

Ever since I was young, I have always been drawn to helping others and being the person on who people are able to rely. The program of study I am choosing lies in the field of becoming a social service worker. My interest in helping others in their journey to become better versions of themselves aligns with my goals in wanting to create a difference in the lives of people. As I have grown older and wiser, the virtue of empathy has always stuck with me. It has helped me realize how fulfilling it is to treat others with love and respect. I strongly believe that becoming a social service worker is the path I need to take in order to start my journey as a humanitarian.

In my experiences, I have also struggled with feeling like I have lost control of myself and my life. I was struggling very hard with my mental health and taking on familial burdens that were out of my control. During a pandemic, I was juggling so many responsibilities at once. It made me feel hopeless. Although many of my struggles were rooted in family emergencies and alike, if I didn't have a supportive family to help me through my feelings of hopelessness during a time when I could barely do the bare minimum, I do not think I would have been able to push myself forward to doing what I want to do. Even now, I continue to work on myself to help myself become a better person for loved ones, others like me, and those I encounter in the future.

I want to be able to better understand others and their personal struggles and help all sorts of people get back on their feet so that they feel like their lives are in their control. Through my life experiences, I have realized that sometimes, people really just need a person who is able to listen to them. I want to be able to do this for others in a judgment-free zone and make being able to communicate your problems more normalized in the lives of those who struggle to let other people help them.

Currently, I am in my second semester of the Human Services Foundations program at Conestoga College. Though I have taken this program online, for the most part, I have learned a lot about myself and others through the different lessons and courses I have completed. Like many others in the program, I have been doing my very best to balance family life with academic life during a pandemic. Though it is oftentimes difficult in my home environment to switch to an active learning mindset, especially now with my nephew and his mother moving back home with my family, I am actively completing my school work and working on my academic responsibilities.

After extensive research in this field during my first semester in the HSF program, I believe that I fit well in the line of work. Though this career path is one that requires a lot of mental preparation, I know I will be able to handle this seeing as I prioritize communication in my life and I am actively working on my time management skills. As a person who struggles with ADHD, this is especially hard for me, but I know I am able to accomplish my tasks effectively. I am a person who will always put my best effort into whatever task I have in front of me. Being detail-oriented will help me and others in the future who are unable to shift perspectives to see the bigger picture of challenges.

Though I already know what this career path has to offer me in terms of competitiveness and pay, I am prepared to work hard and do what I can for others even if it is difficult. I am a creative and people-driven individual and I am ready to continue my journey in becoming a social service worker so that I may help others in their social functions and overcome obstacles in their lives.