

The field of psychology has always fascinated me. I have seen people around me struggle with mental health issues. These ranged from the simple dealing with day-to-day stress to depression and addiction. How come one can cope with life trauma and stress, while another one is deeply affected? From a scientific point of view, I asked myself what could be the underlying mechanism? I started to understand some of these mechanisms during my biology course in high school. I learned about the different neurotransmitters and their various effects. For example, addiction to social media and video games which is a common problem among teenagers is mediated by dopamine which triggers the brain's reward center making us come back for more. These so called behavioral or minor addictions have a tremendous impact on our life decreasing our social connection and distracting us from bonding with people or from real life achievement. Another exposure to psychology was in my Literature course. We studied an essay about the different cognitive biases and how they affect people behaviors and decision making. As a third perspective, I noticed that people tend to suffer emotionally if they felt that they are misunderstood, while they become highly satisfied and productive when they find someone who understands them. All these observations have inspired me to study psychology. I feel the need to expand my knowledge of psychology and learn the different ways for transferring the theoretical part to real life situations; in a manner that would allow me to help others overcome their problems and reach their potentials.

My studies and personal experiences provided me with a deep insight about people and I constantly find myself spotting people under stress. In such cases, I immediately attempt to help them by listening and offering sympathetic advice. Due to this behavior, psychology became a passion of mine. Therefore, I want to do it at professional level, especially since I witnessed a dear relative of mine suffering from depression. He was getting worse until psychotherapy helped him to cope and get through tough times. However, he really struggled until the family found a suitable clinical psychologist which made me realize how scarce the service is in our community and the vast need for it.

The lengthy time it took to find a suitable clinical psychologist for my relative provided me with an important insight. People often say that a man should find an honest work to make a living. In many instances, a job gives identity to a person and definition. However, people tend to ignore highlighting that we need to be honest by choosing an occupation that fits our personality and skills. The word "honest" in "honest work" actually extends to us. Nowadays, the media and many individuals promote high paid jobs without a real consideration or linkage to the characteristics of the person. As a result, many critical occupations are swarmed by unqualified or uncaring hard-hearted personalities. The field of psychology is no stranger to such observation. I recall a remark made by my uncle when the family was searching desperately for a good clinical psychologist to our troubled relative. He described a local clinical psychologist: "Group of lazy ignorants. It is only a job to get easy money for them! They just get the certificate and that marks the end of their education journey. They stop developing and searching for answers. It is really hard to find one that loves the profession and wants to help his society and make a difference! Some of them do more harm than good by simply talking

to them!” Hence, I want to help resolving this issue by becoming a qualified professional who really cares and wants to make a difference. In “the Brothers Karamazov,” Fyodor Dostoevsky wrote: “But profound as psychology is, it's a knife that cuts both ways (...). I have purposely resorted to this method, gentlemen of the jury, to show that you can prove anything by it. It all depends on who makes use of it. Psychology lures even most serious people into romancing, and quite unconsciously. I am speaking of the abuse of psychology, gentlemen..” I am always drawn to re-reading such statement because it helps me to remember that the objective of studying anything or finding a work should be to contribute for the collective benefit of humanity. What I want to emphasize here is that I choose psychology because I believe it fits my personality and skills. I really believe I can do better with my life if I was granted the opportunity to study it.

Speaking about my life, it is time for me to shed some light about it. I enjoy watching American and British movies and TV shows. I am also a fan of Chelsea football club and I closely follow their news in the English premier league as well as the UEFA champions league and Football is one of my hobbies. I like to play football, but I am honestly not good at it. However, according to my friends, I am forgiven as I make up for my low skills by being a trusted Sports Analysts for the matches that we watch together. Engaging in football helped me make a lot of friends. Also watching major events like the late world cup with my extended family helped with my social bonding. Another hobby of mine is cooking, I enjoy looking up new recipes and trying them out. Cooking helped me understand how to follow instructions and be precise in measuring ingredients in order to achieve the best results. It also taught me patience and perseverance. My mother taught me that sometimes all you need is trial and error to know how to succeed, and never give up. As for my education, I have been studying in an international school that follows an American curriculum since first grade. We studied sciences, math, language arts and social studies all in English language. This is in addition to Arabic subjects taught in Saudi governmental school. That made me fluent in both Arabic and English languages. Furthermore, I have many English-speaking friends that I met online, and we often chat about various subjects which improved my conversations skills and gave me some understanding of different international cultures and societies.

To conclude, it is my dream to study psychology, and I hope to find such opportunity in the United Kingdom of Great Britain. I believe that I possess the required characteristics and skills to succeed and pursue a career path in one of the psychology branches.