Name

Name of Professor

Class

Date

Crazy Life

I call life crazy because it brings you the craziest experiences which you do not expect. All of the sudden life opens thousands of doors for you to choose and you get confused. Other times it is so hard on you that you start thinking of getting away from life. When I see around, I find people broken and suffered in the hands of life. I feel very pity for them, because my life experiences are not very different. When I look at my own life, I have always been touched by the realities of life and I always wished to transform myself. It is true that experiences can give you skills and abilities to overcome the existing problem. Through my experiences I learned that life is difficult but it is not constant. One day you are frustrated by the workload, the next day you feel bore because you do not have anything to do. If it is raining today, there will be a sun shine tomorrow. This is what life is, it is temporary. Similarly, the pain and hurdles are also temporary. Life is a good teacher, when you are ready to learn. This is what I have learned from my life and I also want to tell the same to the people out there, who are in pain. Self-reflection helped me to transform my life and I have a deep understanding of myself. I want to use this power to empower people who are in pain and who do not have the confidence to deal with their crazy lives. Thus, my aim of life motivated me to choose a career in Psychiatry and help everyone.

 At the same time, when I look at my own community my heart aches because I find them very vulnerable, dealing with their mental health. Most of them are struggling with financials issues and they do not have the money to take some help from Psychologists. It is a dream now that one day I will become a successful Psychiatrist and provide free services to the African American community. Therefore, I always try to shape my interests and my academics in a one direction to achieve the goal of my life. Apart from my education, I also volunteer at different non-profit organizations. I love helping people and I want to experience the feeling of helping others selflessly.

 Likewise, my strengths also keep me motivated throughout the student life, which is considered as one of the craziest age period. It is challenging but when I think of the changes I want to make in people’s lives, I get motivated. I work hard to achieve my academic goals. At the same time, I enhance my skills through the community work experience. I observe people and I love to learn about human behavior. I understand that psychology is not an easy subject. It is a challenging one, I would put my best efforts towards my degree and will achieve my goal. Getting into your prestigious institute would be a great opportunity for me. Under the guidance of trained instructors here, I would be able learn about conflict resolution, crisis help, behavioral study and counselling. Moreover, I also want to improve my communications skills so that I would articulate my words in a professional manner. When I am able to learn all the professional practices, I will come forward to spread awareness and advocacy to the people who are need. Moreover, my non-profit organization will assist people who are unable to afford a mental care. I will also achieve my goal of teaching people that life is not crazy, it is just us overthinking about the life.