

Allow me to introduce myself to you. My name is Retal Al-Ghamdi, I hold a Bachelor of Science in Clinical Psychology from Effat University, Jeddah. I am writing this statement of purpose to pursue my higher education in Clinical and Health Psychology. It is my utmost pleasure to join The University of Manchester as one of the world's renowned institutions.

I decided to join the Clinical and Health Psychology program at The University of Manchester to enhance my knowledge, develop my skills, and take my career a step forward. I have always had a passion and interest in the field of psychology and mental health, in general. It all started when I was a child, at the age of ten, I decided to become a psychologist. I grew up seeing some of my family members with mental disorders and this left me eager to further explore this broad, yet interesting field. Besides my interest, I wanted to better understand human behavior and mental processes. Therefore, as I went into high school, I started reading and researching the human brain, body language, and behavior. I was keen to learn how such disorders can affect our lives as human beings and how can they be treated. In other words, I was curious about how humans think, feel, and behave. Now, I would like to enhance my career further by receiving excellent training that would turn me into a qualified professional who could assist people in difficult circumstances whether emotional, behavioral, marital, or rehabilitative. I am aware of how vital and sensitive it is to deal with such issues that could change people's lives allowing them to have better lives. Having a positive impact on a person's life brings me joy and satisfaction and kept me moving forward toward improvement and progress.

I would describe myself as an enthusiastic, patient, empathetic individual. I believe that I am generally optimistic about life. I possess great interpersonal and communication skills which taught me to be open and accept differences in personalities, views, and perspectives. I believe in ethics and principles. I enjoy research, writing poems, scuba diving, hiking, traveling, drawing, and doing make-up. My father is my inspiration because he raised me to become an independent woman. He taught me to be strong in my weakest moments. I grew to become a great leader and managed to reach my life goals by just being myself and believing in my powers to attain whatever I put my mind to. I am still learning a lot from him every day. On an academic level, some of my favorite subjects in my undergraduate studies were forensic psychology, social psychology, and clinical psychology. My favorite activity at college was being the President of the Debate Club. I held various voluntary roles including organizing the Mental Health Day in my hometown Jeddah, spreading awareness about Mental Disorders at Effete University and King Abdulaziz University, and participating in community service and social work to help those in need. On a professional level, I was the Marketing Project Manager at Ghars Company and was appointed as a Psychologist Assistant at Jack N' Jill, Jeddah. Following these roles, I worked as an Assistant to School Psychologist at Jeddah International School where I would deal with all sorts of emotional, social, behavioral, cognitive, and academic issues. At the same time, I was a trainee Clinical Psychologist at International Medical Center Hospital, Jeddah. I believe all such roles and experiences helped me acquire vital skills and capabilities in my field such as emotional support, learning improvement strategies, analytical problem-solving, faculty training, teamwork, and leadership.

I am keen to join The University of Manchester since I believe that I can attain academic excellence and outstanding clinical training at such a renowned institution. With the well-planned curriculum,

along with the great teaching methodologies and practical training implemented at The University of Manchester , I am certain that I will reach the goals I have set forth for my future. Nevertheless, the cultural diversity of faculty and students at The University of Manchester will enhance the whole learning experience allowing the sharing and exchanging of knowledge and experiences. It is my pleasure to join this esteemed community at The University of Manchester to attain a Master's degree in Clinical and Health Psychology for a prosperous future and career.

Sincerely,
Retal