to seek help as a taboo, I desired to contribute. It made me sick to see how people treated others with psychological disorders and how clueless they were due to limited professional help in Pakistan. This was the reason I worked with my professor in publishing an article on research about discrimination towards people suffering from mental disorders.

I am drawn to your institution's Psychology masters program because it provides with knowledge and practical skills in the field of psychology. The course also aligns with my future goals by providing training for psychological interventions. My goal is to obtain a doctorate degree that will enable me to pursue further my interest in clinical psychology. I am of firm believe that this course will be a major stepping stone towards my future career.

My years of bachelors taught me about how we can study mind and behaviors through different methods of research, theories of personalities and much more. I was inspired by one of my professors and was fascinated by stories of his experiences in psychiatric hospitals. My interest was intensified upon reading 'Reaching Down the Rabbit Hole' by Dr Allan Ropper and Brian Burrell. This developed my curiosity about neurological diseases, leading me to later make up my mind to keep moving further in this direction. Reading the book and my experience in the hospital gave me an insight into the world of those who suffer from these afflictions and how they operate despite such hardship.

Having empathy and being a good listener are essential qualities in this profession and the ones I have. We come across innumerable people struggling with mental health issues and require these qualities to connect and understand our clients. I have strong communication skills that I developed during my time as a junior psychologist in a hospital. I interacted with patients and their families every day in the outpatient department and the wards. This experience not only improved my communication skills but also provided me with valuable knowledge in the field of clinical psychology.

During my internship at Jinnah Hospital, we dealt with patients suffering from various mental illnesses such as mood disorders, obsessive-compulsive disorder, schizophrenia, and post-traumatic stress disorder daily. I have personally worked with them, under the guidance of a senior psychologist. I was responsible for diagnosing, evaluating, and planning interventions for their counseling, as well as providing guidance to their families. This experience helped to improve my clinical counseling skills and expand my knowledge beyond just theoretical concepts. Additionally, I had a brief stint at a private clinic, which also provided valuable work experience.

I have traveled to several countries as well as completed my degree in Kyrgyzstan, spent my childhood and teenage years in the United Arab Emirates, and occasionally visited my home

country, Pakistan. Travelling made me understand different cultures and made me more aware of individual differences and accepting others without judgment or prejudice. Studying in a multicultural school and living in Dubai, which is known for its cultural diversity, has improved my cultural awareness which helped me to be more respectful and tolerant, along with being great at problem-solving and flexible in difficult situations. Furthermore I did my internship in a school, assisting a school counselor, which made me patient while working with children and teenagers. It also improved my research skills as I assisted the counselor in planning, developing, and implementing new programs in school. Moreover, I learned to analyze and evaluate the effectiveness of these programs.

I am enthusiastic about psychology, which makes me an ideal candidate for this position. During my years of practice, I not only learned about psychology but also worked hard and became competent in this field. Department seniors worked closely with us to provide practical experience and instill strong work ethics. For my master's thesis, I would love to research false memories. In my first-year introduction, I read about them in "Forty Studies that Changed psychology" by Roger R. Hock. I came across Elizabeth Loftus's research and her findings, which were quite fascinating, including how small alteration has the power to reconstruct them. Before that, I firmly believed in the reliability of memories. For my bachelor's dissertation, I chose post-traumatic growth in patients with neurocognitive development and neuropsychiatric disorders, investigating whether the saying 'what doesn't kill you makes you stronger' holds any truth.