

Letter of Intent

Personal Motivations

I have had a passion for helping others my entire life. It has taken me some time to find what that looks like, with many careers along the way that have never fulfilled that desire. After an unsuccessful venture into the wilderness of Vernon, BC, I came back down to the coast with a new desire and focus that has propelled me to where I am today. I have dedicated myself to undergrad school with the desire to get my PhD in psychology. I have been driven in this endeavour as my GPA can attest, with no desire to slow down. The isolation in Vernon was a form of meditation that opened my mind to the possibilities that I had before me, where I could see the virtual limitless future I could embark on. That time created a drive to succeed in my academic journey to become a counselling psychologist and practice that art for the benefit of others.

Along the way, I have been fortunate enough to volunteer with several organizations that have helped shape where I want to take my counselling and research aspirations. Being a part of an LGBTQ2S+ youth group has provided experience with transgender individuals and has opened a path for me to help people within this community in any capacity that I can. This not only includes the desire to specialize in counselling transgender individuals but also to research this area of culture and society which will hopefully inform both those within the LGBTQ2S+ community as well as those who are not.

Goals & Plans

My goals for grad school are twofold. The first goal is to develop skills to work with individuals and groups of people in helping them to better understand themselves and the issues that they face in their lives. The required experience will come in the form of practical, hands on experience and via my education that will work in unison to help inform my practice in the field. I anticipate shadowing highly qualified individuals so that I can emulate their professionalism and help develop my own unique skill set. The second part of my goals is to develop meaningful qualitative research in my area of interest. I aspire to flesh out current unknowns and misunderstandings within the transgender and non-binary community. This research will inform my own counselling practice as well as give back to the psychological community. This all leads into my plans for the immediate future and well beyond. There is plenty of work within the LGBTQ2S+ that I can partake in, and I plan on working within this area for the foreseeable future both as a counsellor and a researchers.

Commitment

I came into academia a little late in my life. At the time of writing this letter I am 39 years old. I may have started my undergrad degree late but ever since I took upgrading classes I have been striving to be the best student and learner that I can. That means not only doing to work at hand, but truly learning from every class, fellow students and teachers. My overall GPA is 3.85 and the last 60 credits it is 4.15. This is an example of my commitment to the work that I am doing in my academic career. I strive to learn, grow, develop and be the very best person that I can be. That desire is no different within this area of my life and I hope to be able to continue this journey at SFU.