Personal Statement

[Name of the Writer]

[Name of the Institution]

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The social well-being of a person depends largely on his mental health. It has a profound impact on how a person thinks, perceives and acts. Social workers had to deal with a lot of people who are suffering from mental health issues that are ruining their life. One of the severe and advanced problems is mental health stigma. Mental health stigma has severe consequences on an individual’s life, and it deprives people of enjoying their life. It makes it impossible for the people to avail the compelling and deserved opportunities in many aspects of life. People have to suffer in life by losing opportunities, relationship and health care. As a society, we need to spread the illness that is being caused by the mental health stigma. Awareness of depression in the initial stage of mental health stigma will be a good start in this regard. This issue is often overlooked most of the time because it is not evident by appearance rather people can discover it in social settings. The view of society towards this mental illness is very offensive as they think of it as a shameful and abnormal thing. Most of the time people are not able to classify that they might be suffering from mental health stigma.

Mental stigma can be of two types that include social stigma and perceived stigma. One includes prejudicial attitudes towards an individual that result in mental health problems are included in social stigma. Where the later entirely depends upon the personal perception of the discrimination by the people. Mental health stigma can be viewed by a psychiatrist, psychiatric nurses and social workers at a time due to its vast domain. However, stigmatization leaves a very harmful effect on the people because most of the time people are using false information to perpetuate society’s fear of mental illness thus resulting in negative self-identity.

I had to interact with a lot of people and often observe that people acknowledge mental health importance, but they dismiss its relevance. There is an illusion created by the lack of knowledge and visual proof that mental health is not legitimate, yet the stigma creates identities for those who are suffering. Our society, due to lack of awareness is quick in judging people which resulted in a worse condition. Similarly the community finds it hard to discuss, and as a result, it also becomes hard for people to seek help who are suffering from it. Stigma is the primary cause of mental illness which leads to additional sufferings, and humiliation Media also portrays it as a negative, unpredictable, violent and dangerous entity rather than spreading awareness about it.

As a social worker, I felt the urge to transform the perception of mental illness from stigma into acceptance. Being a social worker, we have to help the people who are suffering through the knowledge and skills we have gained. People suffering from depression and anxiety are very relevant in our contemporary society, and these issues are also rising in our society. People find it very difficult to speak about it and seek help when their condition becomes more severe. The negative self-identity that is developed as a result of mental stigma barricades the path of success because people presume that they are not part of society. Awareness on the part of the social worker is necessary which tells that they are like other people and have to focus on themselves because mental illness does not reflect their abilities.

Being a social worker, you always learn from the experiences of people with life and how depression and anxiety have evolved their mental condition. Being a social worker means that you have to strive to improve the life of people. Your interest population may vary widely including children, old people, women, and transgender. Making their life easier is the primary objective of a social worker and it has always fascinated me to pursue this carrier. The main reason to continue my carrier in this field is that every day is different from other. You do not have to stick in one place all your life instead every day offers different challenges and opportunities. In this globalized world, there will always be a need for social workers because people are still in need of them.

As a social worker, there is always a need to evolve yourself and to be compatible with the changing world. For this, it is always needed to sharpen one's skill and meeting the demands of the profession. I like to work with the people and for the people. It has always fascinated me, and I felt a lot of contentment in helping the people in need. Helping people with mental illness and case management have always differentiated me from others and helped me a lot in extending my carrier. I was a flexible person and aspired to join a flexible carrier, and this field allowed me to be flexible by working in different settings. I always wanted to make the world a better place to live, and I am playing my part honestly.

Fordham graduate school of social science is one of the nation’s best institute and has a lot to offer the students who want to excel. Their distinguished faculty can polish the skills of their students and enables a flexible schedule that they can follow. The experimental educational environment will transform my passion into professional success. Fordham School will equip me with up to date knowledge and research skills. It will also enhance my leadership skills in social services.

Being a student, I need freedom, and I usually set up my own pace to complete my studies and work. Distance learning program suites my personality because I along with pursuing my services to the people will be able to continue a full master course in Fordham graduate school. It will also enable me to get a degree in lower cost. I will be in a better position to meet the expenses of my studies through a distant learning program. It will cut down the additional cost of traveling and housing that I have to pay in case of attending classes on campus. It will save my time as I only have to log my courses without the exception of time. The full-time degree that the college offers me through distance learning will also enable me to gain useful and transferable skills including planning and research.

 Being a social worker one has to travel a lot and carry out different works. So, it becomes difficult to manage time for studies. This program offers me to do job smoothly without affecting my studies. It will also equip me with the computer knowledge and internet skills. It provides an opportunity for learning while working and I can apply the learning practically. It will enable me to make a carrier faster, giving meaning to my degree with less worry of the future. It is also important to mention that the world has been changed into a global village and people are connected through the internet and learn from different sources online. My professional work reflects my commitment to this field of study, and I am determined to help people. This distant learning program will provide me with an opportunity to learn and excel simultaneously.